



Emu Droppings

...a light hearted overview of recent activities by fellow Emus

September 2019

So much for Winter

Some hibernate, some migrate to warmer climes and others just get acclimatised and get on with life. Whatever you do to survive Melbourne's wintery conditions, I'm sure you're looking forward to warmer conditions and the mild weather usually provided by the return of spring.

We've been away for a couple of months, so this edition will bring you up to speed on what's been happening and who's been doing what over Winter.

What's in this Edition?

- What's been happening over Winter
- New club uniforms
- World Rogaining Championships
- UK Coast to Coast Walk
- Coming events - the Maxi, Street Orienteering, Suburban Adventure Racing

Committee News

The committee meets regularly at the home of Laurie and Rex Niven - in Eltham. Rex's pre-meeting catering is renowned - and he extends this offer to those that plan to attend - keep

this in mind if you'd like to come along and join us one evening. The meetings typically run from 7:30 pm until 9:30 - 10:00. They are a relaxed, low-key discussion of our current status, approaching events and any issues that might affect the club. If you have an issue that you think should be addressed or an idea that you'd like some help with, come along and discuss it at the meeting. All are welcome.

At last week's meeting:

- Our treasurer (Schon) reported that the club was in a healthy financial position.
- Rob advised that Derek has the Maxi 3 Hour event under control.
- The committee agreed to purchase the latest version of Condes - course setting software. This new version works with the latest version of OCAD.
- Geoff provided details of two new club shelters - these will have an aluminium frame - much lighter than our current shelters.
- Schon has received new club tops and delivered these to folks that had ordered them at Xmas in July.

New Members

Our membership secretary, Rob Edmonds, reports that the club is booming at the moment. Welcome to all of our new friends - we look forward to running with you soon and meeting you at one of our social activities (the next scheduled social activity is a BBQ after the 11 December event at Wattle Park). Our new members include:

- Yulia Shutkovskaya
- Steve Trone
- Hazel Mullavey
- Michael Scales
- The Maizels Family - Lionel, Grant, Harold and Darwin
- Tracey Mitchell

Member News

Xmas in July

Lauris reports that more than 20 attended the recent Xmas in July - and was particularly pleased to see Michael Hayward come along (although, Michael wasn't in his usual fancy dress costume this year).

Lauris turned on a wonderful spread, Ian ran the trivial pursuits game and Ron took care of the usual prisoner exchange. Thanks again to Ian and Lauris for organising another great social activity.



Mandy Brand - Course Setter

Congratulations to Mandy for becoming our latest Course Setter. Mandy started in the Scout Series several seasons ago and migrated to street orienteering last year. She's now a very enthusiastic participant - running a 6:04 mins/km pace in her most recent event.

With assistance from Ian and Lauris, Mandy set the recent Camelot Rise event. Feedback from the event was uniformly positive.

Mandy is wearing one of the clubs new streetO tops - the straight style.

Greg - Recovering Well

It was great to see Victoria and Greg at the recent Saturday afternoon event. It seems that Greg's recovery is progressing well and he's now swimming as part of his rehab process.



Greg notes that he will need another op soon to remove the pins from his leg.

Other News

- Ian and Lauris visited their son in Scandinavia and have just returned to Melbourne.
- Don and Fiona head off soon to visit their son and grandchildren soon. Rumour has it that they'll holiday together and then Don and Fiona will be joining a cruise along the coast of Croatia.
- Rick Bailes, Yulia Shutkovskaya and Andrew Johnston took part in the Wonderland Trail Run through the Grampians last weekend. Rick ran the 20 km race and noted that the trail could have been marked more clearly. Andrew had taken part in a 42 km Cross-Country Ski Race on Saturday, the Wonderland 36 km run on Sunday and still won the men's section in streetO on Monday evening.

Club Events - Coming Soon

20th October - The 2019 Maxi 3 Hour

The Maxi 3 Hour is a 3 hour score course or mini-rogaie - usually set as a moderate course - ie ideal for training newcomers to bush navigation. The 3 hour team format allows experienced orienteers to accompany less experienced friends - without the time pressure of the more traditional line event.

This year's Maxi will be held in the area of Glenluce - South of Castlemaine....easy spur-gully terrain....perfect for an event like the maxi. Enter via [Eventor](#).

1st December - Annual General Meeting

The AGM is more of a social event with a short meeting tacked on. Although not mandatory, the meeting consists of a BBQ, re-electing people in the same roles each year (although we'd be delighted to get additional nominations), lots of chatter as people catch up with one another and a presentation on a topic of interest. It's a relaxed way to spend a couple of hours on a Sunday afternoon.

This year's AGM will be in Westerfolds Park on 1st December 2019. The BBQ is fired up from midday.

Club Clothing

The first order of our new club tops has arrived - if you ordered one at Xmas in July, get in touch with Schon (on 0407 531 858 or schon.hudson@gmail.com) to arrange delivery. This newsletter has pictures of some of the styles available. At this time there are:

- StreetO tops in straight or streamline style (the streamline style is ideal for the well proportioned runner - the straight style provides more room to move)
- Bush tops with either a short-sleeved/V-neck style or a mid-length sleeve with a zipped neckline.



As a result of more modern manufacturing and printing technologies, we can now order tops in small numbers - so special orders are no problem. We can apply the same colours/styles to singlets and bike tops with short or long sleeves.

Good News - the recent committee meeting agreed to subsidise clothing costs - this

reduces the price from \$55 to \$30 per top (except singlets - cost \$20).

Schon brings ordered tops and our sample set (ie one top in each of the sizes available) to streetO every Monday, Wednesday and Saturday. If you'd like to get a club top or an additional top, just see her then.

Re payment - you can pay cash to Schon or pay by Bank Transfer to 06 3112 1032 1951 (please put surname in the comment field if paying by bank transfer. The account is in the name of Nillumbik Emus Orienteering Club).

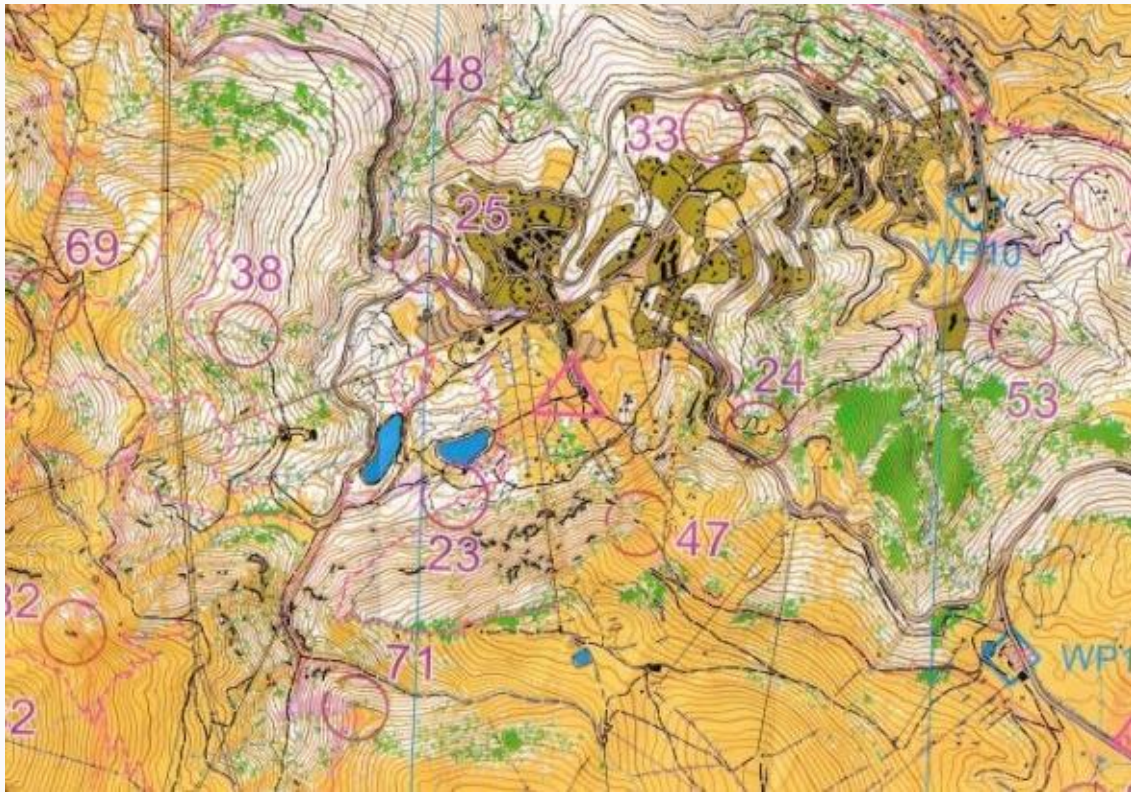
World Rogaining Championships - by Ron Frederick

This year's World Rogaining Championship was held in the Pyrenees - in the South of Spain. Like many orienteers and rogainers, Ron and his partner Don Baker headed over to Europe early to train for the event. In their case, they went to Poland to walk through the Tatra Mountains.

Check out the pictures below - some easy walking, some scrabbles over rocky terrain and in some cases, some very busy track networks. Ron noted that one of the more popular walks had one-way tracks - separate tracks for going up and coming down.



The area used for the WRC was a ski-resort - so, by definition, steep terrain. Check out the map below - perhaps controversially, they used an orienteering map of the area rather than the more traditional rogaine map. The 10m contours provide an indication of how steep it was - so route planning was a critical skill.



Molina - the fine black lines are ski-lifts

The weather was not kind - rain for much of the event and bitterly cold conditions overnight that forced some less-well equipped teams to bail out and return to the assembly area.

The organisers posted an excellent video with highlights of the event on YouTube - if you have 2 minutes free, check out <https://www.youtube.com/watch?v=WysUevpsOM0>

This is just the latest of Ron's adventures - if you'd like information on walking trails, Kilimanjaro climbing and the like, have a chat with him.

[World Masters - by Schon and Geoff Hudson](#)

This year's World Masters Orienteering Championship was held in Riga in Latvia. Schon and Geoff traveled there via Helsinki and Tallinn and spent some time in Vilnius after the event. The highlight of our trip was Tallinn in Estonia - such a pretty town and so much to see and do.



We stayed in the Old-Town and took part in a walking tour. The guide explained why Estonians appeared so stand-offish - it seems that Estonia had been occupied by Swedes, Poles, Germans and Russians for most of its existence (all but 40 of the last 1000 years), the locals were naturally suspicious of strangers. She noted that every time a tourist boat arrived, they were on edge - not sure if they were coming for a holiday or the start of another invasion.

We headed to Riga for the World Masters; there were 20-30 other Aussies taking part. The sprint events were held in the suburbs of Riga and the final was in the old-town. Sadly, a gate that had not been unlocked caused many protests in the Sprint Final and most courses were invalidated. It seemed that the owner was away and nobody could find a key for the padlock.



The weather was perfect for the event, but as the last runner finished, the heavens opened and there was torrential rain for 10-15 minutes. As we sat in a nearby coffee shop, we watched the public race begin and felt sorry for the people that missed out on the conditions that we had had earlier in the day.



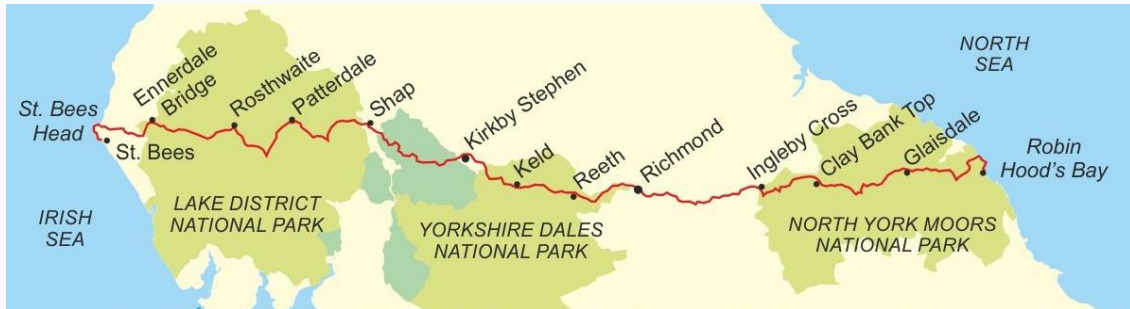
The bush events were on coastal terrain - sand dunes with sparse forest and good visibility. A Russian friend that visited us was disgusted - suggesting that such terrain in Russia would be used to train children....not for a championship event. In spite of this, it was fun and the gentler terrain meant that there were few major navigational errors.

The Finnish gentleman above called to us from the other side of the finish chute - "Best running top ever" he yelled...pointing at Schon and I who were both wearing our streetO tops at the time. The gent had been in Melbourne for a short time and took part in some events and asked if he could purchase a top. Lauris kindly made the arrangements and sent it to him earlier this year.

The final picture is Schon in the main square of Vilnius with our hotel in lights in the background. Pretty place - we'll go back there sometime.

The UK Coast to Coast - by Geoff Hudson

The UK Coast to Coast walk is a famous walk from one side of England to the other - if one prefers the prevailing wind to be behind them they start at the Irish Sea and walk East towards the North Sea. Ron Frederick had done this walk and provided advice on how to proceed. Taking his advice, I engaged a hiking company (Packhorse) to book accommodation for me; they also took care of luggage transfers from one B&B to the next - this meant that I only had to carry 3-4 Kg each day.



The total distance is a little over 300 km - and people generally take 10-20 days to complete it. I ended up doing it in 12 days - but I thought it was quite challenging and might have enjoyed it more if I had taken rest days at Grasmere and Richmond to allow me to look around a bit more. The short days were around 20 km but the longest was 45 km - about 8-9 hours walking.



The initial part of the walk is through the Lake District; the terrain there is a series of glacial valleys separated by mountains 800-900m high. The walk takes you along lakes and rivers up the valleys with a steep climb out as you reach the head of the valley. The picture above is on the ridge overlooking Grasmere (the V between Rosthwaite and Patterdale) - blessed with a clear day, we were able to take the high route to Grasmere rather than trudge through the boggy terrain in the valley.

From Shap to Ingleby Cross, the terrain is gentler terrain - through farmland and along rivers. The final 3-4 days take you up into the Yorkshire Moors - higher terrain, but easy walking on a well-formed track. I'm told that the views from here are very pretty, but low-cloud/mist and torrential rain limited visibility for a couple of days.



The day after we walked through Grinton,
of walkers
it got one month's rain in four hours. The
Map-reading was
news reported major flooding in the area.
well marked.

I hooked up with a couple

that couldn't read maps.

essential - the trail is not

Good boots and waterproof gear is essential - we passed several walkers that were using
tops purchased from North Face and similar vendors; the tops were completely sodden
and the wearers were soaked to the skin. Good gear doesn't cost much more and it's well
worth the cost!

Conclusion - it's a great walk, particularly the bit through the Lake District. I've heard of
similar walks in other parts of the UK and World and will consider these for future trips. If
you're considering such a walk, ask around; odds are that someone in the club has been
there already and they can provide guidance.

Want to see previous Newsletters?

Pressing the View in Browser link at the top of this email takes you to a web version
of the newsletter. In addition, it provides two controls in the top left corner that give
you or your friends the ability to subscribe to the mailing list and to see previous
copies of the newsletter.

Some earlier news broadcasts can be found at <https://emuorienteers.com/news-articles-2/>

Really old stuff can be found at <http://emus.orienteering.com.au/>

Street Orienteering

As the Summer Series approaches, Lauris will be arranging course-setters for each of the events assigned to NE. Being one of the better organised clubs and the primary supporter of the Northern Series, we punch well above our weight - please have a look at the list below and contact Lauris (on laurisstirling@gmail.com) if you can help out.

Course Setting is not difficult and doesn't take a lot of time. We have several very experienced people who can assist you with the process - so don't be concerned - have a chat with us at any event and we'll lend a hand.

Thanks to the many NE members that pitch in to help out so regularly - in recent times the series coordination has been carried out exclusively by NE - by David Prentice, Michael Stillwell and Rob Hudson. NE is one of the few clubs (perhaps the only club) to organise control pickup with its members prior to the event - I'm always amazed (and grateful) that you guys pitch in so willingly.

Day	Date	Map	Start/Notes	Suburbs
Monday				
Mon	14-Oct	Glen Eira East	Mackie Reserve, Mackie Road	Bentley
Mon	4-Nov	Dandenong Creek	H.E.Parker Reserve, Heathmont Road	Heathmont
Mon	2-Dec	Camelot Rise	Billabong Park, Weeden Drive	Vermorel
Mon	23-Dec	Waterford Valley	Alberni Reserve, Murrindal Drive	Rowville
Mon	27-Jan	Glenhuntly Gallop	Princes Park, Dover Street	Caulfield
Mon	30-Mar	Whealers Hill	Lum Reserve, Cintra Avenue	Wheeler
Wednesday				
Wed	13-Nov	Quamby Quandary	Parkwood Community House, Tortice Drive	Ringwood
Wed	11-Dec	Wattle Park	Chalet carpark, enter from Riversdale Road	Burwood
Wed	22-Jan	Smiths Dell	Anderson Park, Constance Street	Hawthorn
Wed	25-Mar	Bennettswood	Family Centre, Rotary Court, off Thomas Street	Box Hill
Thursday				
Thu	10-Oct	Westgarth	Fairfield Station car park, Railway Place	Fairfield
Thu	17-Oct	Bellfield	Cartledge Reserve, off Valentine Street	Ivanhoe
Thu	24-Oct	Boulderdash	All Nations Park, adjacent to Dennis Street	Northcote
Thu	31-Oct	Merri Creek South	Merri Park, Sumner Avenue	Northcote
Thu	7-Nov	Preston	Penders Park, Collins Street	Thornton
Thu	14-Nov	Merri Creek North	A H Capp Reserve, Halwyn Crescent	Preston
Thu	28-Nov	Heidelberg	De Winton Park, Strasbourg Road	Rosary

Thu	5-Dec	Warralong	Montmorency Park, Lower Plenty Oval, enter from Para Road	Mont
Thu	12-Dec	Banyule/Viewbank	Banyule Flats Reserve, off Somerset Drive	Viewk
Thu	19-Dec	Templestowe Heights	Ted Ajani Reserve, Thompsons Road	Lower
Thu	26-Dec	Rosanna Parklands	Macleod Park, Aberdeen Road. BBQ	Temp
Thu	2-Jan	Bulleen Ups and Downs	Bulleen Plaza car park, off Bourke Street	Macle
Thu	16-Jan	Donvale Pines	Learning Centre CP, north of The Pines Shopping Centre	Bullee
Thu	23-Jan	Lower Eltham Park	Lower Eltham Park, Main Road	Donci
Thu	30-Jan	Eltham Parklands	Eltham Central Park, Main Road BBQ	Elthar
Thu	13-Feb	Bundoora Parklands	Bundoora Park, enter from Plenty Road and follow Orienteering signs	Elthar
Thu	27-Feb	Bundoora Parade	Binnak Park, Anderson Parade	Bundi
Thu	12-Mar	Janefield	Kelynack Reserve, Azalea Avenue Dinner and presentations	Watsc
				Mill P

Northern Series

As a result of our efforts last year, the Northern Series will continue - although NE are still being asked to provide the lion's share of the events. We start this year with a much healthier mailing list and with help from participants we'll continue to promote the series as widely as possible.

We opposed the closure of this series because we thought that it could provide a focus for folks that live in the area covered by Nillumbik Emus. Please check out the Thursday Night events above and come along to support us if you can make it.

Scout Series - Suburban Adventure Racing

The club actively supports local youth groups via its support for the Scout Series - known as Suburban Adventure Racing. The series runs every Tuesday evening during daylight saving - see the fixture below. As before, we charge an initial fee of \$5 at the first event to cover insurance - but adult entry is still only \$2 per event.

Your entry fee covers colour map, electronic timing, real-time result displays and great post-event reports. Kids accompanied by an adult are free. Check out the programme

below....note that the fixture for the full set of 24 events is on the Coming Events Page on [the website](#).

Date	Start Location	Suburb
8-Oct	Mahoney's Reserve - enter from Mahoneys Road	Forest Hill
15-Oct	Scout Hall, Schramm's Cottage. Enter from Victoria Street	East Doncaster
22-Oct	Scout Hall, corner of Cherry St/Orchard St.	Mount Waverley
29-Oct	Napier Park, High St Road	Glen Waverley
5-Nov	Purches Street, Heatherdale. Park in nearby side-streets.	Heatherdale
12-Nov	Scout Hall, Boondara Road	Mont Albert North
19-Nov	Ferndale Park, Glen Iris Road	Glen Iris
26-Nov	Pakenham Street - park in CP east of Pakenham Street	Blackburn
3-Dec	Stephens Reserve - enter via Nunkeri Street	Vermont
10-Dec	Wattle Park. Chalet car park - enter from Riversdale Road	Surrey Hills
17-Dec	Burwood Reserve - next to tennis courts	East Burwood
24-Dec	Ringwood Lake - SW corner of Daisey's Hotel carpark - Bring a plate	Ringwood

Help Michael raise funds for Legacy



Caring for the families of those who served their country

As a serving soldier in the Australian Army, it's entirely appropriate for Michael to support a charity like Legacy. As one that has visited many historic battlefields and nearby cemeteries, I'm fully supportive of this particular charity.

Michael is participating in the AWMA Legacy 8-hour event in Wodonga on 04 Sep and is aiming to run 80-90kms in that time. You can donate a fixed amount or an amount per km; all donations will be gratefully accepted!

[Click here to donate](#)

Nillumbik Emus Facebook Page

Regardless of what you think of social media, Facebook is an excellent medium for a club such as ours to liaise with one another and keep others in the club informed and/or entertained by material relevant to our common interests.

Facebook provides the ability to post pictures, maps, comments. It allows people to ask questions and it forms a long-term repository that provides a historical repository of some of the good times we've had together.

Our Facebook Group is a closed group - located at <https://www.facebook.com/groups/253570918063076/>

If you're not already a member, why not join us? Go to the page and press the link that requests access to the group. If you are a member, please take pictures at events and upload one or two of these with a comment to our group.

We have no desire to harass you with unwanted emails; please use the unsubscribe link below if future emails are not wanted.



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This newsletter is sent to Nillumbik Emus members and friends; we hope you enjoy the material provided.

Our mailing address is:

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