



KIAMA LODGE

July Newsletter 2012

Presidents Update

As I write this update it is fantastic to see good snow in the school holidays! Let's hope this year is off to a solid start. Well, a lot has been happening over the past couple of months. Our previous Lodge Managers, Rob and Sally Walker unfortunately left the Lodge at Easter, a winter season earlier than expected due to an urgent health issue for Sally. Thankfully a full lodge of members were able to farewell them at Easter and wish them both well. Rob and Sally have asked me to thank everyone for the thoughtful messages of support they have been receiving from members far and wide. Sally's oncology treatment in Newcastle is going well and each day sees more improvement in her health and well-being which is great news.

New Lodge Managers enjoying their new home



I am very pleased to confirm we appointed **Michelle** and **John Callaghan** as our new Lodge Managers following a recruitment drive in Thredbo and via seek.com.au. Almost 60 people applied for the role from right across Australia and from as far afield as Spain, France and Canada. We were overwhelmed by the quality of the applicants we received and felt that John and Michelle were by far the strongest candidates. We are positive our members will enjoy having John and Michelle on board. Please join me in welcoming them along with the 13 year old son **Liam**. An introduction is included in this newsletter.

Thank you to those members who assisted whilst the Lodge was unmanned. As you can imagine it was quite challenging to run the Lodge remotely and the assistance we received from members and our neighbouring lodges was greatly appreciated.

AGM 2012

2012 AGM - an entertaining evening in Kiama.

The 2012 AGM was held at the Kiama Pavilion in May, with 40 members attending. Along with updates from the Directors on the financial and operational aspects of the Lodge and the Club, we also celebrated two important occasions at this year's AGM

- an introduction to the Part 2 of the Club's history on DVD and
- the appointment of two new Life Members in recognition for their outstanding commitments to the Club.

Congratulations to our two new Life Members.

Members unanimously approved the nominations for **Rob Walker** and **Sandy Rendel** as new Life Members at the 2012 AGM.

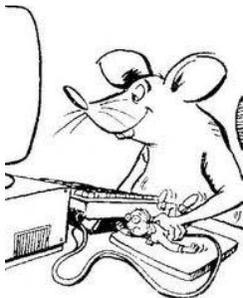
Sandy was recognised for the substantial legal support he has provided since the early 80's including the club's legal structure and club rules along with the KT sub-lease and YHA Right of Access.

Rob was recognised for his building support also since the early 80s. Rob has committed to 15 years on the Board, he has been involved in the last three lodge re-builds, leading the last one and along with wife Sally recently managed the Lodge for three winters.

Congratulations to both. We hope this is a fitting thank you for your incredible support to our Club.

Both **Rob** and **Sandy** were unable to attend the AGM so we plan on holding a celebration in November in Kiama and details will be confirmed in the next newsletter. Please visit the website for more information on our new life members

Winter bookings going gangbusters.



All winter bookings have now been created and invoiced – albeit delayed due to the change in Lodge Managers and the introduction of a new bookings system. Thank you for your patience in finalising the winter bookings this year.

We managed to avoid a ballot and with the snow falling we have been receiving a continuous stream of bookings and quite a lot of interest for guest bookings. We do have some rooms available in July and Aug so you will need to get in quick. Next year we hope to be back to our normal schedule



Directors in 2012.



We welcomed three new Directors at the AGM as well as a shuffle across some positions.

Welcome to **Phill Deer**, **Ian McKnight** and **Drew Waters** following **Tony**, **Tatiana** and **Julie** stepping down from their roles.

Phill will be managing our marketing activities and liaising closely with KT and the Thredbo Chamber of Commerce.

Ian has taken over from **Tatiana** in sending newsletters, eblasts and looking after our facebook pages to keep you up to date.

Drew is taking over from **James** managing the working bees to keep our lodge in great shape.

As a result **Karyn Bartholomew** has taken over from **Julie** as Club Secretary and **James Garner** has taken over from **Tony** as Booking Director.

A full list of Directors is included. I look forward to an enjoyable year with a great mix of experience and fresh ideas.

New booking system up and running.



You will notice a change in the bookings page on the website and your tax invoices. This is because we have changed from the old Guestmaster booking system to a more modern system called Reservations. We decided to change bookings system some time ago and a working group of **Alistair Waters**, **Paul John** and **Tony Lloyd** assessed a range of potentially suitable systems. Reservations was the most cost-effective, the easiest to use and is fully supported for Australian business conditions including GST. It allows all the Directors to access the information and run reports as we are running this on a remote server based in Sydney. Plus it now also includes our member database in one central place



Thank you to my husband **Paul John** who managed the system setup and **Alistair Waters** who have been diligently working to establish all the processes needed to use the new system.

2012 Annual Subscriptions to be sent soon



The 2012 annual subscription of **\$215** was approved at the May AGM with a \$10 increase over 2011. As our most pressing priority has been to finalise winter bookings, the invoices for 2012 annual subscriptions have been delayed and will be sent over the next few weeks. Of course the payment deadline will be moved to reflect this delay. Thank you for your patience.

changes to the working bee credits. Attendance at a working bee held before June will receive a credit for the current year (previously it applied for the following year) and Directors have been granted an additional working bee credit to reflect the work made by their spouse/partners. The latest By-Laws can be found on the website.

Lodge looking even better – inside and out.

A huge thank you to **Craig Morris** and **James Garner** who led a working bee in April to replace the pavers at the top of the driveway. Along with **Craig's family – Barbra, Madison and Ashlea**, and members **Mitch Coleman, Tony Lloyd** and **Rob Fraser** they have done a simply outstanding job in replacing the pavers to make the entrance to the lodge look simply stunning.

This year we had budgeted to replace the lounge suites and these have just been delivered to the Lodge.

Our May working bee focused on timber and **James** and **Ian** have put a stack of photos and videos on [youtube](#) click here to view [photos](#) so I am sure you will agree the Lodge is looking wonderful inside and out.

DVD Part 2 – Almost complete



At the AGM dinner **Barry Booth** and **Alan Fredericks** introduced the first 8 minutes of the second history DVD. **Barry** has particularly worked hard having spent every Saturday for the past 6 months working with our Gerringong-based film editors to produce a 30 minute visual record of the club's history from 1984 to 2005. We anticipate distributing the DVD to all members over the next month or so.

To see **Kiama Alpine Club - 50 Years in Thredbo - Volume 1** click [here](#)

This year is shaping up to be another solid year so I hope to see you in the snow this winter.

Liz Wynn



Lighting Upgrade for the Lodge



A lighting upgrade of public area lighting was carried out in May. This is the first step in improving the energy efficiency in the Lodge following an energy efficiency audit commissioned by the Board in 2011 under a NSW Government Energy Efficiency for Small Business Program. The Club is eligible for a 50 percent rebate for the costs of the lighting upgrade, and the audit itself was free of charge.

The upgrade involves the following:

all halogen downlights have been replaced with low-energy LED lights;

globes in dining room lights and exit lights at various location were also replaced with low-energy LED lights. There should be no loss of light. The installation was done by Mitchell Coleman, Club member and electrical contractor.

Some other recommendations from the energy efficiency audit will be implemented later, taking account of the life of the electrical items identified for enhancement.

Trevor Wilson

Kiama Alpine Lodge Working Bee 26 – 28 October



A working bee was held as usual in May to prepare the lodge for winter. An enthusiastic group of members gave the building a cleaning it won't forget inside and out, some oil was applied to the deck furniture and whoever sat on it before it dried, and 11 cubic metres of very large mountain ash logs were spliced and diced by the running commentary team, led by **Landon Hodgkinson** on chainsaw, who did an unbelievable job getting through it all, and **Bruce Piggott** on wood stacking, who now has the wood pile named in his honour...he did such a beautiful thing there it's a shame to use it. In between the cutting and the stacking were a motley bunch of wood splitters, who somehow avoided each other with the axes, but instead tore each other apart with blokey one liners. You can feel the love on **Ian McKnight's** [youtube](#) video of the weekend. **Team Heggie** numbered and recorded anything that sat still for long enough to be counted...a full lodge stocktake. The working bee focus is to get the necessary jobs done with an emphasis on enjoying being there and having some fun, something we achieved in May, and we will need some inmates for the next weekend detention after the season.

Put your hand up. See you there. **Drew Waters**

Last working bee (May) was **great fun** ! with a **great communal dinner** Saturday night.

To see what we did just [click here](#) & [here](#)

Free entry to the National park for **registered club lodge working bees**,

3 weeks advance notice **must** be given with rego number

Contact Visitor Entry Supervisor Lenore.moberget@environment.nsw.gov.au

Physiotherapy

Sonia Henry has written a great article on skiing injury prevention & getting prepared for your skiing holiday



With the early snow falls we've already had, it looks like it's going to be a great season. That means it's time to get your body skiing ready. We see many snow related injuries in winter time, some which can be prevented with proper strength training in the months (or if you've left it a bit late – weeks) before you go.

Skiing involves the use of many major muscle groups – such as:

Quadriceps. Probably the most used muscle in skiing are the muscles of the quads. These muscles hold you in position as you ski and they also provide protection for your knees. Great exercises for the quads include squats and lunges.

Hamstrings and Glutes. When skiing downhill, you typically hold your body in a flexed position -- meaning you're leaning forward from the hips. This requires great strength from your hamstrings and glutes as they help stabilize your body. Work your hams and glutes with bridges, hamstring curls, cycling.

Inner and Outer Thighs. Your inner thighs work like crazy to keep your skis together. Your outer thighs keep your body stable and help you steer. Work these muscles with side lunges, inner thigh leg lifts, inner thigh squeezes, side step squats.

Calves. Because your knees are bent as you ski, your calves (specifically the soleus) help you stay upright so you don't fall over (your ski boots help too). You can work this muscle by doing standing calf raises or standing over a step, dropping heels below, and coming up onto your toes.

Arms. Along with your back, arms help push off with your poles while stabilizing your shoulder joints. Be sure to work your biceps and triceps along with the rest of your body.

And of course most importantly – your core! Start off with simple pelvic floor exercises – ladies, you know what I mean! The pelvic floor communicates closely with the core muscle and without a strong pelvic floor turning on your core, or transversus muscle, is extremely difficult. Gentlemen, believe it or not – you have a pelvic floor too – so bring those nuts towards those guts! You can progress to things like leg floats whilst lying and drawing tummy to spine.

Injuries you need to be most worried about are usually to your knees and ankles. Ligament tears are super common and can easily be avoided, or at least the impact softened, with strong quads and a good core. Having a good core gives you better balance, making a fall less likely in the first place.

Also, the actual fit of your boots and skis can make a huge difference. Most novice skiers, at the mercy of their ski rental person, have their bindings fitted to their skiers far more tightly than they need to be. Whilst a fall on the slopes with your skies flying everywhere doesn't look particularly glamorous (believe me, I know..) it's a lot safer than having your feet stuck in your skis with your ski going one way and your knee going to another. Talk to the person fitting your bindings and enquire about an easier release. After all, you don't want your fun three day alpine escape turning into a year of rehab at physio after going under the surgeons scalpel. Prevention is the key!!!

Stretch before you head onto the mountain, stretch after you come off the mountain, and have some voltaren gel and a heat pack at the ready.

And of course, if you're anything like me, make sure you make the most of your hard work on the slopes with a well deserved après ski schnapps..

If you have any physio related questions, feel free to email me at soniahenry9@gmail.com, or if you're down at the lodge when I'm around come over and have a chat.

Happy skiing!

Club Captains Report

Its snowing and its just over a month to our **Annual Club Weekend**



It's a great weekend with a **family ski race** followed by a **Crazy Hat Party** on Saturday Night

Date: Weekend starting from **Friday 31st August to Sunday 2nd of September 2012**

Saturday Night Dinner Theme: Crazy Hat Party followed with a few little surprises
Please book direct with Michelle and John

Don't forget accommodation is **Free!**

See you in the Mountains

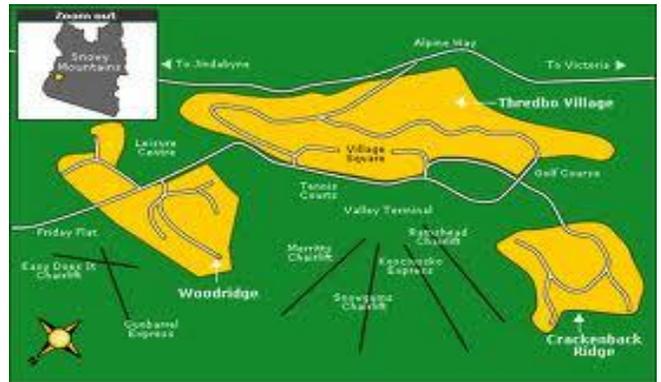
Cheers Anton



Things to do @ your Club in summer !



To see a great Mountain Biking video [Click here](#)



Golf, Tennis & Bushwalking [Click here](#)



Or what about the bobsled [Click here](#)



Fly fishing the Thredbo River [Click Here](#)



Or try the Leisure centre



Try some Schnapps at the Distillery [Click here](#)