

FROZEN ACRES

Journal of the Canberra Alpine Club Inc. GPO Box 27, Canberra, 2601 www.cac.org.au

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2022 – 23 Office Bearers

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Editorial

With heavy snowfalls in the mountains, members have been skiing/boarding and generally enjoying the camaraderie at our lodges. During the school holidays both Family and Youth Weeks held at Perisher were well attended and very much enjoyed by all those staying at the lodge. The newly installed Breville coffee machine proved to be a popular addition to the kitchen.

With races about to commence, many of our members will be looking to place their entries. Information can be found on pages 5 and 6 and in the President's Precis. We have moved ahead with the times and even have an article done by AI.

Also, in this issue we have included a couple of important articles from the Committee, these are regarding room sharing and bags left in the linen store. As we now have 600 members and around 100 on the waiting list, it is important that everyone adheres to the rules for the benefit of all, and to ensure the smooth running of our Club.

With plenty of snow cover, let's hope the season extends well into October.

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Club Calendar

2023			
July	30	Club Championship (Alpine)	Perisher
August	5-13	XC Week	Perisher
	7	KAC XC Classic (used as CAC XC Championships)	Perisher
	9	XC Night Relays	Perisher
	12	Snowy Mountains Classic	Perisher
		Brumby Races & Dinner	Perisher
September	2	Balmain Cup	Perisher
	16	Perisher Cup	Perisher

Information regarding Club races can be seen on pages 5 & 6.

Work parties have concluded for this summer season but will recommence later in the year.

The following members are responsible for organising work parties.

Perisher: Peter Richards

Perisher Work & Weed Parties: Amanda East

Perisher Park Entry Fee Waivers: Judy Lejins

Jindabyne: Peter Cunningham,

Mt Franklin: Jenny McLeod

O'Keefes Hut: Paul Oboohov

Information on work party dates and contacts will be published in the September / October Issue of *Frozen Acres*.

Copy deadline for the next issue of Frozen Acres: Friday 8 September, 2023. Please send in you articles in Word, photos welcome.

Brumby Cup - Post Race - Club Dinner Perisher Lodge - Sat 12 August from 6pm.

\$40 per adult, \$30 per junior/youth Three courses. Starters, Mains & Dessert. BYO drinks.

Note: The kitchen will be closed from 4pm to allow for setting up and food preparation.

Please make alternate dining arrangements if you do not wish to participate.

Open to members staying at the lodge or attending the race.

RSVP Vicki by 28 July - Email: *office@cac.org.au* to advise attendance and any dietary requirements.

Vicki will invoice your account directly.

Admin Officer's Hours

The Admin Officer Vicki Hughes, works only part-time for the Club, therefore the best way to contact her is by email.

> Her winter hours are: Monday & Friday - 9am to 2.30pm Tuesday, Wednesday & Thursday- 1pm to 5pm Saturday - 9am to 11am

On weekends she will check for anything urgent if she is in range and will respond as appropriate.

President's Precis

By Caroline Walker

I write this with winter now well underway. While a slower start snow-wise than last year, many members and guests still chose to spend opening weekend at the Club lodges. The Peak Festival was enjoyed by those visiting Perisher, as was bushwalking in the sunny conditions. The Winter Warmer firepit at the Jindabyne Lodge, (making good use of wood cut at Perisher!) was a great success, with all attendees enjoying yummy barbecue sausages, s'mores and even snow themed fortune cookies. I think we have a new annual event to add to the Club Calendar! Thanks again to social convenor Cheryl Taylor and new member Lisabeth Heming for organising, and to Ross Taylor for ferrying the wood and firepit.

I'm hearing that everyone enjoyed themselves, at Family Week and Youth Week. which were held over the last two weeks. Huge thanks to organisers Chrissie Young, Lexie Philipps, Mel Randall and Lachie Hatch for volunteering to run these events – there is so much work done behind the scenes to make these weeks happen, including sourcing all the food required and preparing meal rosters. These weeks will only be able to go ahead in future years if those attending undertake their rostered tasks.

Club races for 2023 have been confirmed, with the Alpine/Snowboard Club Championships to be held on Sunday 30 July, the KAC (serving as the XC Club Championships) on Monday 7 August, and the Brumby Cup on Saturday 12 August. Entry details will be provided shortly. The Club Championships are being held in conjunction with Cooma Ski Club and will see the winning Club awarded a new trophy! I'd like to encourage members and guests to consider entering these fun events – the Brumby Cup in particular is suitable for skiers and boarders of all abilities. A number of awards including a randomly drawn quickest male/female team and the parent/child trophy will be awarded at the post-race Brumby Cup dinner. I'd also like to encourage members and guests to put in expressions of interest to represent the Club in the Balmain Cup (2 September) and Perisher Cup (16 September) – please contact Club Captain Sarah Brake at *captain@cac.org.au* to get more details.

Hopefully everyone has now had a chance to order the new Club merchandise -I am looking forward to seeing everyone in their gear. Again, many thanks to Jeremy Lucas and Gina Quadraccia for their awesome design work and to Kel Heatley for arranging the suppliers.

Bookings for the remainder of Winter are looking very strong, with limited remaining availability. On this, I'd like to acknowledge the great work our admin officer Vicki is doing to ensure as many of us as possible are able to be accommodated in the lodges. A reminder that when making a booking, you are booking a bed, not a room. Unless you have paid the single supplement, you may be required to share a room to ensure as many members and guests as possible get to enjoy our Club facilities. And I would really like to emphasise that everyone should be texting or emailing Vicki if they plan to end their booking early or even go home for a couple of days mid-booking. Even if we can't provide a refund, another member may be able to take up a bed which benefits fellow members and ultimately helps the Club keep costs lower into the future. It is also important for health and safety issues that the Club knows who is in the lodges on any given night.

And finally, a brief update on capital works. The Club has recently appointed AMC Architecture to provide us with design advice for the proposed work at the Jindabyne and Perisher lodges. For Jindabyne, along with the cladding approved at the AGM, we are also investigating shading and ventilation options to keep the building cooler in summer. For Perisher, AMC are advising on design options to best deliver the Club's requirements.

All the best for your Winter snow activities and, as always, if there are any issues you would like to raise with me, please email me at *president@cac.org.au*.

Races, Races, Races!

By Sarah Brake, Club Captain

The club races for 2023 have been confirmed, and dates to put into your calendar are as follows. To kick the season off, the Club Championships, run jointly with Cooma Ski Club will take place on the 30th of July for both GS and Snowboard competitors, with a rough inspection time at 10am and start at 10:30am. The KAC race, which we will use as our XC Club Championships will be held on the 7th of August. Jenny has provided more information on the XC races in the XC segment of this issue.

Brumby Cup, a dual slalom course for skiers and snowboarders will be held on the 12th of August, inspection at 2pm for a 2:30pm start. We are seeking expressions of interest for participants in the Balmain Cup (2nd September), for slalom, GS, XC

and snowboard athletes. We are also seeking expressions of interest for the Perisher Cup (16th September), hopefully we will enter multiple teams including both adult and junior members of any ability. Keep an eye out on our Facebook page for registration links and further information on the races, and please send any inquiries to me at sarahbrake31@gmail.com.

Happy racing and let it snow!

XC Week at Perisher *By Jenny McLeod and ChatGPT*

I thought I'd take the easy way out for a preview article on XC Week, and get ChatGPT to write it. For those who haven't heard of it (has anyone not heard of it??), ChatGPT is a natural language artificial intelligence chatbot, that lets you ask questions and hold a conversation in 'natural language'. It can write articles – but it's not guaranteed to be accurate! I asked ChatGPT to "write a 150 word preview of the events in XC Week at Perisher in 2023". Please don't rely on any details in the following article without checking on the Perisher XC website - *perisherxcountry.org/events/xc-week/*.

Unedited, here is ChatGPT's preview.

Get ready for an exhilarating adventure as XC Week returns to Perisher in 2023! This much-anticipated event promises to bring together cross-country skiing enthusiasts from across the globe for a week of adrenaline-pumping action and breathtaking natural beauty.

As the crisp winter air fills the picturesque valleys, participants will embark on a series of challenging races and thrilling competitions. Skiers of all levels will have the opportunity to showcase their skills, from beginners navigating the scenic trails to seasoned athletes pushing their limits in grueling courses.

XC Week at Perisher is not only about the races; it's a celebration of the crosscountry skiing community. Attendees can expect a vibrant atmosphere with interactive workshops, informative seminars, and engaging activities designed to enhance their skiing prowess.

For those seeking a more relaxed experience, guided tours through snow-covered landscapes will provide a chance to immerse in the serene beauty of the surrounding

mountains. And with cozy lodges, delicious food, and evening gatherings, the event ensures a perfect blend of adventure and camaraderie.

Join us for an unforgettable XC Week at Perisher, where passion, skill, and nature come together in a harmonious symphony of winter sports excellence.

What you really need to know -

see: *perisherxcountry.org/events/xc-week* for details of all events in XC Week. Of special note, the KAC XC Classic on Monday 7th August is used as the CAC XC Championships (entry fees for CAC members will be refunded), CAC provides volunteers for the drinks station for the Snowy Mountains Classic on Saturday 12th August (contact Jenny McLeod *secretary@cac.org.au* or Peter Cunningham on 0477-356-835 if you can assist), and the Twilight Relays are a popular team event (CAC entries will have entry fees refunded).

Room Sharing

By Yvette Lejins (Committee)

As we are a club - now at full membership capacity - we have increased numbers of people wanting nights at the lodges. Especially our new members who are keen to utilise their new memberships. The premise is - we give access to the Club to as many members as possible.

So a reminder that you book a bed, not a room.

reminder about room allocations.

It is appreciated that during COVID we didn't have shared rooms - but this is not the case anymore. We've reverted back to sharing.

Examples - We don't necessarily have the luxury of giving families more than one room. An extra room means other people may not be able to stay.

As a single or a small group you may be asked to share with others. Consider this common practice.

If you want your own room - you need to pay the single supplement - otherwise please be aware that you may be sharing with others.

Vicki is doing an amazing job - please realise she's trying to maximise those in beds, and following the club guidelines. Please be respectful of the amazing Tetris job of room allocating that she's doing. \Box

Bag Storage- Perisher

By Amanda East

 \mathbf{F} or all those storing gear over winter in Perisher, not in a food locker and not in a ski locker, things are about to change. At the end of the 2023 season the free space in the lodge will be cleared so that a full clean of the area can be completed and some new shelving installed.

Bags of all shapes and sizes must leave, so please consider taking your items home with you at the end of your ski season. Any items still in the storage areas at the end of October will be returned to Canberra and held in safe keeping for collection. We understand this will be difficult for some and we are happy to store them for you during the clean-up.

Going forward only Club approved bags will be allowed. Labels will be allocated to confirm the bag size with a limit of one per member. All bags will need to be registered.

Some may have noticed the irregular arrangement of storage containers, and it appears many do not know that only sports bags, no larger than 35x35x65cm are permitted. The bags must be labelled with a name, address and phone number, noting only full members may use the storage spaces.

Space has always been limited and those not staying at the lodge for more than one week a year are requested not to leave their luggage behind.

The storage was intended to be only for the equivalent of an overnight bag containing bed linen, towels, night attire and maybe a wet kit and emergency clothing. Food and heavy items such as ski boots have never been allowed. Shopping bags, sleeping bags, backpacks and plastic tubs are NOT acceptable.

The storage of wine/beer in the cupboard under kitchen pantry is under review as it is not secure and is readily accessible by under-age drinkers.

Any wine not consumed in the season and left in the not so secret grog cupboard will also be donated to a good party.

Jindy Lodge, Winter Warmer Saturday 10 June.

By Cheryl Taylor

To help kick off the ski season the Social Sub-committee hosted an inaugural 'Winter Warmer' event, at the Jindabyne Lodge. The lodge members and guests braved sub-zero (and sadly snowless) conditions to gather around a raging fire pit and feast on barbecue sausages and S'mores.

As convenor of the gathering, I was given the title of 'Fire Goddess' being the queen of the firepit, for my efforts and obvious pleasure and pyromaniac tendencies in constructing and keeping the open fire burning! The crackling fire created a warm and inviting ambiance, ideal for a few sundowners and friendly banter amongst the members and guests, all enjoying the outdoors, lakeside.

The aroma of grilling sausages filled the air as my husband, Ross, and Chris Sherlock expertly cooked up a delicious sausage sizzle. The guests eagerly gathered around, tucking into a feast of sausages, grilled onions and bread rolls topped with a selection of delicate sauces!

Lis Hemming generously contributed a batch of delightful snow-themed biscuits. These visually appealing & tasty morsels bought smiles to our faces. The witty jokes (fortune cookie style) and snow flake designs were an extra treat!

As the night progressed, we sat around the firepit, enjoying its mesmerizing flames and glowing embers. With a mission to create the perfect chocolate biscuit S'mores, everyone took turns trying to heat, char or burn their marshmallows! However, the end results were finger licking good!

The Winter Warmer Event at Jindabyne Lodge was a memorable gathering. The firepit, sausages, and snow-themed biscuits combined to create an evening of warmth, laughter, and camaraderie amongst the guests. It was a delightful way to start the season, and agreed by those attending that it should to be repeated next year!

In total there were 19 attendees, with a few no-shows.



Cheryl collecting wood from Perisher Lodge to remove from site & use in firepit.



Group image seated around fire - from Left-Right: Roger Brake, Paul Answerth, Christine Answerth, Damien Russet, Lis Hemming, Fil Giles, Tommy Bowen and Cheryl standing in front.



Eating sausage sizzle - Left-Right: Damien Russet, Roger Brake, Chris Sherlock, Thomas Sherlock-Hemming and guest Fin Bissel.



Cheryl 'Queen of the Firepit'



Behind the fire, constructing S'mores - Paul Answerth and Peter Jones.

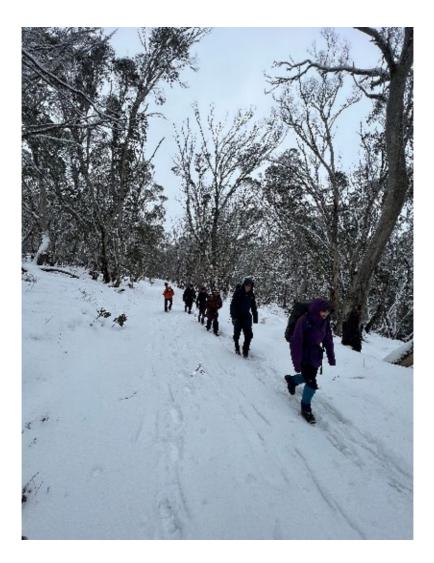
[It was good that the fire was contained in a pit. A number of years ago we had a bonfire at Jindabyne and during the evening we were descended upon by the fire brigade. They weren't too happy but checked us out and remarked that at least one of our members had the sense to stand there holding a hose. What they didn't know was that the hose wasn't connected to a tap! Ed] \square

By Andrew Cupit

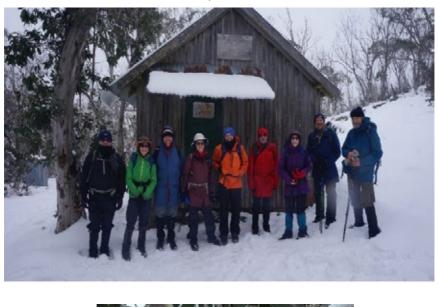
It may surprise many of you, but there is a hardy group of Canberrans who regularly venture into the local national parks areas of the ACT hinterland, even in the depths of winter. While you're rugged up under your doona, dreaming of visiting the ski fields in the Snowies, there is a winter wonderland on your doorstep waiting for you to explore. And there are no crowds to battle! There are three main bush walking clubs in the ACT who get together for joint walks every Wednesday to walk the local mountains, in the rain, sun and sometimes snow. They are the Brindabella Bushwalking Club, Canberra Bushwalking Club and the National Parks Association.

Recently we walked up to Pryor's Hut in Namadgi National Park on a day where it snowed constantly. There were 10 seasoned bushwalkers, willing to brave the elements. We started at Corin Dam and set off up Stockyard Spur where you gain over 600m elevation over the first 2kms. Even though the temperature was around zero, we were still sweating by the time we reached the helicopter zone at the top of the spur. Just before we reached the top, we encountered the first stashes of snow at around 1400m. As we walked along the fire trail for the next 5kms, the snow slowly got deeper. There was no wind so the walk was fairly comfortable and the surrounding bush looked lovely, all blanketed in snow. We reached Pryor's Hut around lunchtime and sat in the hut enjoying a quiet rest after a tough hike in at least 20cm of snow for most of the way. We talked about whether we should try and go further up to Mt Gingera (second highest mountain in the ACT). However, we had met a younger hiker who had tried and said the snow was much deeper (up to his waist). We probably needed snow shoes if we were going to make the attempt. We agreed to give it a miss and instead, spent some time exploring around the hut and taking lots of photos before heading back.

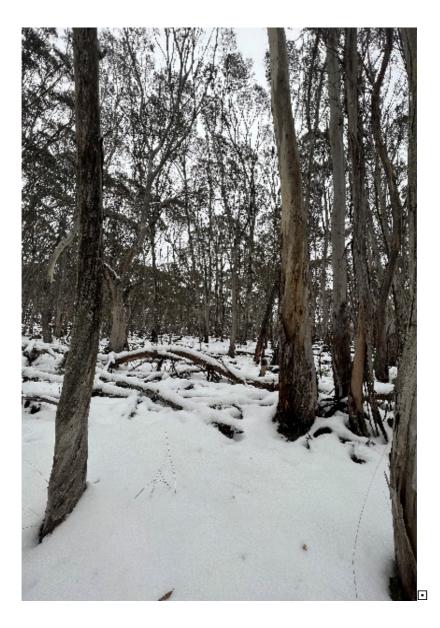
One of our group submitted a photo of the hut in snow to the ABC news weather photos which featured at the end of the news bulletin that evening. Pryor's hut is about 10km from the Mt Franklin visitor center. CAC has a long association with that hut and helps maintain it. One member of our walking group said when he was younger, he had carried his back-country skis up to this area and skied along these tracks for miles. So, if you want to see the snow closer to home, consider the local mountains around the ACT in Namadgi National Park. There is plenty of snow without the crowds. However, make sure you have good warm hiking gear and safety equipment. There have been recent reports from ACT police and emergency services having to rescue people who are not equipped or prepared for hiking in winter in these areas.



Pryors Hut







Family Week - Perisher

By Gene Ross

This week for lots of members is a highlight, for anyone caught in the crossfire it is 'hell week', 22 kids, mostly boys, and 20 odd parents, all trying to ski, eat, sleep and connect, what could go wrong. To be perfectly honest, nothing, brilliant company, incredible camaraderie and just plain fun.

Sunday

We were greeted on Sunday with a blue sky and pretty good conditions for the first week of July, and we settled into the intoxicating rhythm of lodge life. In a first (hopefully not the last), after a good day of skiing, I did an extended 'Acknowledgement of Country' (see page 21) to welcome in the week and season and pay respect to those spirits that guide us on our path, then smashed back some quality burgers thanks to the cooks staring Head Chef Christof Charkos and Bungendore Butchery.



Families enjoying a good day skiing together.

It is to be said Chrissy Young, Mim Rihani and the team that organised this week are nothing short of spectacular, lots of moving parts, food, milk, breakfast, lunch, afternoon tea, nibbles, dinner and desserts, it's an amazing thing to be part of and inspiring and a reason this is the best club on the hill! Chrissy's laminated bible of menu and recipe's is a total work of art.

The kids get stuck in on kitchen clean up duty in assigned teams and love the experience nearly as much as skiing!

It must be said the real star of this week is the new Breville coffee machine or 'Brevie' a great addition to most of us coffee addicted humans, and hot chocolate drinking kids, its impact or importance cannot be understated. It is to be said, the rule.

The idea of having no devices in the common areas is a brilliant thing, kids playing laughing running with each other in every corner of the lodge.



Kids Playing Cards

Monday

Another blue day, Coco pops and Nutragrain devoured, out the door for a new day skiing, snow quality is good for this time of year, good cover, no rocks, no lines. Back for lunch and soups are a highlight. Toasted sandwich makers groan at the amount of use while "Brevie' takes it in its stride. Out again for the afternoon skiing as the threat of the R word for the coming days. It was a beautiful sight in the afternoon sun, 10-15 kids playing in the snow below the northern balcony, the late afternoon joy as they make snow caves, jumps and all the snow has to offer Mason, Sunny, Buddy, Henry, Leo, Connor and Grayson, is what makes family weeks special. The kids are not too keen to miss out

on afternoon tea with pies sausage rolls and bickies. Sensational nibbles again thanks Bungendore Butcher, then on to Pizza, bases sourced from Canberra by the brilliant Mel, the pizza team seemed to have been flown in from Napoli (see photo below) as it was overheard "best pizza on the mountain" by many diners, toppings of artichokes, chili, anchovy, olives, salami, followed by apple crumble, Lexie Phillip's secret recipe but mainly constructed by the top crew of Charlotte (Charlie girl) and Gabby (Gabstar).



The Pizza Team



Meal times are a real bonding time, to gather over food and conversation, and yes, wine is what makes us human, even if the wine is green cordial and the diners are five years old.

Tuesday

OH NO! the thing we were dreading, rain, oh well not too bad out and about, the day turned out to be a pretty good one as rain softened the snow, great for lessons, misty rain, not a down pour and we enjoyed no crowds. Rum may have been added to daytime coffees (not pointing any fingers) by 'work from home' people, Nathan? Discussions of the day then on to Pasta night, it is always, a hit. Chocolate pudding more so, thanks again to the young stars Charlie Girl and Gabstar and Lexie. The older boys ran an illegal gambling den, black jack and poker our new mate from France, Octav (Occy), Ash, Noah, Rory, Darcy, and Finn were at their best, but movie night in the downstairs with the Youngs bringing a projector and casting AVATAR on the wall was a brilliant new addition. Parents (and Jilly) enjoying some calm conversation (see photo below).



Wednesday

More rain, some parents took kids to lessons and scurried back to the lodge where a lunch soup for the ages made by the brilliant Nola Charkos, some skied a little then on to Mexican for dinner each night's meal is a highlight of the day. Today all adults looking forward to James Muldowney's guacamole, legendary in this lodge, however tonight is special not one but two birthdays Darcy and Leo the latter becoming a teenager, cupcakes made on site thanks Nola and Superstar Lexie, were enjoyed and a lollie-bag, and movie night Super Mario Brothers, everyone happy. A special day for all of us.



Darcy and Leo



Movie night

Thursday - Rain Gone, Ice Here

Conditions were treacherous, cold, windy and icy, only for the hard core, lots of people enjoying each other's company in the lodge a few injuries in the conditions, Rory found out the hard way snowboarding is dangerous.

And barbecue night, wonderful food, Tim Watson and Ben Young on the barbecue, in the now rain turned to snow, was to be commended, Sue Elliot, Evan Hanrahan, Jack Elliott-Dunn, Jono Randell, Paul Argent and team.

Friday

Snow overnight and some really good skiing to be had, a few kids stayed in and played Pokemon on Nintendo, Sunny, Joseph, Connor and Greyson after a full week skiing.

Former chef Chris and Nola on the evening's dinner got to work on the curries and out we went out skiing, no comparison to the day before and a brilliant way to finish off Family Week, a wonderful meal, conversation, wine and friends, but the star of that show was Lexie's ice creams, silence was the word heard.

These people, these connections we make are life long memories, created for us and our children it is why we come back and as I said, why this is the best club on the hill To quote my son Buddy "the only bad thing about this week is leaving ", I think that's true.

Clean up team of the week Masons Team Most fun kid of the week Bodie Unluckiest kids of the week Alicia and Aija, two girls out of 22 kids / Ryder getting sick / Rory fracturing his arm.

More quotes from the Week

Mason Y "Afternoon tea is the best!"

Ryder Y "All the food and friends"

Sunny R "Coco pops for breakfast and three year old Bodie running around naked"

Leo C. "First day skiing with Buddy, Sunny and Gene was the best, and pizza for breakfast"

Henry C. "Eating my brother's cupcakes and Sking with the Ross"

Joseph. "I liked the soft the last days and Playing Pokemon with my ski friends"

Alicia. "The soft powdery snowmaking fresh tracks"

Rory M. "Learning to snowboard and the food".

Paul and Max A. "My favourite thing about this week was hanging out with all the people at the lodge. I also enjoyed skiing on the fresh snow that came in during the last few nights of our stay.

Yumalundi

I ask you to join me in acknowledging the Traditional Custodians of this land on which we are meeting. The people of the Wiradjuri, Wolgalu, Ngunnawal, Monaro Ngarigo people. The people who met here, cared for, and respected this land.

We pay respect to the spirits that guide us, those elders whose words and actions shape our decisions, point us on our path. Whose knowledge has been given to us freely so we may look after country and family. We pay our respects to the Elders, present and the Elders from other communities who may be here today. We request that the emerging Elders of this land, keep up the traditions by learning, understanding and telling the story of the land we learn, live and walk on. For we are all part of the story of this land.

This story, this path is a simple maths equation. 65000 + 250 = 65250, it is not 250 - 65000. We all gain here there are no losers, nothing is being given away!

65000 years of Knowledge, tradition, sustainability and science 250 years of modernisation technology wonderful institutions of learning and government, and brilliant people coming to live here from all over the world to join us, we all win 65250 years is a greater history than 250 years we just have to add them together.

Let's walk side by side with a shared history, a proud history, be proud of us and the amazing sustainability of this culture, it is yours as well, it's your history, it's your culture! It is our history It is our culture We are adding not taking away.

My friend Walengary and Elder says "In the old times before the boats came we were 250 nations, we have always been multicultural. In modern times we added 200 more and every time we add a culture we gain food, music, learnings, a new way to look at things. My culture says the earth is our mother we get all we need from her this makes you and I brother and sister".

And there is one constant, this one thing is certain, this one thing is our truth. We are all part of the story of this land. ⊡

CLUB PUBLICATIONS

Available free of charge on request:

- Club Constitution
- Club By Laws
- Membership Application Forms
- Applicants' Information Sheet
- Guides for lodge users during off-peak.
- Bedding plans for the lodges
- Check our website to obtain copies of these items.

ALLIANCES

The Club is a corporate member of the following organisations:

- Snowsports ACT
- SLOPES [Ski Lodges Organisation of Perisher, Smiggins and Guthega Inc.]
- The Kosciuszko Huts Association

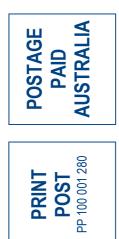
The Club is a regular sponsor of the Perisher Ski Patrol.

A copy of each issue of *Frozen Acres* is lodged with the *Australian Serials Collection of the National Library*. The collection, dating back to the 1960s, is available for examination on request.

Copy deadline for next issue: 8 September 2023.

Please email your articles, letters (in Word) and photographs or other material to: *editor@cac.org.au*. Photographs need to be placed at the end of a paragraph or article, not alongside the text.

Frozen Acres is published online 5 to 8 days after each deadline and sent out by post a few days later to those members who have requested a hard copy.



If undeliverable, return to

Canberra Alpine Club GPO Box 27, CANBERRA ACT 2601