

Rascal Inc

Winter Newsletter August 2003

In this issue

Safe driving in the snow - Rod Roberts p4

Hike de Femme - PS from Marg p7

Snowshoeing - is it fun and is it affordable? p8

Members forum p9

Kosciuszko huts status update p10

CCSC Kosciuszko cross country tour p11

All telephone enquiries and bookings

Jennifer Bryden 6241 9233

Mail Address

PO Box 32, WATSON, ACT 2602

Key pickup address

13/19 Aspinall St, WATSON, 2602

Internet address

<http://www.rascal.asn.au>

Email address

rascal@rascal.asn.au

2003/04 Committee

President	Ian McNeill	6288 4303	ian.mcneill@act.gov.au
Vice President	Marg Sharp	6254 5794	alan.laird@industry.gov.au alaird@webone.com.au
Secretary	John Kennard	6281 3435	john.kennard@qa.gov.au
Assistant Secretary	Richard Emerton	6230 5538	rjemerton@yahoo.com.au
Treasurer	Linda Swift	6254 4754	alswift@ozemail.com.au
Lodge Manager	Rod Roberts	6230 2436	allwood2@bigpond.com
Committee Member & Newsletter	Anne Robinson	6257 4297	anne.robinson@defence.gov.au ptindale@netspeed.com.au
Committee Member	Michael Stamps	6257-1006	stompsey@yahoo.com.au
Committee Member	Clive Styles	6258-7437	fiona.s@austarmetro.com.au
Committee Member & Public Officer	Bruno Zimmermann	6295 6993	bhps@bigpond.com
Office Manager	Jennifer Bryden	6241 9233 6242690	rascal@rascal.asn.au

RASCAL LODGE
7-9 Banjo Crescent
Jindabyne NSW 2627
Ph: 02 6456 2169

Ski de Femme September 2003

There is still plenty of time to register for ski de Femme event.....

Weekend of 13th & 14th September Cross Country Skiing

SO if you would like to join us on the slopes in September could you please

Contact Judy Roberts on 6230 2436 (AH)

BUY SELL & EXCHANGE

For Sale, Karhu XC skis, 170's, auto release bindings, good condition, recently stone ground (nice 'n slippery), suit beginner not ready to spend up on new kit. \$50.00 Ray 6242 9724

Wanted Does anyone have a ladies black skiing helmet- medium - with ear flaps for sale?
Anne 62664557

Wanted Snowshoes.
Anne 62664557

Change of RASCAL Post Box & Phone/ Fax Number

last reminder to members!

Members are asked to make a note that as of February this year the mailing address & phone/ fax number for the RASCAL Office Manager has changed. The payment for diversion of these services will cease shortly & members need to make a note that the new contacts will now need to be used or your contact will be in vain.

Postal Address : PO Box 32, Watson ACT 2602
Phone/Number : 02 6241 9233

Agenda Items for Committee meetings

Committee meetings are held monthly on the third Wednesdays for 2003. Please get your agenda items to John Kennard.

LODGE CAPTAINS UPDATE

Clive and Mike had a busy time as lodge captains in July. ..fixing toilets and the hot water system, putting out garbage etc.

Luckily, The professional cleaner contracted on a weekly basis has started - Greg Johnson, Alpen Cleaning, has been contracted to clean the Lodge weekly. Cleaning is done on Mondays (or Tuesday if not available Monday), mid mornings. He cleans public areas, but not bedrooms.

Identify your "Lodge Captain" when you arrive. . Names are on the notice board.

Remember Rascalers - lodge captains are not there to do all the work. What members need to do.....!

- **Recycling** - put 2 black recycle boxes out Sunday night
- **Ordinary garbage** - put out Monday and Thursday night
- clean up after yourself,
- keep the kitchen and bathrooms in a clean condition,
- clean and vacuum your room,
- empty bins,
- replace loo paper and paper towels,
- place bins out on the kerb on garbage collections days,
- replace and wash dirty tea towels,
- advise the Lodge Captain or Office Manager if supplies of consumable items are running low,
- Ensure doors are locked on departure etc..

Please provide feedback to committee Members or lodge captains on these new arrangements, especially make positive suggestions that improve the day-to-day running, e.g. It looks like 2 captains are necessary

Lodge captains have following keys:

1. Front door
2. Front screen door
3. Patio door
4. Outside storage Shed
5. Tool cupboard in games room
6. Laundry storage cupboard
7. BBQ
8. Outside deck furniture lock

Each room has been provided with a key to a locker of the same number (eg Room 6 has Key to Locker #6). Keys to be kept on wall hook in each room. Please ensure you leave in room

CHILD SAFETY REQUEST

If you have children at the lodge please ensure you have upper bunk holders in place. Check other rooms and let us know if you cant find a retainer. Children come first for bunk retainers!

DRIVING IN THE SNOW

Rod Roberts



Some hints for alpine driving

Many people drive in the snow without incident. Some are lucky, but most avoid problems because they know the conditions and use practices that will accommodate the driving conditions. In Australia we have winter conditions that is generally melt - freeze, this presents conditions that can cause problems for the driver in alpine areas.

Before moving the car

- Turn on the engine, heater and/or demister.
- Clear all windows of ice and snow [do not use your wipers, as it will cut them and reduce their clearing ability] Use a scraper to clear the windows, a plastic card is ok, however, something with a handle enables you to keep your hands free from the ice and snow.
- Clear as much of the snow from the vehicle as possible.
- Clear the immediate area around the wheels of snow.

Getting started

To drive in snow you need traction, do not use excessive power. Because of the melt - freeze the driver can find that the tyres have been frozen to the ground, especially in the late afternoon. This is important for those vehicles with tubeless tyres. The use of excessive power can cause the tyres to be held by ice and the hub to spin in the tyre rim, breaking the seal and resulting in two or more flat tyres.

Do not break traction

Engage the gears gently; use D1 or D2 for automatic transmissions to move forward. Shift to drive on clear roads and highways. Accelerate gently.

For manual transmissions use low range and accelerate gently.

If the vehicle is frozen to the ground, some gently rocking forward and backward may help to break the seal, do not use excessive power.

A note for 4 wheel drive and all wheel drive vehicles,

- Four-wheel drive will not help you stop on snow and ice
- Four-wheel drive will help you get started and will help you maintain control in snow, only chains help on ice.

- Short wheel base vehicles have a greater tendency to spin [skid and turn] than longer wheel bases vehicles.

Tyres

Do not spin the tyres, as this makes them hot. The heat from the tyres can melt the snow which then places a layer of water between the tyres and the packed snow. It can generate a very slippery situation.

Again gently rocking the vehicle back and forth shifting between forward and reverse gears will help you get over small bumps, ensure that snow is clear around the tyres.

A bag of kitty litter can assist when placed under the drive wheels [clay based is not bad].

It is important that the vehicle has good tyres with plenty of tread.

As we do not generally use snow tyres in this country it is important to remember what tyres you have on the vehicle. As most 4 wheel drive vehicles rarely go off road, many are fitted with dual purpose or road only tyres. It needs to be remembered that as we drive in snow our treads can be packed tightly with snow resulting in a situation where it will be just like driving on bald tyres, no traction.

Remember, a 4 wheel-drive, all wheel drive vehicle can come unstuck twice as fast as a 2 wheel-drive if the rules are not obeyed, namely, speed and breaking in snow conditions.

Driving

- Do not break traction
- Keep plenty of distance between you and the next vehicle ahead.
- Slow considerably before going into a bend, do not take bends at speed, rather, reduce speed and approach with caution.
- Try and avoid stopping on an uphill grade, if conditions are icy, you may not be able to resume your uphill climb.
- Start stopping sooner, do not "break" traction
- Avoid undue pressure on your breaks, driving in snow needs a different approach:
- Keep you speed down
- Use your gears
- Break gently; avoid undue pressure as this may cause a skid especially in slick conditions.

Driving near resorts where there has been a lot of vehicle traffic can produce dangerous situation where,

- There has been a lot of melt/ freeze,
- Other vehicles not being equipped to be driving in snow [no chains],
- Vehicles that try to drive through areas where chains are required and have not fitted
- chains.

The danger here is that these vehicles may slide out of control on bends, slopes and even on straight sections of road.

ICE

Black Ice, where snow has melted or other water has run onto the road, it may freeze, matching the surface colour. This type of ice is hard to see, particularly at night. If you do not know the road conditions Slow is Best.

Snow and ice chunks these fall off the wheel well of vehicles. Often they are very hard. However, even hitting a soft one with your wheels could result in the loss of control of the vehicle.

Vehicle ruts are often seen on less travelled roads, this occurs when many vehicles travel down a road and follow each other in the tyre marks of the previous vehicle. Over time and snow falls we encounter hard icy sides to

the road and a ridge of snow that has built up between the tracks left by the vehicles; this can often be over a metre wide and as high as the underside of the vehicle. The vehicle's underside clearing away the snow. When this compacts and freezes, it presents a hazard to the vehicle and can cause serious damage to the underside of the vehicle. Also, when the side of the road is frozen and the centre is frozen, it may be difficult to turn around due to not being able to get out of the tracks. Reversing can also cause problems as the backward motion pushes soft snow up into the exhaust pipe, thus blocking it. It can also demolish the exhaust pipe if the conditions are icy. Another problem is that if you have not already fitted chains, you may not be able to due to the ruts.

Other Issues

If you are going to be really adventurous it will pay to note the following;

- Never venture into areas where there is deep snow without having another vehicle with you. The chances of getting stuck greatly increase if you are out there alone.
- Snow can start out as not appearing to be very deep; snow depths can increase quickly particularly in south facing side of hills and mountains. Always be prepared to turn around and retreat.
- Do not even start if you are not carrying chains for all 4 wheels. You may need them! A shovel, a good jack and something to place it on [snow does not make a good base]; a snatch strap or chain should also be carried. A winch is even better.
- Should you become stranded it is important that your vehicle has some basic survival gear including;
 - sleeping bag
 - some form of shelter [not the vehicle as it can get very cold]
 - food, portable stove [trangia]
 - candles and/or torch
 - water [do not drink alcohol as it lowers the body's core temp]
 - something to keep you off the snow [a closed cell sleeping mat]
 - first aid kit
 - a change of clothes [not jeans or cotton products]
 - appropriate boots [sorrels or bivvy boots]
 - some form of communication [eperb or satellite phone]
 - something colourful should you become totally stranded, so that it can be easily seen if search parties are seeking you.

Troubleshooting

- If you have a small problem with you vehicle at home. You will have a major problem in alpine conditions.
- Your battery needs to be in tiptop condition as this is usually the first thing that will pack up; having a dual system is better.
- Leaving your lights on still remains the greatest problem as many people forget to turn them off.
- When putting on chains, have something that will keep you off the snow and ice, a wire coat hanger is a useful tool when fitting some types of chains.
- Drive within you capabilities and you should not have problems.

PS. Have fun



HIKE de FEMME A "P.S." FROM MARG

Ed: Apologies to Marg - my email problems meant this did not arrive in time for last newsletter

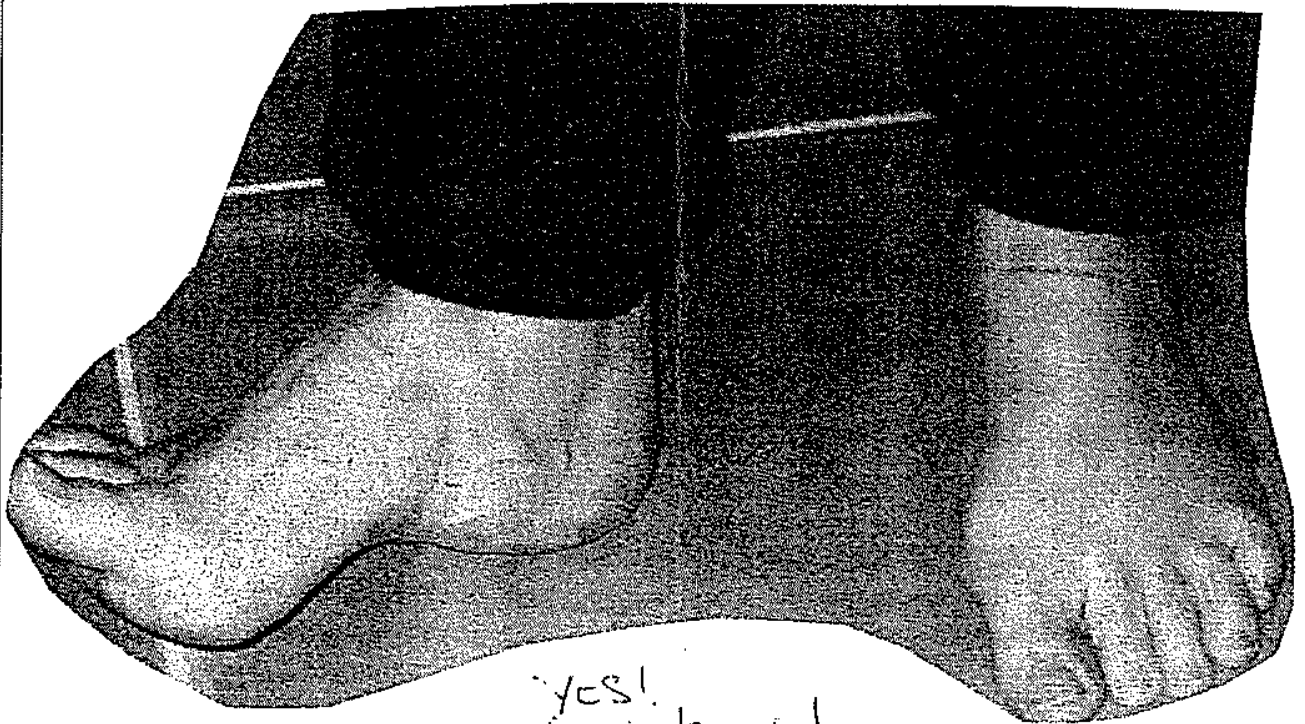
The mountains often beckon me during times of stress to provide some respite and a place to re-energise. This year, I was aching for escape - so the annual opportunity of meeting up with RASCAL femmes and friends was high on my priority list of tasks.

I hadn't psychologically prepared myself for walking through our beloved National Park - also severely affected by fire. So, some of my personal sadness rapidly expanded to a larger perspective of loss for our natural environment of Australia's High Country. I sensed this from our entire group of Femmes. Apparently over 70% of Kosciusko National Park burned and more than 90% of Namadgi.

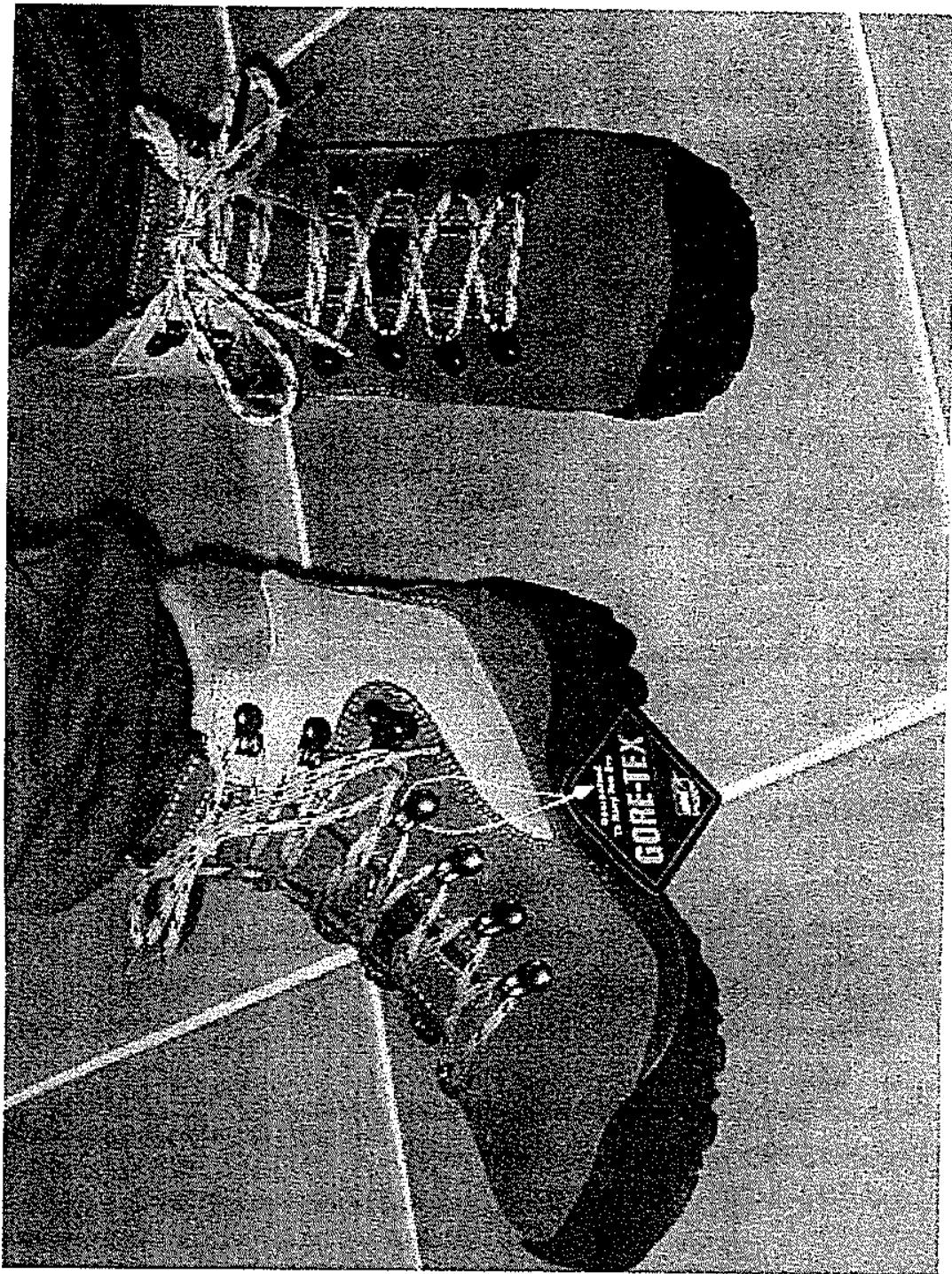
Kindness abounded with Mike's offer of a Gore-Tex; Judy's socks; Lynne's water bottle; my sister Barb allowed me to borrow a warm jumper and day pack from her wardrobe and Jenny's sooo comfortable spare pair of hiking boots. Then the kindness continued to overflow (as did my gentle tears and gratitude) when all of the loving Femmes insisted I open the present, thoughtfully tied up with two boot laces, then again insisting I try on the socks for size. Well one couldn't fit since it was stuffed full of money! Jenny smiled a smile of pleasure and relief that her boots would, in fact, now likely be returned.

I spent it wisely at the Mountain Design's Easter sale and am the proud owner of a pair of Trezetas.
THANKYOU ALL.

P.P.S. An extra little thankyou to the always invisible, absent "femme" - the socks may be green but their spirit exudes purple.

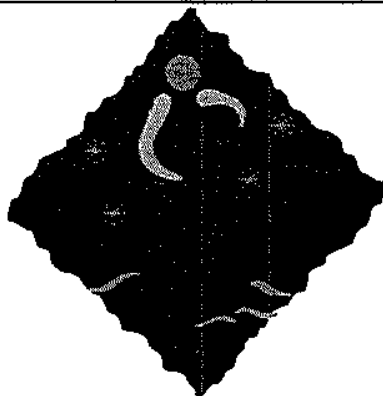


yes!
you saw it first here!
Marg's unshed bushwalking teals.
But there's more →



Mavg's beautifully shod feet!

SNOWSHOEING - Is it fun and is it affordable?



Fun bits:

- Cheaper than skiing
- requires minimal training,
- snowshoes are more maneuverable
- less likely to fall on your face if carrying a heavy rucksack
- faster than normal summer walking - no knee-high scrub to negotiate
- snowshoers go where skiers cant

Dos and don'ts?

- Observe the weather - pattern of lousy weather then one to three days of good weather. During Aug-Sep last year,
- Look at good websites that provide weather information and cams that show the condition of the snow at the major resorts
- Choose type of snowshoeing depending on your general bushwalking experience
- if new to bushwalking on the snow - take guided or unguided day trips near a ski resort as a starting point
- pick a spot that is far enough away from the ski resorts not disturbed by a constant stream of day tripping cross-country skiers, yet is close enough for a quick retreat
- Don't go snowshoeing all over cross country ski trails - a bit unfair!
- For planning a trip in The Snowy Mountains, get good terrain map - the NSW Ski Association produces 1:25,000 maps of Thredbo and Perisher

What sort of snowshoe gear?

- Who knows
- Surfing the Net, you will find a confusing array of choices.
- Australian manufacturer - Yowie, Melbourne - user friendly, and solves the potential problem of ice on the Velcro, and versatile
- Maybe insulated waterproof overshoes over hiking boots
- Adjustable ski poles, double as walking sticks away from the snow
- For advice - Kosciuszko Cross Country Skiers Inc.

Web sites worth visiting.....

ski.com.au Provides snow cams, weather reports and general info

[Yowies](#) for Australian made snow shoes

[N.E.O.S Overshoes](#) overshoes from the USA

[Kcross](#) Great resource site for Cross Country Skiing, snow camping etc



Is it affordable?

- YOWIE SNOWSHOES - Shoes are AU\$239.00 per pair. This price includes 10% GST plus express freight delivery
- SNOW SPORTS ADVENTURE CENTRE (WILDERNESS SPORTS) from \$39/person 3 hour (inc guiding, instruction, hire, brunch). Tel. 0264575966
- SNOW SPORTS ACT membership benefits - discounted rates on snowshoe membership and hire
- BACK COUNTRY CENTRE, Thredbo. Snowshoe tours \$35 per hour.
-

MEMBERS DISCUSSION FORUM

have your say to the committee.....

- What do you think about the age rule for junior to full membership - 18 or 24 year old rule, student status etc ?
- We cant sustain effective cheap maintenance on working bees with the low rate of volunteers. How do we attract more members to help?
- Should lodge captains be compensated somehow if necessary tasks eat into their holidays?

JUNE WORKING BEE REPORT

What we achieved Weekend 1 June with only 4 committee members and one member:

Removal of screen door

Garden maintenance

Chainsawing of shrubs and small trees under the deck

Whipper snipping garden areas

Reorganisation of tool cupboard

General plumbing on poly pipe

Repairs to Zip heater in kitchen

Refilled hole left by plumber

Reorganise cupboards in games room

Kitchen stocktake

Check and clean fridge's

Check gas bar-b-q

Oil indoor tables

Remove road sign phone number

Sails taken down

Removal of garden waste

Construction of tool board

Clean bedroom vents

Clean living areas

Clean leather lounges

Open heating vents

Check alarms

Clean kitchen floor

Check/clean food drawers

Clean rangehood, lounge windows

Label keys

Check all lights, lockers, keys



Kosciuszko Huts update July 9, 2003

Important notice

for all people planning backcountry activities in Kosciuszko National Park this winter

- Please make sure you are aware of which historic huts have been destroyed in the recent bushfires
- 19 huts can no longer be relied upon for emergency shelter (see list below)
- People undertaking backcountry activities should be prepared for emergencies and be able to seek shelter by always having a tent, sleeping bag and warm, waterproof clothing.
- Backcountry trips require proper planning, preparation, equipment and experience
- Please consider the following precautionary steps before leaving:
 - hire an EPIRB from the Jindabyne or Tumut NPWS visitors centres
 - ensure friends and relatives know exactly when and where you plan to end your journey and the route you propose to take so they can alert authorities in the event you get into difficulty and require assistance.
- More detailed information can be obtained by contacting the NPWS office at Jindabyne 02 64505600 or Tumut 02 69477000 or Khancoban on 02 6076 9373

Destroyed or damaged huts in Kosciuszko National Park:

Boltons	Brooks	Stockwhip.	Grey Hill Café	O'Keefe's
Boltons Hill	Burrungubuggee Shelter	Dr Forbes	Happy Jack 3 and 4	Old Geehi (YHA)
Boobee	Delaneys	Geehi	Linesmans 2	Opera House
Orange (Diane)	Patons	Pretty Plain		

CCCSC Kosciusko Tour - Press Release #1

Canberra Cross-Country Ski Club (CCCSC) will again run the CCCSC Kosciusko Tour on Saturday 6 September 2003.

The Kosciusko Tour, first run in 1977, is a friendly sociable event attracting skiers ranging from the fancy dress contingent, families and recreational tourers to elite Australian Olympian, Defence Force and foreign racers. It is one of the few point-to-point races on the race calendar, passing some of Australia's most beautiful & breathtaking scenery, the Main Range near Mt Kosciuszko, with linking transport provided within the entry fee.

Skiers in the 2002 Kosciusko Tour were greeted with a sunny sky, clear views of the Main Range and a fresh breeze. The groomed tracks were initially firm but softening. 117 skiers, starting at the top of Thredbo Kosciusko Express Chairlift, got their adrenalin pumping up first long rise and the long downhill to Snowy Bridge. They then swept along the Kosciusko Summit Road through the Charlotte Pass drink station to finish at Spencers Creek.

The friendly atmosphere of the Tour continued through to the Presentation at Blue Cow's "Top Spot" after the race, which provided an opportunity for skiers to catch up with old friends. Here the party kicked off with finger food and a parade of the fancy dress contingent.

Moulin Rouge (Carol Green, Louise Rose and Jo-Anna Clancy) overcame strong team fancy dress opposition from Birthday Party (Lyndall Hatch, Robin Gibson and Margaret McCawley), Anne Campbell (Elf), Kathy Saw (Birthday Girl), (Lord) Bruce Lowe and (Lady) Amanda East won individual fancy dress prizes, presented by Superman (Fil Giles).

We then got down to the serious business of drawing bib numbers for winners of the thousands of dollars worth of spot prizes.

The support of NPWS, Thredbo, Charlotte Pass and Perisher has already been obtained for the historic three resorts course and a myriad of other supporters and prize sponsors are already building the momentum for another successful Tour.

The CCCSC Kosciusko Tour will, weather and snow conditions permitting, be run on the historic and spectacular three resorts course from Thredbo through Charlotte Pass to Perisher, a distance of some 18km. Transport by bus (morning only), chairlift and Skitube are provided within the entry fee (\$55 Standard, \$45 if received by 8 August) to complete the round trip.

The CCCSC Kosciusko Tour 2003 promises to be a spectacular finale to the ski race season.

Get your entries in now on the form available at most outdoor shops, visit the CCCSC Kosciusko Tour web site for an entry form and further information on <http://www.cccsc.asn.au>, or contact Bruce Porter, Kosciusko Tour Coordinator, on portfolio@netspeed.com.au. Recorded updates are available on 0402 471 151.

We still need to replace RASCAL promotional material lost in Canberra bushfires - can you help?

Contact Anne Robinson or Marg Sharp if you have any

- photos (digital or print)
- posters, brochures, display stands etc

Next NEWSLETTER due Nov/Dec 2003 - Send contributions to anne.robinson@defence.gov.au

RASCAL NEWS

If undelivered, please return to:
RASCAL Inc
PO Box 32
Watson ACT 2602

Print Post Approved
PP 229219/00164

**SURFACE
MAIL**

Postage
Paid
Australia

RASCAL NEWS Winter 2003 Edition
Your RASCAL Membership Status is: Financial 2003
Dr Alan Laird & Ms Margaret Sharp
87 Schumack Street
WEETANGERA ACT 2614