STEEL MAKERS ALPINE CLUB

Summer 2022

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WELCOME!

Welcome to the Steel Makers Alpine Club quarterly newsletter. We hope you will enjoy it.

If you have any suggestions for future editions, or any photos for inclusion, please email them to raychel_parovel@yahoo.com

Do we have your email address?

To be more environmentally conscious and efficient, your Committee will be moving to electronic communication.

Please make sure we have your correct email address by contacting us at smac.secretary1@gmail.com

PRESIDENT'S REPORT



Snow at ARIMAC 27 August 2022 (Photo Credit: John Purcell)

Hello all.

Skiing is back and my wife Sarah and I, like many others, enjoyed the snow again having a ball mainly on Mount P. I hope many of us got to play on the lovely white stuff and enjoy a stay at ARIMAC

Our COVID plan is still in place, as it still has some beneficial items. Now that Gov't restrictions have all but been removed the committee will be revising our plan.

Club Ethos

As long-standing members know, the Club was founded to provide members and their families a comfortable, inexpensive, communal place to stay with other like-minded members and their families. The committee is passionate about maintaining this ethos. The constitution provides the framework within which the committee operates to ensure our collective hopes are realised.

Member's children are eligible to take up membership in their own rite from 18 to 21 but after 18 they are no longer classed as member's children, they become either a member's guest or an associate member. Talk to our Club secretary Kevin if / when you would like to take this up.

As part of the communal living, everyone staying at ARIMAC has a part to play in keeping the lodge in as good a condition as we would our own homes. To help us all understand what needs to be done, we have placed some information in each room (on the back of the doors) and a couple in conspicuous places in the common area. If you have any doubts about what needs to be done during your stay, please talk to the nominated Lodge Captain who has experience in these duties.

The club continues to support member's children by subsidising lessons and tickets as part of our Junior Development Program. See Kevin's article for more detail on how this works.

Club Social Events

The post season events this year will be a BBQ and tour around HARS and the Club Christmas Party at the Jamberoo Action Park. Thanks to Gary and Judy for arranging these events. I hope to catch up with as many members as I can who can hopefully attend these club social events. See Gary's report elsewhere in this newsletter.

Lodge

The October Lodge working bee was held recently. Many thanks to Gerry and crew for the massive amount of big and little jobs completed. We - the club membership should be very grateful and thankful for these volunteers who work hard to complete all the planned work and more – See Gerry's report elsewhere in this newsletter.

The committee is always looking to be able to improve ARIMAC facilities, so if you have any suggestions please contact any of the committee members.

Bookings

The winter booking system, from my perspective, worked very well. Pete has done a great job evolving our processes to have more robust system of taking bookings, allotting rooms, and trying to accommodate as many members preferred plans as possible. Starting the bookings earlier has allowed members to finalise other parts of their ski holiday preparations. Again, this year most of the membership got their first choices. See comments elsewhere in this newsletter.

Summer bookings phases have also allowed people to plan their summer vacations.

Remember:

Winter bookings open March 1, for the winter booking lots.

Summer bookings open August 1 for the rest of the year, outside the winter lots.

Finances

Our balance sheet is still good with our summer bookings and this year's winter bookings are making it look much healthier. The Lodge Insurance is still a big draw on the club's income. Due to the work of Renato, Kevin, and Amanda we were able to find an alternate insurer and, after a critical review of the two options available, we accepted the alternate insurer who offered a more favourable rate for higher cover.

Constitution

The NSW Government has produced a new "constitution template" that all clubs, like ours, must consider. The committee has formed another small group to review the template requirements versus our recently reviewed constitution to see if there are any changes required to come into line with this new template.

Club Information

Check out the website as new info appears regularly.

If you have any stories or photos please forward them to me and I will pass them on to our Newsletter editor.

Meetings

The committee continue to meet at 7:00pm on the first Monday night of every month mainly at Western Suburbs Leagues Club and virtually via Microsoft Teams where we discuss upcoming events, ARIMAC Lodge management, improvement and maintenance requirements, Membership services, Lodge Bookings and review club finances.

If you have anything you wish to discuss with the committee, please feel free to contact any of the committee members. Above all, we hope you all keep well.

Barry

From the Secretary's Desk

With the return of a full ski season comes an increase in work, but it's far outweighed by the joy of being able to ski a few times during the season, even if driving from East Jindabyne to Perisher is no longer the quick trip that it used to be. Personally I had drive times ranging from 40 minutes to 2 hours, depending on the day and time of season. We were the lucky ones to get a parking spot and beat the road closure, which happened often.

I know Peter has been busy with Bookings for the Winter season and our occupancy rate was high. He has also been fielding requests for Summer bookings, following our newly introduced Staged process. This is similar to the Winter process, with Stages starting from August, and Peak Periods are over Christmas, New Years, Easter, and Long weekends. The reason we decided to go to a Staged approach is to give all members an opportunity to book, as Summer is becoming more popular, especially the Peaks.

Another booking improvement we're planning is an Online Booking Form. This will streamline the process for members and the Booking Officer, with reduced manual input. We aim to have this in place ready to go for the Winter season, so watch this space. Or whatever space it will appear in.

We've had a lot of communications from members this year which is great to see. There has been a mixture of questions, clarifications sought, and suggestions for improvements to the lodge and also how the club is run. Some suggestions are more practical than others. For example the installation of a Sky Rail at the Lodge to deliver snacks and drinks to people in the lounge and dining area was widely discussed, but has been put on the back burner for now. Another suggestion regarding bathrooms is being seriously considered, but I won't mention it here in case Gerry goes into more detail.

Regardless of the suggestions or ideas, all input from members is welcome and nothing is turned down without a discussion by the committee. If I am slow in getting back to you it is probably because we're waiting for the next committee meeting, but all emails will be addressed. Keep 'em coming.

As Barry mentioned we are a family friendly club, and we've always had an ethos to encourage kids to enjoy the snow. To this end we will continue to subsidise the costs of skiing/ boarding and lift tickets within the means of the club. The rules for this have recently been discussed and are still to be confirmed, but in general:

1. Reimbursement of 50% of lift ticket and lesson costs during the season, with maximums to apply
2. Subsidies are relevant for Members' Children only
3. Subsidies are paid annually and must be submitted by the end of November
4. Reimbursements are at the discretion of the Committee, and will depend on the number of claims being made and the financial position of the Club at the time
5. Subsidy requests must include a completed Expenses claim form (available on website) and receipts of the claimed costs
6. Requests should be emailed to the Club Secretary or Treasurer

Full details of the rules will be sent out when confirmed.

Kevin

Maintenance Update

The October W/B was carried out over the week 19th to 25th. It was a busy few days for the 9 attendees, the early arrivers were under a bit of pressure to get the outside work done before the rain. Some still got a bit damp, only taking shelter in the heavier downpours. We had an extensive list of jobs to get through as there had only been minimal maintenance over the last 2 years thanks to Covid, but we still managed to tick everything off. As always there was a lot of fun had and Peita Ward kept us well fed with "yummy" food.

I can't thank everyone enough for the massive effort, thanks to them our lodge is once again in pristine condition ready for the summer season.

Attendees

John Purcell, Gerry and Eileen Campbell, Tony Franjic

Mark and Peita Ward, John McCloskey, Judy and Simon McCracken

What we did

- Chopped out and sawed up stump from front of lodge (heavy work □□)
- Cleaned glass ball lights
- Replaced light fan in toilet 4 and cleaned all others.
- Replaced vanity light with LED bathroom 4
- Replaced rollers in 6 sliding doors
- Replaced all mattress protectors
- Replaced vacuum cleaners
- Left chemical chimney flue cleaner in W/S for next winter
- Removed water heater power point and hard wired
- Dropped gas bottle height (BIG JOB)



A beautiful day on the slopes (Photo Credit: John McCloskey)

- Cleaned car park drains
- Cleaned firewood boxes and restacked firewood
- Installed vanity light bathroom 5
- Installed mesh on floor vents (to stop rodent access)
- Changed door codes, Peter has them so ask him
- Rolled mattresses over
- Replaced broken axe and block splitter handles and sharpened them
- Weed sprayed pavers
- Cleaned all glass doors and windows
- Sorted out workshop and storage area, please keep it that way
- Checked and repaired room 4 damaged double mattress (broken spring)
- Oiled Norm's seat
- Oiled dining tables
- Tightened loose door knob laundry door
- Replaced downlights above kitchen sink

- Installed support boards in sofa beds
- Dry cleaned doona covers
- Washed pillow cases
- Washed tea towels
- Cleaned up rubbish and debris from outside and took to tip
- Cleaned guttering
- Installed revised cleaning duty posters to all rooms and common areas
- Sorted out notice board
- Repaired various fly screens
- Cleaned BBQ (then it rained so we didn't get use it)
- Replaced BBQ heat shield handles
- Cleaned Perspex on stairs and mezzanine
- Oiled dining tables
- Cleaned and treated leather lounges
- Raised height of 3 lounges
- Cleaned kitchen top to bottom and everything in it
- Had main floor carpet cleaned
- Lots and lots of extra lodge cleaning

The carpet has cleaned up like new again and hopefully we'll get a few more years out of it.

Cheers Gerry



A new BBQ Master in the making—Rod Valdivia
(Photo Credit: Gerry Campbell)

Treasurer's Report

As Barry mentioned, the finances of the club are once again in a good state after surviving two covid-interrupted ski seasons. The committee had to carefully manage spending during very uncertain times and now that our lodge bookings have returned to good levels we are definitely back!

Cash Balances as at 31 October 2022

Working account: $36,548

Term deposit 1: $29,293

Term deposit 2: $35,252

Total: $101,093

We currently have 137 members, and 4 members still have outstanding subs. Please look out for the (same as this year) emailed MYOB annual subs invoice early in the new year. Remember to include ONLY the LAST 3 digits of the invoice number in your EFT payment reference. It would be good if every member could pay promptly and avoid a late payment fee in 2023.

Amanda



A piece of Club history in the bin!
(Photo Credit: Gerry Campbell)

Social Events

It's not too late to join us for our big day out at Jamberoo, please refer to the flyer below for details. Remember you must let me know by the 18th November so we can finalise numbers.

Thanks Gary

JAMBEROO ...where you control the action!

Steel Makers Christmas Party

Yes folks it's that time of the year again, for all the kids and the adults who are kids at heart, to join us at Jamberoo Action Park.

When: Sunday 4th December 2022 gates open at 10.00am if you get to the Park after 10.30am text me on 0409999942 and I will come outside and give you your tickets.

Where: Look for the Steel Makers banner on the left as you enter the park.

Cost: $40 per head for Members, Members Guest and Members Children. This includes a Club subsidised entry ticket, nibbles and drinks, a bbq lunch and a small lolly bag for the younger children.

This year we are allowing each Member's Child to bring **one** friend along if they wish.The Child's friend is the responsibility of the Member, arrangements must be made for them to purchase their own entry ticket from Jamberoo Action Park. Steel Makers will not be providing our subsidised tickets to them. You must still include them in your numbers as a **Member Child's friend** purely for catering purposes.
Please provide the **number** and **age** of the children attending, again to allow for catering to suit them.
All people wishing to attend please email Gary arimac.social@gmail.com

Members please note I do not need to know that you are **unable** to attend.

Final numbers and payment must be made by Friday 18th November 2022
Please put your "Surname Jamberoo" when paying.
Steel Makers account BSB 814 282 Account 42083876

Club Captain's Report

Junior Development Week

It was great to at last be able to host Junior Development again this year, and we were blessed with great conditions early in the season. With the high demand for accommodation in Jindabyne this winter, the club was unable to secure overflow accommodation, so we had to spread Junior Development over the two week period of the school holidays this time. This meant smaller groups, but no less fun. The week one group got to enjoy a big bonfire in the backyard (thanks to Peter McIndoe for collecting all the wood remains from our tree removal)!





We had a beautiful sunny day for the Teddy Bear Hunt which was again a big hit with the kids and encouraged everyone to spend part of a day skiing together, regardless of ability.

During down time, the kids worked on some truly impressive art this year. Special thanks to Amelie, Brandon, and Sophie, who hosted a prize giving ceremony for the artists and then auctioned off their works to the highest bidder (no pressure mum and dads)

A total of $105 was raised by the kids this year from their art auction and fresh lemonade stand. The kids chose to donate the money to LAOKO Snowy Mountains Wildlife Rescue to pay for the care of two orphaned wombats.

Well done kids!





Club Captain's Report continued

Club Racing

Perisher has an all new team of employees running the race department and this year they were still finding their feet as the resort returned to normal operations. We hope to recommence our club races next year and have tentatively booked in for 22nd July at Perisher.



We also had some members express interest in participating in the Illawarra Interclubs events this year. This is something Steel Makers used to have strong involvement with, but interest waned and we withdrew from the senior event indefinitely, but have kept up some entries in the junior event most years.

Each year there is both a Senior and Junior event. The senior event is held at the end of July and the junior event is held on the first weekend of September. Events include cross country ski, and GS races for both skiers and snowboarders in male and female age divisions. There are usually great prizes for individuals and a coveted winning Team trophy, (that Steel Makers have had the honour of claiming in the past). Please let our Club Captain know before the end of February if you have any interest in participating in these events so that the Committee can make a decision on whether we re-join.

Interschool's racing is another area that continues to grow in popularity year on year, and a number of our club juniors love to participate in these events. A very big congratulations to Chase Mathers who made it to the state finals in under 11 Snowboard GS and Snowboard Cross this year– and his first time competing in interschools! Awesome achievement Chase!

Congratulations to Abby and Dave!



A huge congratulations to Abby Armstrong who came a very impressive 7th in the Interschools Australian Championships this year!

Also, congratulations to Dave Butler—Winner Men's Over 75 Division in the 2022 KAC (Perisher to Charlotte Pass XC) held on 8 August 2022





With Australia's ski season well and truly underway, MoleMap dermatologist Dr Niyati Sharma is reminding the country's 1.2 million skiers and snowboarders[1] that they are not immune from skin cancer — quite the opposite, in fact.

According to latest air quality data from Yale and Columbia Universities, Australia has the world's cleanest air when compared with 180 countries.[2] The downside is that this lack of pollution significantly increases exposure to UV — particularly at altitude — with Sharma saying UV exposure on a ski field is up to 30% higher than at sea level.[3]

"What we know about leisure activities at altitude is that there is decreased atmospheric shielding from UV radiation, which leads to significantly more UV exposure than at sea level," Sharma said.

"For every 1000 m increase in altitude, the UV radiation level will increase about 10%.[4] Australia's highest ski field is over 2000 m and the peak exposure levels could be three times higher than at sea level.

"This means the level of UV exposure while skiing in the winter is equivalent to playing a round of golf in the summer."[5]

Sharma noted that with winter being synonymous with less sun, this leads to a level of complacency among regular skiers. But research shows that the surface of snow acts as a mirror, reflecting up to 80% of the sun's rays back at us — intensifying the levels of UV absorbed through the skin.[6]

"We know that spending time around reflective surfaces like snow and ice means you are getting up to 200% more harmful UV exposure than at the beach,"[7] Sharma said.

"This can result in permanent damage to areas of the upper torso not commonly exposed to UV — such as the underside of the chin.[8]

"Research has found that those who work on ski fields and spend long periods of time at altitude have higher rates of actinic keratosis, a precancerous lesion found on sun-damaged skin, than the general population — which tends to highlight the risk skiers may face."[9]

Sharma said it is important to mitigate the exposure to UV by protecting your skin and eyes, including through good-quality sunscreen with maximum SPF (reapplied every two hours), SPF lip balm, UV protective eye gear (ideally wraparound goggles, rather than sunglasses) and UV protective clothing to cover the neck.

She concluded by noting that the Earth's elliptical orbit means southern countries are exposed to more sunlight than Northern Hemisphere counterparts.

"We know that Australians are already seeing around 13% more UV exposure than the countries above the equator on the equivalent latitude — along with the clean air and our outdoor lifestyles it is one of the reasons we have the world's highest prevalence of skin cancer,"[10] she said.

"It is essential that Aussies, particularly those with common risk factors such as fair skin, red or blond hair or a history of sun damage, get screened regularly to prevent the development of melanoma.

Source: Lab +Life Scientist (www.labonline.com.au), 21 June 2022



A gorgeous Perisher sunrise (Photo Credit: Neil Armstrong)

Your Committee

- **President:** Barry Neill
- **Vice President** Gary Perkins
- **Secretary:** Kevin Larkin
- **Treasurer:** Amanda Moran
- **Club Captain:** Troy Flinn
- **Maintenance Officer:** Gerry Campbell
- **Bookings Officer:** Peter McIndoe
- **Social Coordinator:** Gary Perkins
- **Web Manager:** Troy Flinn
- **Committee Members:**
  - Rod Valdivia
  - Judy McCracken
  - John McCloskey
  - Renato Compagnin
  - Rodrigo Torres

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Club Contact Details:

Don't forget to join the **Steelmakers Alpine Club** group on Facebook to stay up to date on Club happenings!