



Newsletter of Yarra Valley Orienteering Club

No. 200

February 2012

*Christmas Picnic and PhotO, Westerfolds Park
5 December 2011*



Officebearers

President:
David Goddard
Tel: 9457 1836

Secretary:
Belinda Dale
6A Leura Street
Surrey Hills 3127
9830 4836

Treasurer
Sheila Colls
12 Evan Smith Close
Macleod 3085
9459 2402
sheila.colls@bigpond.com

**Bank account details
for payments:**
063009 00090157
Yarra Valley
Orienteering Club

Website:
[Http://www.yvoc.com.au](http://www.yvoc.com.au)

Next newsletter:
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Newsletter Editor:

Ruth Goddard

17 Glenard Drive

Heidelberg 3084

9457 1836

Ruthg@netspace.net.au



*Ella, Hania and Quentin setting off for
the PhotO with plenty of supplies*



*Welcome for Lois and Keith Groves who
came to Westerfolds Park*

Details of Yarra Valley events



Summer Park & Street Orienteering

Thursday 16 February	Rosanna Parklands	John Meeking
Wednesday 14 March	Blackburn Lake	John & Sheila Colls

Margi Freemantle is the club street O representative. Her number is 0428 618 848.

2012 events for YVOC

2012 is looking like a busy year for YVOC in foot bushO.

Long weekend in June—3 events in central Victoria. Ted van Geldermalsen put together a plan to have 3 events of similar length starting from adjacent maps. The exact concept of the events and locations are still being discussed.

3 MelBushO events (out of a total of 7 events). The dates are confirmed but the venues are still being established. The dates are on MelBushO.com.

YV events are probably:

- 27 May at Plenty Gorge parklands
- 1 or 8 July at Warrandyte Common
- And possibly a third event

Victorian Long Distance Championships Kangaroo Crossing will be remapped with Albury Wodonga OC and YVOC sharing the cost. Alex Tarr has put it into his 2012 mapping schedule and then he offered to set courses there. Organiser: Ruth Goddard

Xmas 5 Days December 2012. YVOC has offered to organise one day which will be at Kangaroo Crossing. Coursesetter: Kathy Liley, Organiser: Ruth Goddard

From the Club President, David Goddard:

The next meeting of the Yarra Valley Orienteering Club will be held on Friday 10 February at 8pm. The venue is the Watsonia Library Community Room. It is located next to the roundabout where Ibbotson Street joins Watsonia Road (the second roundabout in Watsonia as you proceed north). The library has a car park that is accessed off Watsonia Rd. Melway map ref 20 E4.

Matters to be discussed include:

- *Events – there are several this year*
- *Plans for the YVOC 40th anniversary*
- *Website development and management*
- *Schedule of meetings for 2012.*

I shall speak on “Our Club – what it is, what it isn’t and what we could be?”

Please bring your own cup/mug.

The agenda will be e-mailed around closer to the meeting.

**Next club meeting,
Friday 10 February at
8pm, Watsonia
Library**

**The AGM will be held
in March**

Between the contours

Bushland group named

NILLUMBIK Council has appointed six residents to the new Panton Hill Bushland Reserves System User Group. Members include Nillumbik Horse Action Group chairwoman Cathy Giles, environmental scientist Lynlee Tozer, bushwalker Rex Niven, Smiths Gully resident Maggie Broom, Smiths Gully Mountain Trail Bike Association vice-president Brendan Welsh and Friends of Panton Hill Bushlands Reserves System secretary Sueann Penrose. Cr Lewis Brock will chair the committee.

Rex Niven of Nillumbik Emus Orienteering Club (bushwalker!) is one of six to decide on the use of Panton Hill Reserves. Good news for the potential use of the area by interested groups like orienteers!



EXPECTING

Congratulations to two YV couples expecting babies in June:

Katherine Dent and Kristian Halbert—baby due at the end of June

Simone Krauss and Dene Littler—baby due mid June.

WELCOME TO NEW CLUB MEMBERS

Welcome to new member, **Rachel Morgan**. In her words:

I am interesting in learning more about Bush Orienteering although I enjoy doing the street/park ones too. I was introduced to the street/park orienteering from a friend who is heavily into orienteering and rogaining in WA so I looked it up here in Melbourne about 12 months ago. I work with blind children at Guide Dogs Vic so spend time teaching children about using tactile maps and using landmarks when they are travelling.

Welcome to the **Gleeson family** as new members of YVOC. Amy aged 11 and Benjamin aged 10 have enjoyed taking part in the Primary Schools Championships. They attend the strong orienteering school, Glen Katherine. Parents Kerrie and Mark, have not done any orienteering (yet)!



Rachel Morgan striding out at MelBushO in 2011

SOME INTERESTING/USEFUL INFORMATION ON THE WEB

Photo essay of the way to do an orienteering course from Bay Area Orienteering Club, USA.

http://www.baoc.org/wiki/images/b/bc/Navigating_Briones.pdf

A beautiful video of Plenty Gorge:

<http://www.youtube.com/watch?v=3Z2bpVTmSfs&feature=related>

THE CHRISTMAS PICNIC

By Kathy Liley

We had an excellent turnout to the Christmas picnic at Westerfolds park. There were some comings and goings during the day, but the total was, we reckon, 39. Kathryn Tarr & Greg Cates called by to collect Ryan and Emma who had gone around the PhotO course with Janet & Alex – If you count their quick drive by as ‘attendance’ then we cracked the Big Four-O. It’s been a few years since we’ve done that!



Russell got delayed by a late-scheduled tennis final (David had a good close match but not a win) There was some anxiety about not having a shelter when rain threatened. Peta came to the rescue and we retrieved the big VOA marquee from her store-room. It was all hands on deck to figure out how to put it up and hold it down in the wind while we did it.

Ruth had worked out an orienteering course on Peta's new MTBO map of Candlebark Park – that’s the park east of Fitzsimons Lane, linking Westerfolds Park with Eltham Lower Park. It was a PhotO: Seven control points and we had to take a photo to prove we’d been there. Some required a ‘person’ in the photo.



Kathy rode her bike and reckoned that ‘bike’ could substitute for ‘person’. So here’s the Gate, Track and ‘Person’:



At the next control, Peta appeared at just the right time to be added into the picture with the three pylons.

Then there was the control marked in the middle of the bridge across to Eltham Lower Park with the instruction: Photo of Bridge and River. Well the bridge and river look much more photogenic from a side view:

A few rode bikes and Peter Lada ran, but most walked in groups and enjoyed this addition to the Yarra parks. Thanks very much to Ruth for the innovative course, and to Peta W for the map. (Come along to the Summer MTBO event on 11 February for the next use of this map.)

By the time the stragglers got back from their walk/ride, the group under the marquee had swelled. Do we really have to eat our salads before attacking the cakes and pavlova and sweets on offer? Lots of chatter and catching up. Young Ella Lang (Hania's 21 month old daughter) captivated the crowd. Then David G brought out his YV Member Cryptic Crossword. Some who weren't too familiar with the guiles of cryptic crossword setters soon developed their skills and most managed to finish – helped by the cheat-sheet indicating the names that had been used as answers!

Then of course there was the **Frisbee Throwing Competition** – won last year by Kath Cadman who hasn't lost her skill in this regard. We didn't have a strict results recording system this year though – and at one stage Vincent kept moving the target to meet wayward Frisbee throws! – but Russell was looking pretty good!

As soon as there was a bit of a general move towards leaving, we were halted and whipped into a marquee-demolition squad: couldn't wait until just a few were left. Of course the threatening rain hadn't eventuated, and by the time the sun came out the trees were starting to cast some shade – but it was good to have the shelter just in case ...

So another year ends. 2012 is just around the corner with more challenging orienteering to come ...



Photogenic view of the footbridge



Vincent moving the Frisbee target to meet the throw



Hania, Ella and Quentin

*Has anyone lost a red base of a plastic container (nice one)?
Contact Ruth 9457 1836*

Special Effects from Ryan and Emma Cates (and grandfather Alex)



Emma standing in Ryan's hand



Emma standing on Ryan's head



Bench/people/pylons

Bonus—a frog





Photo results from Katherine Dent and Kristian Halbert.

Left column from Bottom : person/dam
Person/gate/track
3 pylons/person
Dead tree

Middle column from bottom;
Bridge/river
Signs
Seat/person/pylons
Duck

Right column from bottom:
Frog
Snake
Fish?
Distinctive sign

First prize for Presentation and completeness!

Two photos from John and Sheila Colls:



"Two famous navigators agree on the route to America from Barcelona. The other one is Christopher Columbus".



"Scotland has snakes too! This rather sluggish adder was in Glen Affric, not far from the 1999 World Championship and 6-Days venues".



A couple of useful (?) signs



Top science prize won for cancer research

Bridie Smith

November 16, 2011



Andreas Strasser as we know him with Claudia and Patrick at the Christmas 5 Days

Winner of the Victoria Prize Professor Andreas Strasser. *Photo: Joe Armao*

RESEARCH linking the naturally occurring process of cell death in mammals with certain types of cancer has won scientist Andreas Strasser Victoria's top science prize.

Swiss-born Professor Strasser, who arrived at Parkville's Walter and Eliza Hall Institute as a post-doctorate researcher in 1989, was awarded the Victoria Prize yesterday for his discovery of key molecules that regulate cell death in mammals, a process that serves to rid the body of unwanted or potentially dangerous cells.

He was the first to establish the link between defects in cell death and autoimmunity - where the immune system mistakenly attacks and destroys healthy body tissue. This demonstrated that defects in cell death can lead to the development of cancer or autoimmune disease and render cancer cells resistant to therapies.

Advertisement: Story continues below

As a result of more than two decades of work with his institute colleagues - including past Victoria Prize winners David Vaux and Peter Coleman, as well as Jerry Adams, Suzanne Cory, Philippe Bouillet and David Huang - two drugs to treat cancers of the blood, such as leukaemia, are now in trials.

Professor Strasser said that if the drug works, "it won't make [David Vaux] rich and it won't make me rich, but it's not about that. It's being on a journey and going all the way, which doesn't happen too often in this field."

The \$50,000 prize is awarded annually by the Victorian government to a scientist whose discovery has significantly advanced knowledge.

Victoria Fellowships worth \$18,000 each were also presented to six emerging leaders in science, technology and engineering yesterday.

Read more: <http://www.theage.com.au/victoria/top-science-prize-won-for-cancer-research-20111115-1nhg2.html#ixzz1dpcJFDiE>

Susie Strasser wrote an article for the Herald Sun in the same week. Her topic was 'schoolies' and her son Martin. Her point was that 'schoolies' are an excuse for getting drunk and are far too expensive. Martin wants to become a professional soccer player and does not drink. He spent \$200 and looked after his friends at 'schoolies'.

Xmas 5 Days, Cessnock, NSW
27 – 31 December 2011
By Ruth Goddard

Once again, some of the die-hard bush orienteers travelled interstate to have 5 days of orienteering. From YVOC there was Ted and Margi, Ruth and David, Peter Lada, Tim Dent, Andreas and Susi Strasser, Barry Hart, Tim Wardrop and Mel (for two days) and Simone Krauss and Dene Littler (for two days). Our contingent was the largest of any Victorian club. But where was Blair?

Each day had a theme which was in part determined by the terrain. Juniors were the coursesetters for each day and the rest of the organisation was done by the oldies. Ron Pallas was the SI man each day – he seems to enjoy this and he makes it hassle-free (as much as SportIdent can be).

For each day there were comments made by participants. Orienteers often make these comments – some are expressions of frustration but some are justified. Your author, Ruth Goddard, has chosen one comment for each event and matched it with a reply.

Day 1 Long Sprint around the Ourimbah campus of the Newcastle University not far from Gosford. The courses included a mixture of buildings, waterways and touch of bush and were set at a similar distance to other days.

Comment: "I don't like these sprints, I can't see all the details on the map." *Sprint and other detailed maps require good eyesight. Sprint is meant to be a constant challenge. Although out in good light, some people may not have strong enough glasses, or be familiar with reading sprint maps.*

Day 2 Middle Distance at Kichener close to Cessnock. The map had a few gullies with some intricate features. The course was set within a small area with many cross over legs.

Comment: "the map is too busy with symbols for two sizes of termite mounds and different to meat ant nests. Also the graded run-offs at the edge of the road were mapped unnecessarily. *The mapper was Denis Lyon who had made the maps as a labour of love and spent many hours including all the trail bike tracks. He had also made contact with landowners. The maps were adequate for Xmas 5 Days.*

Day 3 Long Distance at Abernethy close to the previous day. There were lots of tracks on the map but they were up to date.



Old colliery at Abernethy



Ted discussing his course with Hugh Moore. Ted takes time after his course to look at the map in a way that he can't while he is running.



Peter Lada getting his money's worth by doing course A

Comment: this was not a proper long distance event because there was too much track running.

Track running is part of orienteering, even for long distance bush events with hard navigation. This day also required some walking through medium green vegetation but maybe there were not enough route choice options which people expect for a long distance event.

Day 4 Mass Start near Kurri Kurri

The terrain was very flat and the long first leg for most courses was across the flat-test, most featureless part of the map. The vegetation was high enough to obscure others and the control.

Comment: "I hate mass starts. I am not a runner and can't keep up with the pack"

The story of the hare and the tortoise is relevant here. Some hares came in behind their packs, having fallen behind taking the wrong direction and then having not been keeping in touch with the map, couldn't find themselves.

Day 5 Loops event at Glendale. Everyone was paired up with a similar speed runner in the same class. The aim was to provide a competition between the pair – one person did loop A first and then loop B while the other member did it in the opposite order. There was a pivot control which people visited many times. Navigation was not difficult and there were plenty of people visible all the time. Being the fifth day it was a test of stamina and there were hilly sections. By arrangement, or by close competition, there were some interesting finishing pairs – husband and wife, mother and daughter.

Comment: "I was too tired and too injured to be able to compete properly"

That comment could have been made by anyone on the fifth day.

Overall the events ran without any hiccups and the weather was kind in the mid 20s unlike Victoria over the same days. Some aspects were a bit minimalist – only two toilets at the assembly areas and no road signs at all (Glendale, the venue on the fifth day was not even on maps!!)



Andreas and Susi Strasser, regular attendees at the 5 Days. Susi came back covered with mud this day.

Next year the event will be in north-eastern Victoria and YVOC will be organising the third day (29 December) on Kangaroo Crossing.



Tim Dent, Peter Lada, Ron Frederick (NE), David Goddard and Barry Hart who is now an ACT club member

Kathy Liley reports on TAKING THE BIKE TO NEW ZEALAND

Despite many of their club members losing homes and having many problems with the ongoing earthquakes, the Christchurch orienteering club (Peninsula & Plains: PAPO) pressed on with organising the January 2012 Otago MTBO Carnival which incorporated the ANZ MTBO Challenge. I'd bought a new and lighter mountain bike early in 2011 and decided to brave the vagaries of bike bags and airlines. The travelling country has to provide at least 2 people in a class for the challenge: I was the only travelling W60 so could ride without the pressure of being in the official team. Peta Whitford was in the W50 team.

Around 55 Australians headed for NZ in early January, with 33 of us travelling as a group. We had 3 12-seater mini buses with trailers set up so that 12 bikes could be carried on top of each trailer.



bus at Lake Takapo

We took the opportunity to check out the earthquake damage – pretty much all of the central city is fenced off with most of the buildings having been condemned. Looking through the window of a hotel near the fence, the dining room tables are still set for lunch. Unsafe buildings are still full of office equipment. Cashal Mall has reopened with shops in brightly coloured shipping containers. Asked what she thought of her working environment in the yellow container, the bank teller said “I feel safe here.”



Shops in containers in central Christchurch

The main liquefaction problem areas are east of the city centre. We rode down the River Road where the underground pipes had been broken by the quakes and the liquefied soil flowed into the pipes and then solidified. The houses here now get their water supply from above-ground pvc pipes and along the footpath are portaloo's – 1 for every 3

houses. Apparently there are 1000 portaloos on the streets. And even if your house is unliveable or adjacent to the red-zone (ie 'condemned houses'), you've still got to pay off your existing mortgage. All very sobering!

We were staying on the NW outskirts of the city in an area that doesn't seem to have had any earthquake damage. But we felt 3 earthquakes (aftershocks) in the few days we were there. In the largest we woke with the bunk beds rattling for some time.



There were two warm up events on the outskirts of Christchurch – in flat parks with well maintained mtb tracks. Great riding and a good warm up for the legs but no indication of what was to come. Then we headed 450 km south to Wanaka, our base for the rest of the week. A lovely setting with mountain views, on the lake shore.

The ANZ Challenge events were a sprint near Roxburgh, 1.5 hours further south; long distance near Alexandra, 100 km south of Wanaka, and the middle distance event on the outskirts of Wanaka.

The Sprint area had some detailed topography reminiscent of Rowdy Flat at Yackandandah, but most of the area was relatively flat. Pine plantation with a mix of single tracks and some wider tracks. An interesting area and probably Kathy's favourite event. Not so for Peta who had a bad fall after the last control and luckily only about 500m from the assembly area. Help was immediately at hand and a quick assessment from two team members who are doctors thankfully ruled out serious injury. Probably a cracked rib and bruising.

The information about the Long Distance event showed shorter than usual distances but big climbs – and had a warning note that although it appeared short, the times would probably be longer than usual. They were not wrong! The map is called *Linger and Die*. We're thinking of making a post-event T shirt along the lines of the post-Kapamahunga 1987 NZ challenge T Shirt: "I survived". On arrival we were faced with a high, near vertical, treeless ridge. Behind the ridge was a complex undulating area with a myriad of farm tracks, animal tracks that had been used by bikers, and old water races also marked as tracks. Still virtually treeless. Many of the tracks were quite rocky (embedded rocks rather than loose rocks).

Most courses had a first control immediately behind the big ridge. A bitumen road climbed the ridge and most riders saw that as their only real option – they lost a lot of energy on that vertical 100m climb. Then down the other side - most walked down the very steep single track to the control. There was an alternative route around the



The Alexandra hill.

Note: The clock in the middle of the hillside is 11m high. The display O flag is 4m high.

southern end of the ridge but it was a rocky single track following an old water race and often too narrow/rocky for all but the most experienced to ride. Kathy went this way (approx 1 km) and long before she reached #2 a further 800 m slow hot ride up the gently sloping valley behind the ridge, was well ready to go home! Soon after that though, she found a nice contour channel single track and followed that with a long rocky downhill on a 4wd track that was challenging but rideable and started to enjoy it. (The longer courses missed out on the full length of this swoop as they deviated up and down on either side of the track to add to their distance and climb.) Then a complex track area near the end required some careful map reading before a very (loose) stony riverside track to get back to the finish. The winning time on most courses was over or close to 2 hours. Kathy took 90 minutes for her 9.2 km course, without any significant navigational problems. Peta wasn't sorry that she'd decided not to ride this day!

Most of us found a deep and shady water hole in the adjacent river to recuperate. The Middle Distance event was in an area with a mix of farmland (lift your bike over the fences), flat open scrubby country where it was permitted to ride cross country but so many small tracks that weren't mapped, and mature pine forest on steeper terrain with many single tracks. The 'yellow' paddocks often had long grass and were slow riding. It rained all day and the single tracks were very slippery.

The maps/courses for all three days are on routegadget at <http://www.routechoice.co.nz> you might like to check them out. Note that it was permitted to ride on areas mapped as bright yellow (clearings) and white (forest where trees/bushes were not too close together). Also a dark green line (usually a dashed line) was used to indicate a permissible route across an area otherwise out of bounds for riding, or for a recommended route through yellow or white areas. The Australians had difficulty coming to grips with the idea that it was OK to ride through white!

On the mid-week rest day, some of the group went into Queenstown (about an hour's drive) to try out the downhill mtb tracks (ride up on the gondola). But after the exertions of the long distance event, others of us didn't venture too far afield. Peta and I with Blake Gordon and Graham Wallis visited Puzzling World where they have a great maze: very tricky. Took Kathy 40 minutes to solve the maze puzzle (visit the four corners in order), but another 20 minutes to find her way out again! And fun exploring the Illusion Rooms where water appears to run up hill and other fanciful things. Then sit and have coffee and try the myriad of puzzles left tantalisingly on the café tables ...

The final competition was a social 2 person relay at a cross-country ski field (Snow Farm). The snow held off until the next night, but the very strong wind nearly blew us off the mountain when we had to venture onto the southern side. Too hard to explain the intricacies – you've got to check out the map (also on routegadget) – semi-

concentric ski tracks separated by fences (not to be crossed with bikes) so you had to really concentrate to be sure to be on the correct track.



The terrain at Snow Farm



The map

After that, many people headed home. Others continued to holiday. Peta and Kathy rode the 150 km Central Otago Rail Trail. We signed up with a travel company which transported us (at the beginning and end), organised B&B accommodation, and transported our bags each day to the next accom place. All very efficient. We took 4 days to get from Wanaka to Dunedin (riding Clyde to Middlemarch) and had a side trip to Naseby for a try at the sport of curling. Good weather. The surface of the track was a bit mixed – some a bit rough and stony – so good to have the mountain bikes. Excellent information signage and lots of coffee places!

If you want to know more, Kathy and Peta have maps and photos and will be happy to rabbit on ...

Another photo from the YV Picnic on 5 December 2011



Katherine Dent, Tim Dent, Jackie Dempster, Kristian Halbert enjoying the Christmas picnic