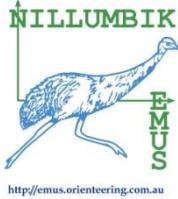


Nillumbik Emus Online – Jan 17th, 2011 e-mail Bulletin

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Xmas 5 Days 2010 – Armidale, Northern Tablelands NSW

Laurie Niven

I've always been uncertain about the idea of the Xmas 5 Days - done it twice when Victoria played host, and once up in the Snowy Mountains when base camp was walking distance from three of the maps, but I have not automatically included it in my O calendar. You need to get to each event for start times that are sometimes as "late" as 8.45 but could be as early as 7.30. I am not a "morning person" ... but I've come back from Armidale saying "Put me down for next year's – that was great!"

Armidale was truly the centre, and the terrain nicely varied:

Day 1: Dec 27, was at the uni, on the outskirts of town - sprint O park orienteering, lots of buildings, late afternoon starts to allow people time to get there;

Day 2: 60 mins south – complex granite boulders ... relax afterwards at the lavender farm/winery cafe;

Day 3: 50 mins east – easier spur gully littered with termite mounds ... then check out the tableland escarpment and some genuinely tall waterfalls such as the Wollomombi ("wool-a-mumbi").

Day 4: 40 minutes west, all tar seal – lovely granite boulders again ... parking and assembly on a mown paddock next to the owner's farmhouse;

Day 5: 15 mins northwest - bushland behind the local dam / boating, camping and picnic spot – spur gully with simpler boulders ... then cool off in the water (Rex on the left, in picture).

View the maps and courses via Route Gadget at <http://www.ntoc.asn.au/> linked from their Xmas 5 Days page.



We didn't do Day 1, not arriving in Armidale till 7pm after the 2 days' drive up from Melbourne. That was planned though; we hadn't entered that day. Peter Lada (YV) arrived later than he'd intended after getting bogged en route in the Warby Ranges near Wangaratta – he had to dig himself out and it took 7 hours, mosquitoes and locusts thrown in for good measure. Ask him about his black eye; there is a great tale there. Some people from Queensland missed Days 1 and 2 because of the floods. One road block was at Warwick, where the road surface on the main bridge has been broken up and moved about and the bridge is still closed to vehicles.

I think Day 2 was the best, with boulders big and small and hills and contour information to keep you on course. After the event the national junior elites did some training with a contour-only map, a good reminder how important it is to focus on the contours when the rocks are confusing. That said, on Day 4, I was not the only one to come unstuck on a leg along a hillside when I expected to be able to relocate via small spurs and contour information. Somehow I lost contact with the map, and the spurs seemed non-existent and so many clusters of boulders all looked the same!

Not everyone enjoyed Day 2 as much as I did – when I asked Ron Frederick how he went, he replied, "Ask me about yesterday"; Kate Fortune, a friend from NZ who's a gun and finished the 5 days in 3rd place on my course, came in more slowly than me, having lost 30 mins on one leg; and Rex punched 228 instead of 223 (ouch, need to check those glasses?!). I waited on a rock for Jessica for a long, long time ... she had opted for value for money by entering the longest women's course, about 6km each day, but those rocks were a helluva way to be reminded what orienteering is all about when you've only done two events in the last 12 months. It was a good rock though – and I got talking to someone also waiting. I picked the accent and asked where in NZ she was from. "Invercargill," she said. "I know an orienteer from there," I replied, "lost contact with him a bit – do you know Joe Sherriff?" "That's who I'm waiting for," she answered ... she was his new partner, Jo, his marriage having broken up 10 years ago. We did some good catching up later! (By chance, Joe and Jo are the other two in the photo above.)

Day 3 Rex mispunched again. "They wouldn't put a flag on both these termite mounds surely?" he thought, "they are so close together, and there's a flag here." Sorry but yes they would, they were ... 51m??... apart. Most flags were on termite mounds. Some courses had a gully for one, or a watercourse, but my description

list was "termites all the way down". But Rex had no excuse this time - the codes were very different (maybe need to use those glasses?? hmm).

When Rex finished on Day 4, the guy at the download said "What – no mispunch today?!" and Rex was of course pleased to finally get a time against his name, but amazingly, he hadn't been upset by his mispunches. He was discovering power walking – his knee hurt any time he tried to run, but managed OK at a good walking clip and he'd been spiking all his controls (ignoring these mp technicalities...). It was good to be out in the forest before the days warmed up and life was good.

We stayed in motels so we had comfy beds and aircon when it was needed, a microwave for breakfast porridge, and broadband. Rex had time on two afternoons to finish off some work, and could then properly relax holiday style. We had to eat out, but the RSL was cheap, and we discovered an excellent Thai restaurant where the small extra cost was well worth it. But what surprised me was the mornings. Dawn was around 5.45am and we were already up. There was morning mist sometimes still with us on the road to the event. Arriving between 7.30 and 8, it was still cool but clear; the grass was damp but drying. Usually I would still be in bed at that time, but now I was out on a course fully awake and functioning, and each day a bit fitter. Back home now, I know I'll be back to sleeping in all too soon, but I'm still bouncing and re-energised.

Victorians at these 5 Days were –

NE: Ron Frederick, Rex Niven, Laurie Niven, Jessica Niven, Dave Lotty (Uringa NSW & NE Vic)

YV: Tim Dent, Peter Lada, Barry Hart, Ruth Goddard, David Goddard;

MFR: Blair Trewin;

EU: Roch Prendergast, Judy Prendergast, Aislinn Prendergast;

BG: Warwick Williams.

There should be more next Christmas - it will be organised by NSW Central Coast, which I'd think implies maps between Newcastle and Sydney, not quite so far to drive, and beaches a tad closer. It's in my O calendar already ...

Roll on Xmas 2011 !

In terms of results:

NE

Ron Frederick	Men's C	34/44
Laurie Niven	Women's D	11/33
David Lotty	Men's D	3/38 (2 nd on days 2 and 4)

Other Vics:

Aislinn Prendergast	Women's A	4/17 (3 rd on day 5)
Roch Prendergast	Men's B	5/22 (2 nd on day 4)
Warwick Williams	Men's B	11/22
Tim Dent	Men's D	5/38 (1 st on day 3)

AGM Report

After a pleasant lunch at the Westerfolds ORC clubroom, Club President, Ron Frederick presented an fascinating slide show on his coast to coast walk - over 100 miles - across England, which included the famous Lake District and the North York Moors. The 2010 winner of the VIN MALONEY TROPHY was Helen Edmonds. The winner of the most improved bush orienteer was Sue Healy. Thank you to Don for compiling the statistics.

Special thanks was also given to Bernie Shuttleworth for auditing the financial records

Office Bearers for 2011

President: Ron Frederick (also Vice President of VRA)

Vice-President:

Secretary & Equipment Officer: Rex Niven

Treasurer & Membership Secretary: Schon Hudson

Bush MTBO & FootO Convenor: Robert Edmonds

Park/StreetO Convenor: Ian Stirling

Social Convenor: Lauris Stirling

Technical Convenor: Peter Mallen

Newsletter & Website: Robert Edmonds

Club Clothing Convenor: Fiona Fell

General Committee: Geoff Hudson (Northern StreetO & Monday 37's Convenor and VOA Secretary), Laurie Niven, Don Fell (Statistician for Club Trophies, Wyndam & Western StreetO Convenor), Dorothy Adrian

Public Officer: Glenn Collins

We should also recognise club members who are active in orienteering administration elsewhere.

VOA Park and Street Sub-Committee Convenor: Barry Giles (CakeO Saturday Arvo' Convenor)

VOA Statistician: Janet Johnson

VOA Eastern Winter Series Convenor: Bernie Shuttleworth

VRA Membership Secretary: Phil Giddings

Fixture - Nillumbik Emus – Foot & Mountain Bike Events 2011 (Non Street'O)

State Series MTBO - Sunday March 13

Course Setter: Robert Edmonds

Controller:

Rogaine 6 hour - Saturday April 30

Course Setters: Ron Frederick and Ron Wescott

Controller:

State Series Badge Foot - Sunday, June 12

Course Setter:

Controller:

Maxi 3 Hour - Sunday, Sept 12 Adventure Series

Course Setter:

Controller:

Catering:

Oceania & Victorian Champs - Oct 1 & 2 (weekend)

Our club will be responsible for handling registration and information bags for this carnival

Victorian Night Champs - Sat Nov 20/21

Course Setter:

Controller:

Recreation Rocks - Sun Nov TBA

Course Setter: FootO

Course Setter: MTBO

Korweinguboora, Daylesford

Organiser:

Kimbolton State Forest, Lake Eppalock

Organisers: Ron Frederick and Ron Wescott

Joyces Creek, Newstead

Organiser:

Hepburn Diggings, Daylesford

Organiser:

Entries/Publicity: Rob Edmonds

Wangaratta & Yackandandah

Organisers:

Chok'em Gully, Castlemaine

Organisers:

Entries/Publicity:

You Yangs, Geelong

Organiser:

Publicity:

We haven't taken on as many events this year, but as an innovation, we have decided to assist the VRA with a Rogaine in April. While some club members assist the VRA already, we would like to encourage our members to assist the VRA in this particular event. The Two Ronnies will be organizing this event and they have already been checking out the area in preparation.

There are several opportunities for club members to play a leading role in organizing or course setting events this year. Please get in touch with, Rob Edmonds, on 9438 3378 if you would like to assist. Rob is also keen to hear from anyone who hasn't carried out these roles before. We encourage members to buddy. Let's not leave it to the same old crew.



The new equipment container arrived at the Nivens, but the truck could not quite put it in the right spot. With all the rain, the truck slithered and sunk, right down to the axels, creating a lot of damage - one tree, one gate post, one fence, one down pipe, one rain water pipe, one timber baulk and that's only what we could be seen. There was water gushing up from below.

The driver suggested a 4WD could delicately drive past it then pull the container the last three feet. Either that or push from the front with a tyre in between. That might be safer; at least the 4WD wouldn't get trapped. The box then needs to go sideways 6 inches to be actually in the prepared hole. The ground is very soft, so we'll try again when the ground has dried out.

The Great Victorian Bike Ride 2010 - from a volunteer's point of view

Lauris Stirling

Unfortunately Ian was receiving treatment for a crook hip leading up to the ride and decided on the Tuesday before, that riding 600km was not a sensible idea.

We both changed from rider/volunteers to full time volunteers and still had our 'week' away. I guess it was a working holiday.

Since 2001, Ian and I have participated in 8 Bicycle Victoria bike rides, 7 in Victoria and 1 in Tasmania. It is our idea of a holiday. The GVBR is held in the last week of November – first week of December. They focus on one of 5 areas of Victoria.

This year it was central Victoria – Yarrawonga to Marysville.

Given that accommodation is in tents, weather plays a big part. Past rides are remembered for extreme heat, or strong head winds etc. this one was dominated by 'water'. Alternate camping areas needed to be found, from time to time due to excessive ground water. The challenge each day was to get your tent up between showers and hopefully keep your sleeping gear dry. Although it was wet the air temperature was warm to hot – a bit tropical really.

Our volunteer commitments involved serving breakfast from 6am-8am and serving dinner from 5pm till 8pm each day. So it was up by 5:30 of a morning. This proved not as difficult as it first seemed. The campsite entertainment wraps up around 10:00pm and all is more or less quiet for an early night. Each morning we were woken by the local birdlife. While the birds caught the worms we made our way to catering.

Breakfast: Eight breakfast bays operated all proving the full range of regular and another bay catered for special diets. Two teams of four operated each bay. Other volunteers ensured the bays were fully stocked.

Thousands of riders and volunteers streamed through filling their plates with a breakfast of their choosing.

Food on offer – yoghurt, fresh fruit salad, bread(varieties), butter, spreads, fruit juices, cereals (weet-bix, nutra-grain, muesli), hot porridge, bakery selection – muffins, croissants or Danish pastries, milk – fullcream, rev or soy.

Dinners offered vegetarian, non-vegetarian, special diet – non veg & special diet veg. Each day was different. As with breakfast, multiple dinner bays operated. At the height of demand, eight non-veg bays, 2 vegetarian bays and 2 special diet bays were in action. Other volunteers ensured the bays were fully stocked and yet others cleaned up behind the scenes.

Professional cooks operated the equipment that prepared the food – pre-cooked food in shrink-wrap bags were reheated in huge vats. Once the food was brought up to temperature it was dispensed into lined polystyrene boxes, ready for serving.

A Typical Menu

Non-veg: Beef Steak Tournedos with pepper sauce, roast potatoes, honey julienne carrots and snow peas.

Vegetarian: Lentil and vegetable patties with roast potatoes, honey julienne carrots and snow peas.

Special diet non-veg: Gluten free Beef Steak Tournedos with pepper sauce, roast potatoes, honey julienne carrots and snow peas.

Special diet Veg: Gluten free lentil and vegetable patties with roast potatoes, honey julienne carrots and snow peas.

Dessert: Cream Caramel or Gluten free Day Night Mousse.

Lunches for the riders are supplied at one of the designated rest stops each day – they too are very tasty and nourishing.

As for the volunteers once the breakfast serving and clean-up is complete it's back to the tent, pack-up everything and take gear to the bus. Around 9:30am we leave that campsite and head for the next. Once there and settled in, the rest of the day is ours until duty calls at 4:30pm. Sight-seeing, reading (at times with eyes closed) and showering rank high among our use of this time.

Contending with storms and rain impacted on everyone's activities – nights in Cafe De Canvas (huge marquees filled with tables and chairs and designed to seat in excess of a thousand people) can be a great place to spend the evening hours. On the wet and windy nights, some hardy patrons endured the rain and mud but most people sort refuge in their tents.

For the riders: The ride started in Yarrawonga. Melbourne based people were transported from Southern Cross station by bus to Yarrawonga.

Day 1 Yarrawonga to Dookie 69kms
Day 2 Dookie to Euroa 81kms
Day 3 Euroa to Murchison 62kms
Day 4 Murchison to Nagambie 91kms
Day 5 Rest Day in Nagambie

Day 6 Nagambie to Seymour 100kms
Day 7 Seymour to Yea 85kms
Day 8 Yea to Eildon 57kms
Day 9 Eildon to Marysville 49kms

While the 'water' was a dampener on the some activities, it was wonderful to see the waterways flowing, farm dams full to overflowing and plenty of wildlife thriving.

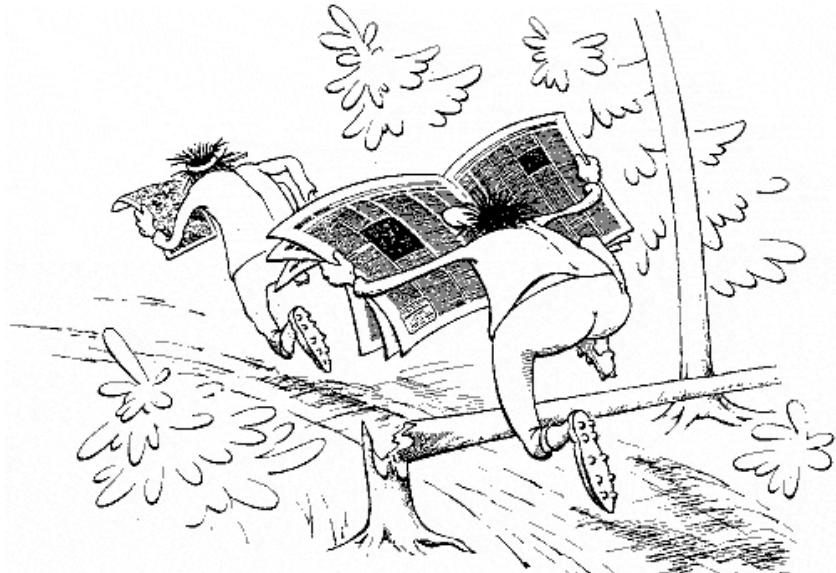
Membership Report - January 2011

Schon Hudson

Our financial year finishes on 30th September each year, so if you haven't renewed since then it's due now. Membership fees continue to be set at \$5 per family per year (where the family group includes parents and dependents living at the one address).

Thanks to everybody that has forwarded their \$5 membership renewal to me already; I've managed to catch up with a lot of you at the AGM or at street-orienteering.

We're updating our membership list at the moment. If you're aware of any recent changes to address or contact details (for you or others), please let me know at schon.hudson@gmail.com



Is published in "MAPA Y BRÚJULA" (ESP) №5-6 (2-3/95)
The author: Yury MANAEV (RUS)

Hot Topic

Orienteering Victoria will be holding their annual planning day at Macedon Primary School on Saturday February 13th. A key focus for discussion will be increasing membership and participation. Bruce Arthur, President of VOA, has called for our ideas. If you have any please forward them to Rob Edmonds to present at the meeting or come along yourself and share them with us.

Next Club Committee Meeting

Tuesday, 8th February at 8pm

At Laurie and Rex Nivens' place, 15 Rockliffe St Eltham Melways: 22 A8
RSVP Rex or Laurie 9431 3803

All members welcome to attend. Bring a supper plate.



Nillumbik Emus Orienteering Club Membership Form 2011

New Membership Renewal

Name (to appear on email and postage list):

Postal Address

Post Code

Home Ph: Mobile No:

Main Email Address:

Member Details

Surname	First Name	Date of Birth dd/mm/yyyy	Email address	Mobile Number

Privacy Statement: The club maintains a membership list containing contact details. This list is only available to club members and is used by event organisers and the club to contact members. A newsletter "Emus Online" is distributed regularly by email.

Is it OK for the club to print your details in this list? Yes No

Are you happy for the club to contact you by email? Yes No

Please tick the activities that you are interested in being involved:

Bush'O Street'O MTBO Rogaining

Membership Subscription \$5 - Family or Individual

Please send membership form and payment to
Nillumbik Emus Membership Secretary
Schon Hudson
16 Fowler St Box Hill South, 3128

Tel: 9888 8121 - schon@orienteering.com.au

For further information about Nillumbik Emus Orienteering Club and its activities go to:
<http://www.vicorienteering.asn.au/clubs/nillumbik/>