

FALLS CREEK & MOUNT BEAUTY

# THIS WEEK

PRICELESS

WINTER EDITION THREE

FRIDAY 24TH JUNE 2022

It's All Go!!!



Main: It's a moody, but always beautiful image, looking over the snow-covered burned Snow Gums to the majestic Spion Kopje. Pic – courtesy Falls Creek  
Left: It's school holidays time and there will be a host of kids on the mountain – just simply enjoying themselves. Pic – courtesy Falls Creek via FB  
Right: Katherine Simmons DWA Members Services Coordinator (lft) with Melinda 'Min' Middleton, our new DWA Falls Creek Camp Manager & Para Nordic Project Manager. Pic - Courtesy DWA



# FROM THE CEO

## Incoming...

As the title suggests, the school holidays are upon us, and the resort is very excited to be welcoming everyone back from all over Australia and afar. After such a disjointed, stop-start 2021, the snow gods have certainly looked after us with the best base and coverage for a start to the holiday hordes in an exceptionally long time.

As at the time of writing, I can confirm that the start to the season is the strongest it has ever been in many different aspects. The early snow meant an early open, and by Queen's Birthday long weekend, Falls Creek had more terrain open than any other resort in Australia. This meant it was also terribly busy. As many regular readers will know, I'm a stats man... so in looking at just how many people visited the resort in the opening two weeks, we have seen a whopping 116% jump on pre COVID

CY2019 and a 30% jump on 2021... everyone's pretty keen for a ski holiday, much!

With the school holidays stretching out to be over one month long, we are extremely lucky, fortunate or maybe just plain clever, to have so many terrain choices available. More importantly, this will ensure, that with such a selection available, there is something for everyone.

The term coined for Falls Creek is 'progression perfect.' The inimitable former Falls Creek Ski Lifts marketing guru, Anthony O'Shea gets credit for this, and the phrase couldn't sum up the resort better. No matter your ability, the choice of runs, jump parks, XC trail, lifts (seated or dragged), right down to backcountry options, enables the whole family or your posse to enjoy the best day (and night – more on that latter) possible.

The school holidays also mean the Village

Bowl 'Twilight Tuesday' street parties are back, with fire-pits, marshmallows, Pete the Dragon and more... plus night skiing on Wednesday and Saturday nights, then in July the Thursday night fireworks fiesta will be lighting up the Village Bowl. Keep an eye on the What's on Guide and the events calendar (<https://www.fallscreek.com.au/whats-on/>).

With over 30 venues to eat and drink... there are 'progression' opportunities for the more adventurous, the hungry and the libatious, check them out here: (<https://www.fallscreek.com.au/whats-on/dining-nightlife/>). Now, speaking of which...

## Foodie Tip of the Week:

Lakeside ([www.lakesidefallcreek.com.au](http://www.lakesidefallcreek.com.au)) – is a hidden gem, not just for its spectacular views from the lounge windows, its cosy yet enormous fire place, or the pool table and bar... but more so for its food and thoughtfully selected local and regional wine list. The menu certainly has something for everyone, small or big, with kids getting the \$15 inclusive offer.

FALLS  
CREEK  
MUSEUM

PH: 03 5758 1200



WHEN THE BRIGHT YELLOW FLAGS ARE OUT  
– WE'RE OPEN!

Locate right beside the bottom station of Halley's Comet Chairlift!

Spend some time and take in the fabulous history that has earned this community so much respect! And, talk to any member of our team about the rewards of volunteering in the Falls Creek Museum.

4 Slalom Street, southern end of the Panabode building.

Phone: 03 5758 1202 for further information

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Em: [info@fallscreekmuseum.com.au](mailto:info@fallscreekmuseum.com.au)

Fb: [facebook.com/fallscreekmuseum](https://facebook.com/fallscreekmuseum)

[fallscreeksnowmobiletours.com.au](http://fallscreeksnowmobiletours.com.au)

Drive your own today!





Plan Your Falls Creek Trip

RESORT ENTRY PERMITS

A Resort Entry Vehicle Permit is required for your vehicle when entering the resort between the 4th June until 2nd October. The entrance to the resort is at Howmans Gap, approx 4kms below the village. Permits can be pre-purchased and printed at home prior to arriving in the resort, or purchased at the resort entrance.

The day rate is \$62. If you opt to print your permit at home you will receive a discounted fee. If arriving after 5pm and departing prior to midnight on the same day, entry is free.

Season Permits are available for purchase online for \$600 and can be collected at Howmans Gap Ticket Box or the Visitor Information Centre.

Resort Entry Fees fund the essential services of:

Ski Patrol

Water Supply

Waste Management

Car Parking

Snow Clearing

Visitor Information Services

PLAN YOUR TRIP

Pre-purchasing tickets and printing at home makes it faster for you to get into the resort.

Visitor Information Centre

The Falls Creek Visitor Information Centre is located in the Resort Management Office, upstairs on the corner of Slalom Street and Snowgum Lane.

Open 8am – 5pm daily for visitor information and gym memberships. Ph: (03) 5758 1200 (Map ref. E4).

Accommodation Transfer Service (ATS)

Operating from the Terminal Building on Bogong High Plains Rd, the Accommodation Transfer service will transport you, your group and your luggage to your accommodation in the village. Tickets can be pre-purchased online or at the ATS terminal.

Hours of Operation:

Saturday – Thursday 8am – 10pm

Friday 8am – midnight

ATS RATES

| Trip                                    | One Way | Return |
|---|---------|--------|
| Adult                                   | \$28    | \$45   |
| Child (5–16yo)                          | \$20    | \$28   |
| Child under 5 (no luggage)              | Free    | Free   |
| Family Pass (2 adults, 2 children 5–16) |         | \$125  |
| Excess baggage                          |         | \$10   |
| Transfer Service Season Pass            |         | \$220  |
| Taxi service (up to 10 ppl, no luggage) | \$100   | \$180  |

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Open 8am – 5pm daily for visitor information and gym memberships. Ph: (03) 5758 1200 (Map ref. E4).

Village Access

All roads in Falls Creek Village are now closed to all traffic.

For more details about Falls Creek Resort please visit [fallscreek.com.au](http://fallscreek.com.au)

Falls Creek Resort Management can be contacted via [info@fcrm.com.au](mailto:info@fcrm.com.au) or (03) 5758 1200

 [fallscreekresort](https://facebook.com/fallscreekresort)

 [fallscreek](https://instagram.com/fallscreek)



2

Falls Creek & Mount Beauty THIS WEEK - Winter 2022 Edition THREE



## Lakeside FALLS CREEK

We had to start with the recommended deep-fried camembert, house-made fig and burnt orange jam, and toasted Turkish bread, and it didn't disappoint. Thankfully for the arteries it's a great share plate. We followed up with the Chicken Parmi (its parmi NOT parma!) and the Chicken Jaeger Schnitzel.

Both ample proportions and great snow food (especially the Jaeger) to re-energise. Washing this down was the very drinkable Heathcote Buckshot Shiraz. We'll back to try the desserts and more of the outstanding wine list. Book online now here: <https://lakesidefalls.creek.com.au/eatery-and-lounge/>. So – get out there and hit the trails. •

Stuart Smythe, CEO  
Falls Creek Resort Management



*Incredible grooming has been a feature of this early opening – set to make your next visit an absolute pleasure.  
Pic – Chris Hocking*

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**2ND HAND SKI SALE**  
Sun 26 June • 12noon - 3pm  
Volunteers needed!

**ROSSIGNOL CUP & CRANKY CHARLIE**

Friday 8th July NASTAR Course  
Entries: [www.skifalls.com.au](http://www.skifalls.com.au)



# RACE CLUB NEWS

## The AGM

The Falls Creek Race Club's AGM was held Queen's Birthday weekend. As mentioned in last week's edition there were a few changes. Longstanding and devoted club president, Lachlan Bowes, and treasurer, Simon Whiteley passed on the reigns. They were honoured at the AGM and both received a wonderful piece of Mark 'Macca' McDonald's Falls Creek inspired alpine art. Thank you Macca!

While the 2022 committee didn't see any new faces join, the new office bearers came from the existing committee. Kate Kemp is now treasurer, Mark Peters the vice president and Mike Gould the president.

Kate's a devoted Falls Creek skier, with a young family and a husband (Nick). She's perfectly suited to the treasurer role as she's an accountant. Thank you Kate, we are very lucky! Kate's looking forward to living at Falls Creek this winter and watching her children career down the mountain.

Mark Peters is one of Falls Creek biggest fans and is always spruiking its qualities. He hails from the hotel and property development industry. Mark's got three young children and a wife (Melissa). I know Mark's acumen will be a real positive for the club. Thank you Mark for stepping into the VP role.

Finally, I'm an unashamed Falls Creek tragic with a background as a school teacher and ski racing coach. I've worked at the Hotham club and then various stints with the Australian, New Zealand and Australian Paralympic ski teams. Living at Falls Creek during the winter with my own young family and wife (Felicity) make me an exceptionally fortunate 'young' man. I'm excited and fortunate to be part of the team with Kate, Mark and the whole committee.

Even with the leadership changes this year, the entire committee aspire to continue the good work of our predecessors. We hope to engage positively with the broader Falls Creek community who have always been staunch supporters.

Our club goals remain unchanged. We aim to create snow riders for life who have a love of the alpine environment. Additionally, we plan to give them the foundations to compete on the world stage, somewhere down the track if that's their goal.

Look out for the blue jackets, mostly small in height but big on speed whizzing (safely) by this year. •

## Rossignol Cup – Update

The Rossignol Cup and the Cranky Charlie will be held on the NASTAR Course Friday 8th July. Times to be advised. Entries will be via [www.skifalls.com.au](http://www.skifalls.com.au). •

## National Alpine Team Update

There's something in the water at Falls Creek. Three of its alpine and skier cross athletes have recently being selected to the Australian Ski Team and Australian Development Team.

Robbie Morrison was selected to the National Skier Cross Team while Finn

**SOMEPLACE ELSE**  
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LOCATION - MAP 02, 4 VILLAGE BOWL CT, FALLS CREEK

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LOCATION - MAP: J4, 3 SITZMARK ST, FALLS CREEK

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LOCATION - MAP: J4, 5 SITZMARK ST, FALLS CREEK

# RACE CLUB NEWS

Bowes and Alfie Wenk made the National Development Team for alpine and skier cross respectively.

All three of these young men are proud Falls Creek skiers hailing from the Falls Creek Race Club. They've obviously all been drinking from the same Rocky Valley Mountain spring.

In fact, this water has quenched the thirst of a number of Olympians in alpine skiing. Former Olympians, Steve Lee, Jo McDougall and Malcom and Ross Milne have all drunk from that spring.

Morrison and Wenk transitioned from alpine ski racing to the skier cross discipline and both have succeeded internationally. Wenk's highlights last season were a couple of victories at the Nor Am Cup in North America. These events are a precursor to the highest level of races, the World Cup.

Last winter Morrison lowered his world ranking to 54 and was primed for a winter of racing when injury resulted in an abrupt end to his season just before Christmas. Thus cruelly robbing him the opportunity to chase an Olympic berth in China. Hopefully, some

of that Falls "Creek" spring water gets Robbie skiing at the top level once more.

Finn Bowes combined racing and training in North America and Europe last winter. He was also returning from a string of unfortunate injuries. Bowes was satisfied with his skiing on the North American circuit, especially after the injuries, but is planning on building on this momentum and will race in New Zealand this southern winter. He is confident these races can act as a spring board for the northern hemisphere race season.

Congratulations to all three Falls Creek Race Club alumni. We wish you all the best as you commence the 2022/23 race season.

Remember - keep hydrated; it can have marvellous effects on going rapidly downhill! •

Mike Gould – for the Falls Creek Race Club



Outgoing president Lachlan Bowes receiving a fine piece of local art by 'Macca' from incoming president Mike Gould. Pic – Courtesy FCRC

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# AROUND THE MOUNTAIN

## Instructing Exams and Uniform Fashion

Over the last few days, you may have noticed quite a few group lessons occurring on the hill. To be frank, this is pretty standard stuff at an Alpine resort. What is different however, if you watch closely, is that many of those people learning how to snowplough and basic christie look remarkably familiar with the technique already.

This is because it's APSI exam time! Across most Snow resorts in Australia, (sorry you're left out Ben Lomond in Tasmania and Corrin Forrest in the ACT), the Australian Professional Snowsports Instructors have been conducting training and examinations to find the next cohort of Alpine, Snowboard, Nordic, Telemark and Adaptive instructors for our snow industry.

Level 1 exams occurred at Falls Creek last week and this week, gifting our beautiful mountain with a fresh batch of enthusiastic

instructors in time for the start of the school holidays. We've also been very lucky this year, due to fanatic snowfall and good planning from APSI head office, meaning that the APSI was able to offer Level 2 examinations for those that missed out on sitting their exams in 2021.

This means we've welcomed more people into the blue and black outfit that makes up the Falls Creek Snowsports Instructors uniform in 2022.

Ah, the clothing that is and was the Falls Creek instructor's uniform. It's changed quite a bit over the years. We've had many iterations, many brands, many colours and varying levels of waterproofness of this uniform over the years. I've loved the style of many of Falls' instructors' liveries, loathed one or two and kicked off a passion for collecting snow-wear that currently numbers in the 100's



Ski Instructors uniform circa the 80's.



The flash Nevica suit in the 90's.

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LOCATION - MAP: J4, 5 SITZMARK ST, FALLS CREEK

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Woodfire pizzas from 5:30pm  
Community Raffles from 5:30pm (draw begins at 7pm)  
24/6 Rotary Club • 1/7 Red Cross

**Saturdays:** 12noon - 11pm • Lunch 12noon - 2pm • Dinner from 5:30pm  
\$13 Cocktail Specials! Live Music 3pm - 6pm  
25/6 Tommy Hanlon

**Sundays:** 12noon - 11pm • Lunch 12noon - 2pm • Dinner from 5:30pm

**Mondays & Tuesdays - CLOSED**

**Wednesdays:** 3pm - 9pm • Dinner from 5:30pm

**Thursdays:** 3pm - 9pm • Dinner from 5:30pm  
Texas Hold em Poker • 7pm start

1 Lakeside Ave, Mount Beauty **03 5754 4985** [www.westpeakhotel.com.au](http://www.westpeakhotel.com.au)



# AROUND THE MOUNTAIN

and almost every size, colour and pattern possible.

The 2022 Falls Snowsports uniform brand is Helly Hansen, that Norwegian stalwart of outdoor wear. Safe to say the current attire isn't going to win any fashion awards, however the colour blocking blue and black is easily identifiable on the slopes, if a safe attire choice. I'll not comment on its ability to repel Australian snow.

In the early 2000s we had a flashback to a red uniform, in two-piece with white chest, arm and leg stripes and a blue chest band. Snazzy, while not being as flashy as its 1990s predecessor. Modern, but safe.

Roll back the clock to the 1990's and there was a magnificent purple with pink, green and orange shoulder flashes two-piece suit (I'm going to say the brand was Nevica as it fits the profile for that time, but I'm not 100% sure). It was slightly iridescent from memory and very 1990s! I have something similar in my snow suit collection. At first, I loathed that uniform, but grew to love its gaudy colourful fabulousness eventually... i.e. once it was replaced. I feel confident that in the design there would have been a matching headband. I mean, it was the 1990's.

However, my very favourite Falls uniform is from the 1980's. In the last 12 months, long time Falls instructor, artist and owner of Falls Creek Guides immortalised these uniforms in public art installations throughout the village. I speak, of course, of the red one-piece suit with two blue bands wrapped around the chest. Iconic, stylish, simple, questionably waterproof and, I have on good authority, easy to turn inside out if you've stayed at the pub past 5pm and are not allowed to be in uniform. I still have one of the red beanies that accompanied that uniform. How I got it is another story altogether.

I know there are many more uniforms, but these are some of my favourites. Plus, I had photos of these ones. •

Cheers, Nyree Fiddes  
[www.idreamofsnow.com](http://www.idreamofsnow.com)



*The uniform in the early 2000's.  
All Pics – Courtesy Nyree*



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## Travelling to Falls Creek this winter?

### Enjoy the comfort and safety!

A skeleton timetable will operate until Friday 25th June – when the full timetable will come in to operation. Refer to our website for further details.

[www.fallscreekcoachservice.com.au](http://www.fallscreekcoachservice.com.au)

But remember, the same convenient service applies! Leave the worries of pre-purchasing Resort Entry, Hiring and fitting Chains, coping with Anti-Freeze and icy slippery roads behind you.

Park your car in the Secure Car-Park in Tawonga South and enjoy the comfort of our modern warm coaches and experienced drivers for your holiday at Falls Creek. Check the Website for services from Melbourne, Albury and Mount Beauty

Group bookings and private transfers are also available for the entire 2021 winter season.



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## The Good News... Refuse and Recycling

Falls Creek is one of the first resorts to recycle organic matter!

### We recycle:-

- **Cardboard** – baled and sold for re-manufacture.
- **Co-mingles** – plastic, glass and paper – in the clear plastic bags with the RED print.
- **Organics** – anything that has ever lived – food, paper, oyster shells, bones – in the clear plastic bags with the GREEN print – all sent to be composted.

Falls Creek Garbage is collected seven days a week during winter. If you require supplies of bags, have a question, or see a problem, phone us on **0427 411 415**.





# CROSS COUNTRY NEWS

## It's Time

The XC skiing season has well and truly arrived at Falls Creek this week! With 45kms of groomed trails, the sunny opening weekend conditions were a delicious reward for the cross-country community after two years of unpredictable travel restrictions.

## News and Events:

We have a killer line up of cross-country events this season, and while conditions can rapidly change in the Aussie mountains, with the start we've had I'm manifesting this one to be our best season yet.

Haven't tried XC Skiing? Not to worry, my scroggin-eating agenda is well underway, and no stone will be left unturned! There is no better way to enjoy the mountains than with a ski across the dam wall with good mates, trail-mix in hand, gazing into the distant blur of lifts turning and wondering how you've been sleeping on the wonders of XC all this time.

To kick start the winter program, the Telemark Nordic Ski Club is running one of their annual Come and Try XC Skiing days, catering to all ability levels with the opportunity to learn the fundamentals of XC Skiing in a safe, friendly, and fun environment. Get down to the Windy Corner Day Shelter at 9am this Sunday the 26th of June, and for more information you can visit the TSNC website or contact Lynne-Maree Cullen at 0409 592 226. •



A big welcome to Ella Jackson, your fresh and talented XC Journo for this winter and more to come.  
Pic – Courtesy Ella

## About the Author:

My names Ella Jackson, and I've been living at Falls Creek for the past five winters and competing for the National Team for the past eight. Aside from my love of ski racing, I also just love to get outdoors and enjoy the beauty of being in the mountains. When I'm not skiing, you'll probably find me patting dogs, enjoying a coffee, or studying for my Master of Social Work.

Throughout this season I will be keeping you up to date on the latest local XC news, events, and stories from the people from all generations and abilities who inspire and contribute to the wonderful community of

XC skiing. If there is something you would like to read, please don't hesitate to let me know! You can contact me on 0412 087 635, and I'm keen to hear your ideas, or take photo submissions from all of your epic adventures, sunny skis, or days in the elements.


With a week of snowy conditions ahead, I have a feeling we are due for a ripper season this year and I look forward to seeing you all out there! •

Your editor welcomes Ella on board with This Week and we are sure we will keep you entertained with all of the XC news and stories during the season. Ed.



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| ▼ Falls Creek                                 |   | MEDICAL SERVICES | Mount Beauty ▼  |
|---|---|------------------|---|
| WHERE   | Bottom of Gully Chairlift.  | WHERE            | Tawonga Crescent.   |
| WHEN  | Open Daily 10am – 12:30pm & 2pm – 5pm (Map Ref J6)                                    | WHEN             | 8:30am – 5pm Mon – Friday<br>10am – 12noon Saturdays.   |
| HOW   | Ph: 03 5758 3238 all day.<br>24 hours for Emergencies.                                | HOW              | Ph: 03 5754 3400 for appointments   |
| WHO   | General Practitioners experienced in Family and Snow Sports Medicine.                 | WHO              | Mark Zagorski OAM, Jeff Robinson, Libby Garoni, Sky Delaney, Laura Zagorski, Angela Stratton, Lauren Cusson, Damian Heman, Daniel Florisson & Andrew Mason. |
| WHAT  | First fully accredited snowfields practice in Australia based on 36 years experience. | WHAT             | Fully accredited General Practice with 42 years service to the Upper Kiewa Valley.  |
| "You've only got one head – put a lid on it!" |   |                  |   |



Cyclo-Cross Race

As has become almost customary over the last five years, TMB hosted the first two rounds of the Victorian state cyclo-cross (CX) series.

For those unaware of the CX discipline, it can be crudely described or seen as road bikes riding in the dirt, but it's much more than. In Europe, CX is HUGE! If you follow cycling, you will know names like Wout van Aert and Matthieu van der Poel. These two guys are arguably now two of the strongest riders in the professional peloton, getting their strength, technique, bike handling and perseverance from CX. Although a unique discipline and sometimes misunderstood, it can't be denied that CX has a place in giving riders a fantastic base for any bike riding discipline - Mattieu VDP has stepped on to the podium at World Cup events in CX, road riding (and worn the yellow jersey at TDF), and cross country mountain biking.

TMB hosted Round One and Two over the Queen's Birthday long weekend. Round One saw riders have a 'forced dismount' before a run up hill with bike over shoulder, then a traverse across the boggy paddock, down through the rollercoaster of a gully, then weaving up, down and around the Oak trees. Did I mention it's a great spectator sport? The course is only 2km long and due to the tight and technical nature, you can watch the riders for a large portion of their laps.

Race duration is from 30 minutes for juniors and up to 70 minutes for A-grade. This year - given the preceding weather and the already challenging course, riders dubbed it 'the hardest CX course in the country' and also saying that 'Mount Beauty provides the most true to European CX conditions.' We are very blessed to have such a versatile MTB park here at Big Hill!



Carrying the bike is part of the deal – and that extra mud doesn't make it any easier – just ask Dan van der Ploeg. Pic - Matt Rousu

Garry Milburn from Alpine cycling club put on a master-class for all the other competitors, managing to ride the whole course without putting a foot down! A similar situation was with Rebecca Locke in the A grade women, just clear daylight between 1st and 2nd. A true display of strength and skill. But for me, the best battle was in the women's A-grade between 2nd and 3rd place. Ruby Dobson and Megan Withers. Ruby's determination was prevalent in the face of adversity, ready to chuck her bike over the fence with mechanical failure, managed to compose herself, get her bike going again and hold of Megan by a mere 20 seconds.

The young riders are a sight to behold. Their energy and power is simply exciting to witness. The Northey brothers from Alpine Cycling Club are ones to watch in all disciplines of bike riding.

Congratulations go to Team Mt Beauty riders Brad Mitchell on his win in the Men's C-grade, and Nikki Martin, who after volunteering on Day One, caught the CX bug and registered to race on Day Two in her first CX race!

I would like to acknowledge and thanks our volunteers, sponsors and local retailers for their ongoing support and helping this race become a success. Particularly Alpine Outfitters, Valley and Peaks, Mt Beauty Bakery, Bridge Rd Brewers and FoodWorks Mount Beauty. •

Rob Vandenberg, President, TMB



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# COMFORTABLE SKIING

## When you hit the ski wall

Ever feel like your skiing is staying the same, despite efforts to improve? Sounds like you have hit a learning plateau. There are lots of reasons why this might be, but here's a few to consider.

The quick and steady gains you make when starting skiing keeps you motivated by exploring more of the mountain with each leap you make. But when you get to a certain level, the improvements are going to be smaller and harder to see. This is where you must find your own motivation – check out the local race kids for some inspiration. Find that skill that freaks you out (maybe it's a steep run with jump turns?) and plan small steps to tackle it. Maybe you need some ticks on your score card?

Motivation may not be your issue. It might be that you get to ski one to two weeks a year which isn't enough time for the ski movements to feel "natural". That's where you need some advice from a pro. A lesson with an instructor that you are on the same wave-length with can be invaluable. Having someone to help you break ingrained habits you didn't even know you had can be challenging, but also enlightening.

Fear, fitness and time on skis might be obvious causes for a learning plateau, but what if it's something else? Look no further than your equipment. This is not a cop out. Sometimes, you can blame your equipment. If you're getting consistent feedback from



Don't push yourself off a cliff, but push yourself to improve. Pic – Courtesy Ortho Ski

different instructors, but still can't make your ski do what it's told, then look no further than your boots. Ski boots are set up to fit what the manufacturers think will fit the "masses". But are you the mass? No, you're an individual and an individual set-up for ski boots is crucial in having control of your skis.

Your ski boots dictate how you stand and how much you can move. Perhaps your boot is too stiff and in order to control

your ski you need to sit in the back seat and steer with the ball of your foot? Or perhaps the cuff isn't allowing for your bowed legs, and instead of getting on your inside edge, pushing your leg inwards just makes your ski flat and out of control? Perhaps the forward lean is too aggressive? The list goes on and on and on, but you see what I'm saying? Boots have a massive impact on your skiing. Sounds like a professional ski boot assessment is on your to-do list now.

But what about skis? Absolutely. Different skis will affect your skiing too. Skis need to fit the conditions and type of skiing you're doing. Don't go for a Japow fatty when you're skiing the hardpack of Australia.

A professional ski boot fitter and a ski instructor can help you with learning plateaus. When the two work as a team to guide you, well, you've got magic and you'll be back on the steeps of a learning curve in no time. •

Krista Sturday  
Ski Podiatrist at Ortho Ski

| EMERGENCY                         |           |                          |              |
|-----------------------------------|-----------|--------------------------|--------------|
| EMERGENCY                         | 000       | POLICE (non-emergency)   | 131 444      |
| Ambulance                         | 000       | Falls Creek              | 5758 3424    |
| EMERGENCY BROADCASTER             |           | Mount Beauty             | 5754 4244    |
| Alpine Radio (Fires & Floods)     | 96.5 FM   | Wangaratta               | 5723 0600    |
| ELECTRICITY                       |           | REGIONAL ROADS VICTORIA  | 133 778      |
| Faults & Emergencies              | 13 17 99  | Falls Creek              | 5758 3287    |
| FIRE                              |           | RACV                     |              |
| Falls Creek/Mount Beauty/ Tawonga | 000       | Falls Creek/Mount Beauty | 5750 1230    |
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| Mount Beauty                      | 5754 3500 | CFA                      | 1800 668 511 |
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| Falls Creek                       | 5758 3238 | Falls Creek              | 13 25 00     |
| Mount Beauty                      | 5754 3400 | WILDLIFE RESCUE          | 0421 553 527 |

## 2022 WINTER PUBLICATION SCHEDULE & RATES

**PUBLICATION SCHEDULE:**  
Ed 04\* 01.07.22 \* Start NSW School Hol.s. Winter Night Shows, Night Skiing & Fireworks. (C)  
Ed 05\* 08.07.22 \* Throwdown One, Panorama. Snow Trek & Travel High Plains Tour. (C)  
Ed 06\* 15.07.22 \* Mim Skiing Program for Ladies. Vic Junior XC Championships (C)  
Ed 07\* 22.07.22 \* SA & NSW Interscholar Races. Birkebeiner Classic (C)  
**DISTRIBUTION:** • All accommodation houses, restaurants, businesses, club lodges & apartments in Falls Creek, Bogong Village, Mount Beauty, Tawonga South, Tawonga & Dederang, plus the RMB's between Dederang & Tawonga & selected venues in Bright & Myrtleford.  
**ONLINE:** • Available in PDF form at: [www.fallscreek.com.au/whatson/](http://www.fallscreek.com.au/whatson/)  
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• Friday 2.00pm prior to publication date  
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• A Winter Season Contract is available for advertising in all 16 editions of Winter offering a 15% discount – Invoiced four Editions in advance. Invoice dates are: 09.10.21, 04.12.21, 05.02.22 & 01.04.22. This works out to two adverts per month. •

## ENQUIRIES

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| For Information on Advertising or Editorial Contributions please contact:   | For Payment, Placement of Adverts or Subscriptions, please forward to: |
| Ken Bell Mob: 0400 350 488  | Ph/Fax: 03 5754 1346   |
| Email: <a href="mailto:kencbell@bigpond.net.au">kencbell@bigpond.net.au</a> | Office Address: Suite 2, 41 Bogong High Plains Road, Mount Beauty      |
|   | Postal Address: P.O. Box 325, Mount Beauty 3699. ABN: 22 171 749 807   |



## Wine-Maker's Dinner

**W**ine and dine with Mac Forbes. Astra Falls Creek would like to invite you to join them for an intimate evening of delicious food and fine wine from Astra Falls Creek and special guest Mac Forbes from Mac Forbes Winery in the Yarra Valley.



Wine maker Mac Forbes will be visiting Astra on Thursday July 14th for a special evening. Pic – Courtesy the Winery.

Astra Sommelier Matt Cridge, together with Mac Forbes will take you on an exclusive journey with fine wine and a modern Alpine inspired shared tasting menu crafted by Head Chef Kauri Watkin and the Astra Team.

Enjoy a six course shared experience with Champagne, plus matched wines and special insights from Mac and Astra Sommelier Matthew. This is an event you will not want to miss. Thursday 14th July is the date. Put it in your diary and book early.

Tickets are \$160 per person and are strictly limited. Tickets can be purchased through the link below or search Astra Falls Creek on Open Table.

<https://www.opentable.com/booking/experiences-availability?rid=132803&crestref=132803&experienceId=83844>

We look forward to welcoming you to Astra Falls Creek •

## DWA Ready to Go

DWA are very excited to be getting out and about on the Falls Creek slopes this weekend. You will see the DWA trainers conducting the first round of training for the season. Our new guides will be working together with our DWA trainers in completing their Level One Adaptive Snow Sport Guide Training. Be sure to say hello or give them a wave if you see them this weekend.

Disabled Wintersport Australia are also



Newly appointed Melinda 'Min' Middleton as DWA Falls Creek Camps Manager & Para Nordic Project Manager was seen on our slopes this week with the local legend Ken Payne former DWA Camp Manager. Pic – Courtesy DWA

looking for Volunteer Guides at Falls Creek. Do you want a unique and rewarding experience on snow? Want to become an Adaptive Snow Sport Volunteer Guide for DWA. If you're a Falls Creek regular or local, and an intermediate to advanced skier or snowboarder, we still have some places in our 2nd round training programs in 9th & 10th July. If you are interested in registering for the Level 1 Adaptive Snow Sport Guide training with DWA send an email to [mmiddleton@disabledwintersport.com.au](mailto:mmiddleton@disabledwintersport.com.au). •

## Radio Reading... Powered by Volunteers

Alpine FM presents two one-hour RPH programs per week, reading from selected local and national newspapers.

RPH Radio reading is the on-air live reading of newspapers, magazines and other publications for people with vision impairment, blindness or other print disability.

**Tune in on Wednesdays at 2pm and Thursdays at 7pm.**

Serving the local community. 96.5FM in the Kiewa Valley.

Streaming on [www.alpineradio.com.au](http://www.alpineradio.com.au) and the Community Radio Plus app.

Alpine FM acknowledges funding assistance provided by the Community Broadcasting Foundation for RPH programming.



## TRADING POST CLASSIFIEDS

### FOR SALE

One brand new pair of ASICS Tennis shoes, size 46 Euro (11.5 US). Worn once. Too tight for me. Retail Price: \$159.95. Will sell for \$120. Ph: 0400 350 488.

Orbea AVANT M20 DISC road bike, Carbon frame, size 60, colour- Carbon-Blue. \$1,950. \* Nello Viper 51 kayak. \$1,500. \* Ph: 0408 466 790.

Snowmobile 2004 Polaris Trail Touring. Electric start and electric reverse. Only travelled 240km, always housed undercover at Wang Ski Club and regularly serviced. Comes with service manual and supplement. Located Mount Beauty, all offers considered. Contact Chris 0457 410 933.

Stubby series 1000 universal woodturning lathe, as new, \$9,000. Ph: 0408 466 790.

Blade X rollerblades, as new not yet used, men's size 43, \$100. Ph: 0408 466 790.

RM Williams Cuban Heel Boots, Bushman Tan, with added rubber protective sole. Almost brand new. Size 9 G. Retail \$309.95 will sell for \$250. Ph: 0400 350 488.

### FOR SALE

Children's Ski Pants. 'Crane Snowextreme' Size 10 & 14 Blue, Size 12 Black. Excellent Condition: \$20 ea. Mb: 0419 286 382.

### LOOKING FOR WORK

The are many positions available on the Falls Creek website. Go to this link to access the employment pages: <https://www.fallscreek.com.au/employment/>

### VALLEY FUN & FITNESS CLASS

Every Tuesday at 9am at the Ladies Facility, Dederang Recreation Reserve. All equipment provided. Bring a drink bottle and towel. \$6 per session. All Welcome. A great way to keep fit and socialise at the same time. Class usually followed by coffee at the Dederang Shop. Classes by Narelle Jones (Personal Trainer). Note: Classes do not run in school holidays. Enquiries: Sharon McEvoy 0438289293 ([the6maccas@bigpond.com](mailto:the6maccas@bigpond.com))

## BUSINESS DIRECTORY

### ALTERATIONS, DRESSMAKING & REPAIRS

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### LD'S HOME PET CARE

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### LOCKSMITH & HANDYMAN

Codi Coutts – servicing the Kiewa Valley & North East Victoria. Ph: 0475 388 990. Em: [kiewavalleylocksmith@yahoo.com](mailto:kiewavalleylocksmith@yahoo.com)

### PAINTING SERVICES

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### PHYSIOTHERAPY

Kiewa Valley Sports & Spinal Therapy, 5A Hollonds St, Mount Beauty. Out of Hours & Home visits available. HiCaps. Ph: 03 5754 1270.

### SAFETY SCAFFOLD

Mount Beauty and Falls Creek area. Ph: 0418 578 500.

### SECURE STORAGE

From 2m x 2m through to 3m x 7m. Ph: 0418 578 500.

### SPORTS MASSAGE

Book On-Line: [impactmassage.com.au](http://impactmassage.com.au)

### STORAGE

Caravans, Vehicles, Pallets, Large Lock-Up Units. Ph: 0428 361 497. [www.alpinewarehousing.com](http://www.alpinewarehousing.com)



# FALL LINES

## Holiday Activities

The Mount Beauty Library in Lakeside Avenue, (beside Bicentennial Park) always provides a good range of fun activities for the littlies during the school holidays. This winter we have Yoga For Kids on Tuesday 28th June at 2:30pm – Something a little different and may help the kids relax. Designed for kids from age five to 12.

Then, on Thursday 30th June at 2:30pm we have ‘Snow Flake Craft,’ Create your own different snowflakes! Suitable for kids five years and older.

Then, on Wednesday 6th July we have Art with Sam – an opportunity for the kids to get creative and suitable for ages seven to 12.

Bookings for any of these activities is best. Call the library on 03 5754 4305. •

## Twilight Tuesdays

Every week we get to celebrate the snow season with Twilight Tuesdays up in the Village Bowl. Enjoy roasting marshmallows over our fire pits – fight over the pink ones with you littlest family members and see how they light up when you give it back to them. Challenge your kids to a mega-size game of Connect 4, or hurl the Finska, or Kubb (which is like Finska, only better). You don’t need kids to join in the fun, everyone is welcome. Come and boogie to



Bring the kids to the Village Bowl on Tuesday afternoons from around 3:30 for a ton of fun!  
Pic – Courtesy FCRM

our funky jams and find out who has the best moves (it might just score you that extra pink marshmallow), but with Pete the Dragon visiting each week, you’ll have some tough jivin’ competition.

The party starts at 3.30pm and kicks on late into the evening, wrapping up at 5.30pm (which feels really late after a full day of leg-burning, hard core, mountain riding). See you there! •

| WHAT'S ON IN 2022  |   |
|--|---|
| COVID-19 Restriction changes and weather may impact some of these events. Please check with the organiser for the most up-to-date information. |   |
| JUN 25   | Park Run. 8am at Bicentennial Park by the lake in Lakeside Avenue.  |
| JUN 25   | TDFNL Rd 11. Rutherglen V Dederang Mount Beauty.  |
| JUN 25   | Night Skiing as Wombat's Ramble lights up on Saturday and Wednesday evenings, 6pm to 8:45pm allowing you to continue your ski and snowboard adventures.   |
| JUN 26 & JUL 2   | Telemark Nordic Ski Club 'Come & Try' XC Skiing day. 10am Nordic Bowl. Ph: Lynn-Maree 0409 592 226.   |
| JUN 28 & JUL 5   | Twilight Tuesdays – taking place every Tuesday from now through to late August. 3:30pm to 5:30pm in the Village Bowl – a Street Party for kids and adults alike. Fire pits, marshmallows, games and music and possibly even Pete the Snowdragon. Further details: 03 5758 1200. |
| JUL 2  | TDFNL Rd 12. Dederang Mount Beauty V Tallangatta @ Dederang.  |
| JUL 7-10   | In 2022, there will be two Mim's 3 Day Women's Ski Program events to choose from. The first will take place from Friday 15 July to Sunday 17 July, and the second from Friday 2 September to Sunday 4 September.  |
| JUL 9  | Snow Trek & Travel High Plains Tour. 1/2.5/5/10km. 11am FC Nordic Bowl. Len Budge Mb: 0417 352 845.   |
| JUL 2  | TDFNL Bye Round – during Victorian School Holidays.   |
| JUL 16 & 17  | Victoria Junior Sprint (Saturday) & Distance (Sunday) Championships.  |
| AUG 27   | Kangaroo Hoppet From 9am. Nordic Bowl.  |

