

UAC NEWSLETTER



August 2011

Inside this issue:

- Page 2: The Leijer family competing at the Interschools
- Page 3: Who's in this picture?
150 years of skiing in Australia - stamps etc from Australia Post
- Pages 4: "The Knee Replacement" by Chuck Fritchley.
- Pages 5-6: My New Knee - by me (Jayne)
- Pages 7: Variety Club Bash 2011 - Featuring John Lembke
- Page 8-9: Accident and Incident Statistics from the Perisher Volunteer Ski Patrol.



Photo by Maureen Lembke

A WORD ON THE NEW TICKETING SYSTEM - DENIS HYATT

The new ticketing system is great, as long as you don't get too close to the gate sensor and have it flash green for you to go, & then you find the last person through is blocking the gateway outlet. You then find when you try to go through again it flashes red and you have to go under or around the bars. Also if you are thinking of using the computer to check how far you have skied, T-bars such as Leichhardt don't check you ski-pass yet, so not all your runs are included.

Adding to Denis' experiences, I had my MyRide ticket rejected twice last week. On Friday I was the 5th person left hanging around at the bottom of the Double Chairlift after my ticket was rejected by the sensor. And it was only 9.30 am!

There is generally a Perisher Information staff member at the gate, and if nothing else, it's very interesting to watch them checking your details on the computer tablet they have on hand. All your information is visible on the computer, so at least they know that you've paid (or haven't).

Once the original MyRide card has been purchased, from the UAC it's only a short walk uphill and then ski down to get to either the double or triple chair. Sure beats skiing/walking to the ticket office at the Perisher Centre.

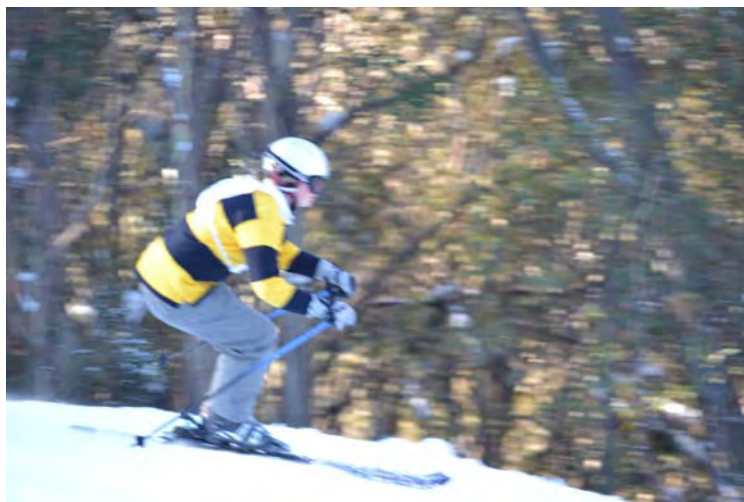
- Jayne



Photo by Maureen Lembke



Matthew - 8 (left) and Nicholas - 9 (right)



Sophie -16



Natalie - 11



Emily - 14

All 5 Leijer children - Sophie, Emily, Natalie, Nicholas and Matthew are competing in the NSW State Snowsports Championships at Perisher next week. In moguls (all 5), Alpine (Emily and Natalie) and Ski X (4 except Sophie)

Emily and Natalie also raced in the Thredbo Cup and the Blue Cow cup recently.

It's great to see the sport of skiing being represented each year by the Leijer family and we wish them all the best for this year's competition.

From previous years, we know the kids will give it everything they've got.

This photo was taken by Peter Melhuish some years ago. Can anyone identify the people in the shot? What year was the photo taken? Send your answers to me, and I'll publish the photo in the next Newsletter with names attached. 1jayne@optusnet.com.au



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19 July 2011 **Skiing Australia**

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First Day of Issue
19 July 2011
Jindabyne
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ISSUE HIGHLIGHTS
The place for this FDI postmark is Jindabyne in New South Wales. The township is one of the highest settlements of its size in Australia - 918 metres above sea level. The town is also in close proximity to the Snowy Mountains ski fields.

Snow skiing had its genesis in Australia 150 years ago, at the Snowy Mountains settlement of Kiandra, New South Wales. A small group of Austrians and a Norwegian, goldminers at the settlement, were behind the activity. The club that developed was called the Kiandra Snow Shoe Club, later renamed the Kiandra Pioneer Ski Club. This is thought to be the first and longest-surviving ski club in the world, established the same year as the first club in Norway, although the claim is not universally supported. Australia's first snowfield T-bar was also erected at Kiandra, many years later in 1957.

Today, skiing and snowboarding are undertaken in three Australian states: New South Wales, Victoria and Tasmania. While these are among the most expensive leisure activities to practise in Australia, recent statistics from the Australian Ski Areas Association estimate that just over two million lift passes were sold across the resorts in 2009. Australia's 14 alpine resorts are of varying size and sophistication, the most popular being Perisher, Thredbo, Mt Buller, Hotham and Falls Creek.

1696252 Sheetlet s/a
five x \$1.65

1696250 Sheetlet s/a
five x \$1.60



Photo of the UAC Lodge taken early July by David Smith

THE KNEE REPLACEMENT

by Chuck Fritchley

As a ski patroller our most common injury by far is the knee injury. You may recall my story on the anterior cruciate ligament reconstruction a little while ago, a very common injury that is typically a result of sudden trauma to the knee like a twisting fall.



Well let's go to another phase that is growing in numbers - that is the knee replacement - an operation that has a very high success rate.

There is some comfort that can be drawn for any of us considering the need for this operation. After a lifetime of skiing I guess that the stress and wear and tear on our poor old knees takes its toll along with degenerative conditions, arthritis, damage to the knee meniscus and ligaments. Thankfully with the wonders of modern surgery this is a condition that can be sorted with good results.

You may be surprised to hear that our editor Jayne has recently had a knee replacement. Young as she seems to us Jayne was a prime candidate. A lifetime of knee related sports, squash, ice skating, roller skating, hiking, snow skiing and water skiing plus previous knee surgeries (arthroscopies) that were not as successful as we would have liked.



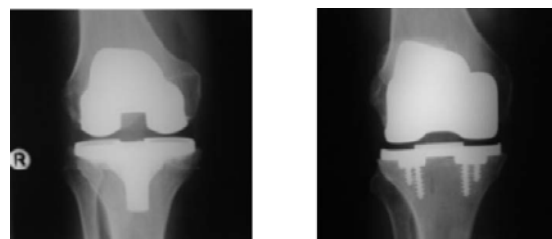
The Arthritic Knee

Looks like Jayne will be giving her new knee a workout on skis in August.

Jayne noticed a progressive and rapid deterioration of her knee and increasing pain until she was almost completely disabled and could barely walk or move the leg at all. There were a range of options from non-surgical exercises, physiotherapy and injections but for Jayne surgery was the only option.

As mentioned this is a highly successful operation - the results are very encouraging, and the level of mobility is generally good. Jayne has recovered well and there are many people on the slopes who are happily skiing on their new knees.

The benefit of today is that the surgery is straight forward, recovery time is relatively quick and the prosthesis has a long life expectancy. The surgery removes a relatively small top section of the femur (main thigh bone) and the fibula on the lower leg and a cobalt chromium joint glued onto the bones and is stuck for good.



Total Knee Replacement

I guess what I am suggesting is not to leave this operation too long. There's no need to suffer; do your research, find who is the best in the country. Get the job done and back to a life of mobility as quickly as possible.

For detailed information and a description of what is involved in knee issues and replacement, check out the website of this well known surgeon: www.orthosports.com.au/content_common/pg-knee-handouts.seo

Jayne's bit:

The need for my total knee replacement came out of the blue during a trip back from Cape York last year - turn to Page 5 for this drama filled account!

I've just returned from a week at the UAC and skied every day (except the day it bucketed down rain). I was very impressed with the performance of my new knee. There was an exceptional increase in overall strength, and I could make turns successfully in both directions rather than just one way!



Revision of a Total Knee Replacement

Because I'm relatively young for a total knee replacement, I know that a further operation is on the cards in future. After looking at the website suggested by Chuck, the next stage for me is a "Revision of a Total Knee Replacement" - Just looking at this X-Ray gives me the creeps and I hope that medical technology moves quickly so there's a different alternative when my turn comes around again!

For those who would like to have a bit of fun and attempt their own knee replacement surgery go to: www.edheads.org/activities/knee/index.shtml

If there's anybody out there who needs a new hip, you can do your own hip replacement at the same website (or stem cell heart repair for that matter!)



MY NEW KNEE - by the Editor

I love my new knee. All fancy cobalt chromium and good for about 15 years they reckon. Yep - I'm one of the growing numbers you see at the airport security gates setting off the alarm, with my arms and legs spread while I get the once over by security.

I've had a dicky knee since the old days playing squash. I reached to hit the ball, something in my knee snapped and I went down like a bag of potatoes.

"You've torn your meniscus" the Orthopaedic specialist told me. "Needs to be trimmed and cleaned up".

Then I discovered netball, and tore the cartilage (meniscus) again, and again. 3 arthroscopies, dwindling cartilage and warnings of the onset of arthritis didn't slow me down. I struggled skiing - I could turn easily one way, but limped around for the next turn, so I had a wedge put in one ski boot to lengthen the shortening leg, and popped a Voltaren each ski day.

In June 2010 Alan and I left for a 3 month adventure to Cape York and were due back in August to go skiing.

We made it all the way to the Tip with the car and caravan behaving admirably. We did have a few hair-raising moments when I wondered if we'd get out of either a sand bog, river crossing or other mishap in one piece. During one major incident we nearly lost both the car and van, as we navigated our way through a hairpin bend during major road works on the Bloomfield Track.

Eventually it was time to head home so we meandered back through outback Queensland. We'd stopped at a camp alongside the beautiful river at Gregory Downs and as I went to sit down on a log, my leg gave way and I rolled off and into the sand. Tears sprang into my eyes and my knee throbbed.

By the time we got to Winton a few days later my knee had doubled in size and I was in agony. There isn't a doctor within cooee, as most outback towns rely on scheduled visits and are always booked up well in advance. There's the flying doctor of course, but he has more important missions than dicky knees.

Alan helped me into the pharmacy to ask about alternatives. "The doctor's not due into town until next week, and there are no appointments left anyway" said the girl behind the counter.

"Is there anyone in town who does massages? Maybe I just need a good massage to loosen things up a bit."

"We don't know much about her, but you could try Flame" she offers helpfully. "She moved into town a few months ago but we don't know anyone who's seen her. Used to be a stripper up in Darwin they reckon".

I gave her a quizzical look, noted down the phone number and started dialling as I hobbled out the door.

"Hi - Wind Flame here"

"Er ... is that Flame?"

"Wind Flame really; Flame is my stage name"

"OK Anyway, my knee really hurts, and I don't know what's wrong. I think I might need a massage or something".

Appointment booked, we drove to her little blue fibro house with its overgrown garden, wind chimes and a couple of cats lazing on the balcony.

A smiling, slender figure opened the squeaking flyscreen door and introduced herself as Wind Flame. I followed her into the front room, noting on my way through that she had an aluminium pole going from floor to



ceiling in the lounge room. Gingerly I crawled onto her massage bed, hoping for a miracle.

She worked on my leg for 2 hours. She massaged then blew her cooling breath on my burning knee. Then she turned her face to the ceiling, and with both hands resting gently on my leg, channelled her spiritual energy into me. She certainly was a little odd, but she was generous and kind. So what if she practiced pole dancing in the house, or whether she'd been a stripper in Darwin.

Although Wind Flame gave it all she had, it didn't really help my knee. Inland Queensland was going through a cold snap with freezing winds every day, and with 2 weeks left of our holidays, I couldn't wait to get home.

We stopped at Boulia for the Annual Camel Races and camped out in the scrub with everyone else. The walk to the races each day was through a minefield of ground creeping plants ready to trip me up at any moment.

By the time we got to Quilpie I was in agony. Alan finally tracked down a doctor and made an appointment. Dr Alexei Alexandrov was unequivocal in his diagnosis - arthritis. Arthritis? How could it be arthritis? I trekked in Nepal the year before for crying out loud, and we were heading home to go snow skiing! And anyway, how did a Russian doctor end up in Quilpie??

My knee was useless so I had to get around by pulling myself up into the caravan with my arms, until I tore my rotator cuffs, so I couldn't use my arms either.

We returned home early, cancelled our week at the UAC and made an appointment with Associate Professor Leo Pinczewski who confirmed the diagnosis. Definitely arthritis, and no option other than a Total Knee Replacement.

The day after the operation I could walk, but days later I was struggling to bend my new knee. A visit by the hospital doctor had me squirming in my bed when she warned that if I couldn't bend it, I'd go back into surgery and my knee would be "manipulated". In other words, they'd make it bend. My blood ran cold at the thought of cracking muscles and ligaments. I'd get that knee bent if it was the last thing I ever did.

My weeks of physiotherapy were shared with others with new knees and hips and during this time I spent 6 weeks on the greatest pain killers ever - apparently Oxycontin is the drug of choice when broken down and injected by drug addicts and gives a great hit.

Months after the operation it finally dawned on me what triggered my knee to give out. A simple step up into the caravan, and I felt a crunch. What was left of my dwindling cartilage had gone.

- Jayne

This article appeared in our local newspaper “The St George & Sutherland Shire Leader”. Many of you know John Lembke so may be interested in his latest adventure. Maureen tells me that they’ve arrived in Broome, and car and drivers are all well.

“THEY call themselves the Three Amigos.

Lifelong friends and car fanatics, John Lembke, Peter Stuart and John Shanahan, will drive from Sydney to Broome, in Western Australia, to raise money for disadvantaged children as part of the Variety Bash 2011.

They will drive a 1974 Ford Fairlane more than 5423 kilometres on a journey across the outback in a fleet of more than 100 cars that leaves Sydney on August 6.

Each team had to pick a theme and after toying with the Munsters, the trio settled on the Three Amigos.

“We felt we were like the three amigos in the movie, who run around in the desert getting up to stupid antics and not knowing what they are doing,” Mr Lembke said.

Unlike their movie heroes, the three friends obviously know they are up to it.

They have already exceeded their original target of raising \$10,000 for Variety, the children's charity.

“We are up to \$12,000 and we may hit \$15,000,” Mr Lembke said.

One of their major sponsors is Caringbah Rotary, which marks its 50th anniversary this year.

Apart from raising money for a good cause, the three friends are looking forward to the adventure ahead.

They have equal shares in the Ford Fairlane and spent six months restoring it.

“I have six cars but this will be my first V8,” Mr Lembke said.

Variety helps children who are sick, disadvantaged or have special needs, providing grants for modified tricycles, electric beds communication devices and other items.

Teams taking part in the rally will visit numerous schools on the route this year and donated funds.

Donations are tax deductible, with receipts issued electronically.

Donations to support the Three Amigos: GoFundRaise.com.au and search for car 1313.”



BELOW IS AN EXCERPT OF INFORMATION, INCLUDING STATISTICS FOR THE LAST 5 YEARS OF INCIDENTS AND ACCIDENTS ATTENDED TO BY THE PERISHER VOLUNTEER SKI PATROL.

Some significant changes of trends from previous years are noted. These include:

1. A total number of 2,150 on-snow activity incidents were attended by the resort patrollers in the 2010 skiing season. This represents a decrease of 80 over the 2009 season (2,230) and 107 less than during the 2008 season (2,257).
2. As in previous years, the highest risk group remains as young females. During 2008 there was a moderate increase of the primary age group of females having knee injuries and this trend was continued in 2010. As for the 2008 and 2009 seasons, during 2010 the 13-18 year old age group appears to have had the greatest incidence of knee trauma. The greatest risk has consistently been to female downhill skiers (51%) with knee and ligament damage and sprains. The rate is greater than for the 2007 season (49%) but is more in keeping with the 'usual' rate as demonstrated by earlier years. 2006 was anomalously low for this type of injury (36%).
3. The overall numbers of snowboarders of both sexes (as indicated by their injury rate) was steadily increasing with an increase of approximately 2-3% each year from 2005, 2006 and 2007. During 2006 an increase of 1% was noted but in 2007 there was a 2% decrease compared with skiers. During 2008 the rate for male snowboarder accidents decreased to 38% but in 2009 it again increased to be 47% of all attended incidents.

During 2010, snowboarders represented 47% of all incidents attended. Overall therefore, snowboarders have a higher rate of injury than skiers per capita (by approximately 6-8%) but over time (2001 - 2010) this rate appears to be fluctuating.

4. When the total incidents per activity are examined for male and females, both sexes and activities appear to have had incident numbers that have proportionately stayed similar to previous years but the changes within each category have been significant:

2009

	Male	Female
Downhill	506	655
Snowboard	605	317

2010

	Male	Female
Downhill	445	607
Snowboard	563	348
	(3.5% decrease)	(5% increase)

5. The absolute number of downhill male skiers having incidents decreased in 2010 to 445 (versus 506 in 2009 and 488 in 2008). For snowboarders the numbers increased by 6%.
6. The number of age-related accidents involving younger female snowboarders has increased substantially. Over 75% of all snowboarder accidents in 2010 were aged between 13 and 25 years of age.
7. Compared to 2009 during 2010 there has been a large increase (24%) from 308 to 409 of users in the 13-18 age bracket wearing helmets. While this is encouraging, 55% of all snow sport attendees wore helmets.
8. For the years 1994 to 1997, approximately 25% of downhill skier incidents were aged between 19 and 25 years. During 2009, 14% of 19-25 year olds were downhill skier incidents with 29% in the 13-18 year old group.

For snowboarders, in 2009 over 35% were 19-25 and 34% were 13-18 year olds. During 2010, over 50% of female incidents were aged between 13 and 25 years old. For males this was 47%. Over 27% of skier incidents were female. For snowboarders, over 70% were aged between 13-25 years while for males the same age category represented only 60%. Over 25 years old, males represented 20% of all snowboarder incidents.
9. Front Valley represented the most incident prone area for on-snow injuries (245). Early Starter with its high beginner population came second with 167, then in order:

Slopestyle Park	94
Towers Run	75
Goats Gully	69
Zalis	52

	Alpine Ski	Snowboard	Alpine Ski Lesson	Snowboard Lesson	Harm to Person	Snowplay - Other	XC or Telemark	Tobogganing	Total
Sprain/Strain	430	231	94	60	33	5	2	1	856
Fracture	128	230	18	34	8	2	0	5	425
General Pain	114	105	12	15	28	2	1	4	281
Dislocation	64	76	2	4	3	0	2	0	151
Laceration	60	56	5	3	19	2	0	1	146
Bruise	59	36	9	12	21	3	0	6	146
Concussion	35	65	10	10	5	1	0	0	126
General Swelling	17	10	3	0	2	0	0	0	32
Abrasion	13	10	2	0	4	0	1	0	30
Other (specify below)	7	2	0	3	11	0	0	0	23
Shock	6	0	3	1	1	0	0	0	11
Unconscious	6	3	1	1	0	0	0	0	11
ACL/MCL Tear	4	0	0	0	0	0	0	0	4
Difficulty Breathing	4	6	0	1	5	1	0	1	18
Nausea	3	3	1	0	3	0	0	1	11
ACL Tear	1	1	0	0	0	0	0	0	2
Hypothermia	1	1	0	0	1	1	0	0	4
Multiple (specify below)	1	0	1	0	0	0	0	0	2
Cardiac	0	0	0	0	1	0	0	0	1
Chipped	0	0	0	0	1	0	0	0	1
Foreign body in	0	1	0	0	1	0	0	0	2
Frost nip/bite	0	0	0	0	1	0	0	0	1
Spasm	0	0	0	0	2	0	0	0	2
Total	953	836	161	144	150	17	6	19	2286

	Recorded Incidents		Recorded Activity	
	Male	Female	Skier	SnowBoarder
2005 Incidents				
Overall (skier/snowboarder)	50%	50%	56%	44%
Skier	40%	60%		
Snowboarder	64%	36%		
2006 Incidents				
Overall (skier/snowboarder)	50%	50%	55%	45%
Skier	53%	47%		
Snowboarder	46%	54%		
2007 Incidents				
Overall (skier/snowboarder)	50%	50%	57%	43%
Skier	43%	57%		
Snowboarder	62%	38%		
2008 Incidents				
Overall (skier/snowboarder)	44%	66%	62%	38%
Skier	40%	60%		
Snowboarder	58%	42%		
2009 Incidents				
Overall (skier/snowboarder)	46%	64%	53%	47%
Skier	44%	66%		
Snowboarder	66%	44%		
2010 Incidents				
Overall (skier/snowboarder)	51%	49%	54%	46%
Skier	42%	58%		
Snowboarder	62%	38%		