

# Crapon

SUMMER 2002

Hi and welcome to our first edition of Crapon for 2002.

In Crapon we will publish (almost) anything handed to us throughout the year so please feel free to write articles and email/post/hand them to Debbie or myself at any time. Photo's would also be greatly appreciated – the funnier/more embarrassing the better ! (If nothing

more than for Debbie and my own amusement).

Usually Crapon will be filled with trip reports on trips that have happened throughout the last few months and have details of upcoming events. However as it's the start of the year, we thought it best to provide you with more details of what the club is about.

Penny

## 2002 COMMITTEE MEMBERS

		Phone No	Email
President	Andrew Brown	0409 016 898	<a href="mailto:Andrew.brown@latrobe.edu.au">Andrew.brown@latrobe.edu.au</a>
Secretary	Megan Dunn	0427 361 183	<a href="mailto:Wahnsinnig_42@hotmail.com">Wahnsinnig_42@hotmail.com</a>
Treasurer	Kylie Lord		<a href="mailto:Klord@students.latrobe.edu.au">Klord@students.latrobe.edu.au</a>
Gear Store Manager	Alex Cohen	0419 595 817	<a href="mailto:A.Cohen@latrobe.edu.au">A.Cohen@latrobe.edu.au</a>
Crapon Editors	Penny Simpson	9432 2721	
	Debbie Batterham	9443 0988	<a href="mailto:Noaddedsugar9@hotmail.com">Noaddedsugar9@hotmail.com</a>
Social Secretary	Katya Stirkul	9850 7493	<a href="mailto:Katya_stirkul@start.com.au">Katya_stirkul@start.com.au</a>
Email list controller	Mark North		<a href="mailto:Mark.north@latrobe.edu.au">Mark.north@latrobe.edu.au</a>
Convenors			
Bushwalking – convenor	Martin Comer	9354 9153	<a href="mailto:Mfcomer@students.latrobe.edu.au">Mfcomer@students.latrobe.edu.au</a>
- co-convenor	Kate Sargeant		<a href="mailto:Katesargeant@hotmail.com">Katesargeant@hotmail.com</a>
Rockclimbing – convenor	Nick Craven-Kalber	0411 488 617	<a href="mailto:Dynomachine@hotmail.com">Dynomachine@hotmail.com</a>
- co-convenor	Megan Dunn	0427 361 183	<a href="mailto:Wahnsinnig_42@hotmail.com">Wahnsinnig_42@hotmail.com</a>
Caving	Alex Cohen	0419 595 817	<a href="mailto:A.Cohen@latrobe.edu.au">A.Cohen@latrobe.edu.au</a>
Kayaking – convenor	Alex Cohen	0419 595 817	<a href="mailto:A.Cohen@latrobe.edu.au">A.Cohen@latrobe.edu.au</a>
- co-convenor	Paul Simms		<a href="mailto:Paul.simms_25@hotmail.com">Paul.simms_25@hotmail.com</a>
Xcountry ski convenor	Darren Burne	0418 147 711	<a href="mailto:Darvien@yahoo.com">Darvien@yahoo.com</a>

**The newsletter of the Latrobe University Mountaineering Club**

**FROM THE INCREDIBLY MESSY  
DESK OF THE LUMC  
PRESIDENT...**

Hi there! Thanks for joining the La Trobe Uni Mountaineering Club. We will hopefully be having a big year full of lots of exciting/fun/relaxing/entertaining/exhilarating trips (circle one, or more, of the words that best fits why you have joined the club). In this quality publication (then why's it called the Crap-on), we will hopefully give you a feel for what the club is about, and some information to help you on your way out into that scary thing beyond the Eagle Bar, known as the environment. So what is this club on about? Really, we are into getting people, both beginners and not-so-beginners, out into the less urban sections of Victoria. Trips run by the club include bushwalking, rock climbing, kayaking, caving, canoe polo, and X-country skiing (if there is any snow). However, we will give you the ins-and-outs of how to find out about, and get on trips later. If you want to know more, either come to one of our totally informal lunch time meetings, go for a look (refer to calender for regular events), or contact the appropriate convenor. So, without further ramblings from me, feel free to explore the Summer 2002 edition of Crapon. However, keep in mind that you only get lots out of the club if you come along and participate. Keeping that thought in mind, I'll hopefully see you all out walking along/paddling down/climbing up/crawling through something in the near future (again circle which words apply to yourself). Cheers,  
Gatsby.

**LUMC TRIPS**

'I'm keen, so how do I get myself on a trip', I hear you ask. For a start, finding out about trips can be done in a number of ways: the trip book, the clubs e-mail list, or at the regular club run events. The trip book is a (currently) yellow folder located at the extreme right hand side of the SARA reception desk; it has a list of the upcoming trips, and is the place that you can sign up to go on trips that are being run. Trip leaders, if they fall into the email savvy category (not every trip leader), may also send the details of their trips to the clubs email list; hence, anyone with email can be informed of most of the clubs trips. If you have given us an email address when you joined the club, you are probably already on the list; however, if you haven't try emailing Mark North ([mark.north@latrobe.edu.au](mailto:mark.north@latrobe.edu.au)) with your email address and a polite request to have the address added to the list. Contents of the trip book have taken your fancy, so your off on a trip (ie name and details on a trip sheet): what now? The trip sheet should have some preliminary details; a trip meeting will occur on a specified date to give you all the other necessary details (go to the meeting if you can, it makes the trip leader a lot happier). If you can't go to the trip meeting, or have other queries feel free to contact the trip leader. The club tries to encourage car pooling and sharing gear, these items are also normally organised at the trip meeting. Now, there shouldn't be anything left to do, but organise your gear and turn up at the nominated departure point at the nominated time (this generally makes everyone lots happier). If you don't exactly know what gear you need, or need help finding stuff (like a sleeping

bag) check the trip book for a gear list and a list of places to hire stuff. Club not running a trip you want? Want to go away on a walk, but no one to go with? Have you got the skills to run trips? LUMC's trips can be run by all members, not just the committee (otherwise committee members go nuts and less trips are run), so if you have the inclination and think you have the skill to run trips talk to the convenor of the area in question to find out how!

### **BUSHWALKING GEAR LIST**

Consider this a guide to what you need, rather than the definitive word on gear for every trip. If you don't have a particular item beg, borrow or hire the most suitable substitute you can. Obviously in some cases you can live without items (gaiters), but others just can't be safely substituted (hooded, waterproof jacket). Conditions will affect what you need, so feel free to ask around (older members, trip leader et cetera. If cold and wet conditions are a possibility leave your cotton clothing at home (it doesn't insulate when wet; in fact, it leads to hypothermia). Just one final point, it is worthwhile protecting your pack's contents (sleeping bag especially) using garbage/plastic bags to stop them getting wet when the pack does.



Personal items:  
 Back pack  
 Tent (can be shared)  
 Sleeping bag  
 Thermarest or foam mat  
 Stove/pots/fuel (can be shared) Knife, fork, spoon, plates, cup etc  
 Food  
 Jumper (wool, or polarfleece most suitable)  
 Hooded waterproof jacket  
 Thermal top (wool, synthetic etc)  
 Thermal pants (wool, synthetic etc)  
 Torch/batteries  
 Boots, or shoes  
 Water bottles  
 Compass  
 Whistle  
 Insect repellent  
 Sun screen  
 Sun hat (if hot)  
 Beanie or similar warm hat  
 Gloves/mittens (wool or polarfleece)Gaiters/waterproof pants (if cold/wet)  
 Long/short sleeved T-shirts  
 Shorts  
 Socks  
 Underwear  
 Tracksuit pants or similar (no cotton)Medications etc  
 Toothbrush etc  
 Toilet paper  
 Cards, book (if you can be bothered)Complete change of dry clothes for car  
 Matches

Group:  
 First aid kit (ideally have one per person)  
 Map (ideally several per group)  
 Compass (ideally several per group)



### GEAR HIRE LIST

OK, we realise that not all of you will have your own gear (sleeping bag, tent, ground sheet). Here is a list of places that you can hire gear from. Some shops (The Wilderness Shop, SARA, and Paddy Pallins also hire other gear, such as jackets and stoves).

SHOP	LOCATION	TENTS	SLEEPING BAGS
LUMC	We have a stove (\$3 day), Petzl head torches, and a water purifier for hire.		
SARA		None available	\$6 per day
Tool library (also hires ground sheets)	Back of the Union Building	2 person tents (\$5/d, 15 available)	3 season sleepingbags (\$5/d, 10 available)
Bogong (will need a license to hire gear)	Lt Bourke St, City	1-2 person \$35/wk end, 2 person (3s) \$35/wk end, 2 person (4s) \$40/wk end, 3 person (4s) \$50/wk end.	3 season bag \$35/wk end, 4 season bag \$35/wk end, snow bag \$35/wk end.
The Wilderness Shop	969 Whitehorse Rd, Box Hill.	Ring for details	Ring for details
Paddy Pallins (Box Hill)	88 Maroonda Hwy, Ringwood.	macpac tents @ \$22 we	down bags\$22/we
		Also available (\$/weekend) are packs \$20, thermarest \$15, Trangias , and waterproof jackets.	

Just a point to note. Hire gear isn't always perfect. We suggest that you always pull the tent out of the bag and check that all pieces are present and that its hasn't got any major damage (this is

especially true when using anything coming from the tool library or SARA). The other options listed are more expensive, but are good if you start doing more serious things later.

## **CAVING**

LUMC runs several caving trips a year. Night/day trips are usually run a few times a year to Labourtouche, Parwon and Britannia Creek. Weekend/extended trips are run to Buchan or Mt Hamilton where we do several different caves in the area.

So what does it involve ? Well the simple answer is I guess crawling/climbing/walking/squeezing through holes in the ground. Why ? Because its fun ! (and occasionally there are things to see). Curious ? then come along and give it a try.

## **CAVING TRIPS GEAR LIST**

What you need to bring on both a day and an overnight trip for Caving.

Overalls

Boots/runners – that are able to get very dirty

Shorts and tshirts or thermals to wear under overalls (please speak to the trip leader as to what is appropriate for the cave – it depends on whether you are going to get wet or are going to be still for long periods of time)

Small emergency torch

Candle and matches in a snaplock bag  
Muesli Bars/snack foods that are easily carried on you

The Club hires helmets and headlights for use on the trip. These will be distributed during the trip.

If you don't own any overalls etc, please simply tell the person who is running the trip before it leaves. Several of us cavers own spare sets of overalls that we will gladly lend to anyone who wants to come.

## **KAYAKING**

LUMC takes over the Sara Pool every Tuesday night from 8pm for rolling practice and Fridays from 8pm for Canoe Polo training.

Kayaking day trips are run frequently on the Yarra river and weekend trips on various rivers throughout Victoria including the Goulburn, King, Mitta Mitta and Mitchell rivers. A rafting trip is combined with the Kayaking trips at least once a year. Anyone interested in Kayaking should come to the 'rolling nights' to learn basic kayaking skills held every Tuesday in the Sara pool, this is a pre-requisite before going on any river trip or contact Alex.

## **CANOE POLO**

Canoe Polo is a fast, aggressive five-a-side game based on Water Polo but played in short kayaks, with the goals (measuring 1 by 1.5 metres) suspended 2 metres above the water. A quote worth quoting from a previous Crapon "The best thing about Canoe Polo is that you can push ! (and do so when the umpire is actually paying attention to the game)." LUMC enters into regular Canoe Polo competitions as well as running a small 3 on 3 competition over summer. If anyone is interested in playing Canoe Polo get in contact with Paul or turn up to the kayak rolling nights.

## **ROCKCLIMBING**

Indoor climbing trips are run every Wednesday night. They leave from Sara at 6pm – meet inside Sara at the tables in front of the Reception desk. The Club goes to all of the climbing gyms, if you wish to find out which gym they are going to that week, please contact Nick or Megan (contact details front page).

Outdoor rockclimbing trips are run as both day and weekend/extended period trips throughout the year. Climbing will be done as part of the Come and try weekend at the Cathedrals, catering for absolute beginner to intermediate levels. Daytrips are run to Werribee Gorge and weekend/extended trips to climbing meccas such as Mt Arapiles, Grampians, Camels Hump and others.

### **THE EPIC THAT WAS THE ARAPILES TRIP**

Megan arranges with Nick that he will pick her up from her house between 6 and 6.30 to give her a lift to Uni, as they are meeting there at 7pm. Nick arrives at Megan's house shortly after 7 o'clock, after phoning to check her house number. As they leave, Megan receives a phone call from Gatsby, who is sitting patiently in SARA wondering where everyone is. There is no sign of Seamus. Nick and Megan meet Gatsby at SARA, and it is discussed whether the guy sitting at the tables watching television is Seamus. He doesn't look like a Seamus. The gear shed is raided (strictly for rock climbing equipment, naturally. We would never dream of touching anything that belonged to caving). We return to the front area of SARA. No sign of Seamus. Gatsby asks the guy watching TV if he is Seamus. He doesn't reply, but looks confused. We assume he is not Seamus. We wander out to the cars (actually, Nick and Gatsby wander, Megan struggles desperately under the huge weight of gear piled on her – including the rope prominently placed to attract the attention of Seamus). The car is loaded and we depart by 8pm.

It is shortly discovered that Nick's car has a dodgy non-digital radio, and so Megan, in shotgun position, has the

arduous task of finding the next Triple J frequency by hand. Under difficult conditions, she excels at the task. We stop for pizza at Ararat. Whilst waiting for the pizza, we discover: an excellent shop with wine, various other alcoholic substances, cheese, olives, and presumably crackers also; the fact that a carful of idiots is incapable of driving past a group of three people wearing beanies without informing them (the beanie wearers) of their homosexual tendencies; and a nice little jazz club which we believe to be a trap for arty-touristy types, containing a pit filled with rotating knives at the end of its red velveted corridor entrance. Then, whilst Gatsby remained in the car with the educational reading of 'Rock' magazine, Nick and Megan challenged the wilds of the Ararat Bi-Lo Supermarket. Their purchases were not of great merit, but Megan did obtain a 13c discount by utilising her Staff card, about which she was greatly excited. Nick was not.

The drive continued with the eating of Gatsby's lollies, and an ongoing deterioration in the quality of the radio reception (Triple J's hip-hop program not helping matters), culminating in a 1.30am arrival in The Pines camping ground, Mt Arapiles.

Gatsby wakes early the next morning, and is the first to communicate with Paul and Penny. Everyone was at least semi-conscious by 10. The Trangias are fired up, tea and coffee are brewed, breakfast is eaten. The gear is sorted into piles, then resorted into different piles, examined...the conclusion is made that we need just about all of it. As Nick is going to be the one carrying it up the mountain, nobody else complains.

Pedro, a grade 10, 20 metre climb is led with great talent and precision by Nick (in about an hour or so). Paul seconds Nick, then Gatsby and Megan have a go at the climb top-roped. The rope is then flicked over to the grade 15 'Beautiful Possibilities', and Paul, Gats and Megan have a climb. Nick is cold and hungry after belaying for many hours. He protesteth loudly. We walk down, dump the gear and drive into Natimuk for a highly satisfactory pub dinner, followed by some highly satisfactory pub beers, and some less satisfactory games of pool where the LaTrobe teams uniformly got their asses whipped by the more seasoned climbers. Retire to camp and sleep.

Wake earlier. All up by 8.30am or so. Have breakfast, sort gear, fully intending to leave camp early. We start climbing Hawk, a multi-pitch grade 12, at around 12.15pm. The ascent team is Nick, Paul, Megan and Gatsby. They are strong, virtuous and full of hope. The first pitch is relatively easy. The step across the chasm at the beginning of the second is less so. There was crawling along the ledges of Tiger Wall by more than one of the party, but by the time we are all at the start of the third pitch it's getting late, Gatsby didn't leave the ground until 3.30pm. By the time Nick has set up the final anchor point, Paul gives us 2 minutes each to complete the third pitch, as it's about 4.50pm. We reach the summit in darkness, after some funky chimney work and Nick's ultimate fist jam, and scramble through a tunnel to the other side of the cliffs, to a 45 metre rap in the dark. As we set up, people in the camp can see our torches, and are flashing at us. We flash back, and lament the fact that we don't know 'FUCK OFF' in morse code. As the last

person reaches the ground it is 7.15pm. Penny and Paul hurriedly pack the car and leave, whilst Gats, Nick and Megan forage for firewood, and plan their gourmet evening meal. (NOTE – Damper = woohoo! Cous cous = spawn of devil)

As Monday dawns, we again have our customary 4 hour period of screwing around before beginning a climb around midday. We head off to Pharos? Gully and climb Gwen – grade 10 and in the shade. It's a rap down, but once we're all at the top we realise there's a bit of an epic journey in order to get to the rap point – ie., it's about 5 metres down from the point we've reached, by a chock stone and a large drop. There was then some playing on boulders and we were introduced to the television ratings system of boulder grades by some English/Canadian/something dreadlocked girl (ie. PG – easy, but some assistance recommended). Return to camp and make fire. After prolonged and arduous experimentation it is decided that port is a far better drink for camping than butterscotch schnapps. Before the night is out Megan and Gatsby resolve to murder the guitarist camping to the North of them (but at least he hasn't got a banjo – queue music for dueling banjos).

And God speaks: "Tuesday shall be a day for bouldering." – and as they had no gear to sort out, our three heroes actually made a relatively early start to the day. The rabbit boulder was finally beaten by Nick (the problem given the name 'Bunny Blowjob'). Gatsby only made it to the rather interesting crux move, and Megan killed her arm being silly on the other side of the boulder. Much bouldering was done, much skin

removed from hands, and very few falls to certain death were had. At the end of the day, being mightily sore, we retireth to Natimuk for a pub meal – but yay, woe, Natimuk serveth pub meals not on Tuesdays, thus we move on to Horsham, and found a pub which had good food, bad music, and a waitress with large hair who insisted on calling us love.

Wednesday morning we plan to do the four or five pitch Siren, so got up nice and early, and made it to the foot of the wall by 10.30am. We could only see the first 20 metres of the climb due to heavy fog, but assume we're in the right place and start climbing. The last two pitches are great climbs – the last pitch was particularly interesting for Gatsby. After accidentally removing all his protection while waiting at his belay point, then realising what he'd done and quickly putting it back in again, he completed the climb by the light of his Petzl. Packed up camp and were on the road by 8 – Pizza at Horsham was excellent, and between them Nick and Gatsby managed to drive back to Melbourne without falling asleep at the wheel, which is always a good thing.

#### **ANSWERS TO COMMON CLIMBING QUESTIONS**

- I'm scared of heights – Just don't look down.
- What's with that chalk stuff anyway ? – It's all about confidence and photo opportunities.
- You can't be serious ? – Yes we are !
- What if I get hurt ? – Shit happens.
- Where do I go now ? – Up.
- Why don't you just walk up the back ? You're not really with the program

are you ? You sure you shouldn't be caving ? (Of course they should, Ed)

- Are you insane ? – Not according to my analyst, it's just a form of childhood angst.
- Are you sure chocolate is a food group ? – Yes.

#### **CAPE SCHANK WALK STATISTICS**

DESTINATION: Bush Rangers Bay → Cape Schank → Gunnamatta

TYPE: Day walk (approx 16 km)

PUNTERS: Bec, Martin, Gatsby, Paul, Sabina

SCENERY: Coastal Scrub, 50 m high cliffs rising straight out of Bass Straight, surf beach stretching as far as the eye could see, waves, golden sand, other assorted ocean related paraphernalia

OTHER ATTRACTIONS: Proding every organism in the rock pools not smart enough to swim away!

WEATHER: Sensational- fine, warm, sunny, glorious

NOTABLE EVENTS: Paul Simms doing an unplanned run back to collect the car (8 km): psycho!! Bec and Paul swimming in the not so warm Bass Straight

LOW LIGHTS: Tourist, lots of bloody tourists (popular area on a public holiday in a car accessible location)

#### **TRIP REPORTS**

Trip reports from the Trips run over the Summer holidays such as the two trips over New Years, will hopefully appear in the next edition of Crapon. It just depends on what we're given ! As you can probably tell, you don't need any great writing skills, anyone can write a report for Crapon !

## WHICH FOOD FOR BUSHWALKING ?

By Big Tim (Easter 94 Crapon)

*Editors note – please recognise that this article shows one person in the Club's views in 1994. Pay as much attention as you like*

Perhaps the most often asked question by people new to bushwalking – apart from “Where am I ?” or “How much further is it ?” – is “Where's the toilet ?” The next most asked question is “What sort of food should I take ?”. Even experienced walkers spend hours agonising in supermarkets over whether to take straight or bent macaroni. If you haven't done much camp cooking here are some suggestions for each meal.

### **Breakfast**

Easy. Porridge and/or muesli. Even if you can't stand either normally you'll be wolfing it down on a walk. It's worth going to the trouble of cooking porridge to have something warm and wet to pour down your throat on a cold morning. Its also dirt cheap. Sprinkle nuts and sultanas on it to blur the boundary with breakfast cereals and stop the pigeon-holing of granulated meals. Powdered milk is, I'm afraid the only option if you want a light pack. Use it while its fresh and keep dry and its not so bad, try powdered soy milk. UHT or condensed milk are OK for short walks (remember not to buy nestle).

There's an old Arabic saying: “A glass of tea in the morning is worth more than a pasture full of camels”.

### **Lunch**

This is usually the least satisfactory meal on a walk. I would still recommend that you have it however. Chocoalte, lets face it, is what we all want, and all we want. But chocolate is expensive and doesn't keep you going all afternoon. So; muesli bars, dry biscuits (eg Rivitas), cheese,

salami, peanut butter and other spreads. Take some vegies if at all possible; eg tomatoes, cucumber, avacadoes, olives, as they make lunch much nicer. Just be careful how you pack them or expect to lose their third dimension.

### **Evening meal**

Virtually everyone these days uses a portable stove and doesn't rely on building a fire. Campfires cause damage to the immediate area as people collect wood, they scar the land and can start bushfires. Because of this it has become club policy to NEVER light a fire unless you have a packet of marshmallows handy. More and more National parks are not permitting the lighting of fires, so we are currently researching other methods of heating marshmallows. Possibilities include deep frying or wrapping them in foil and sticking them under your arm pit.

What you've got to decide first is how much weight you are prepared to carry. If you want a really light pack then you will have to use just dry ingredients. These might be pre-packaged meals or just assorted components. Again bringing a few vegies really improve a meal; eg an onion and a tomato. The downside of this is more weight. If you're going on an easy weekend walk then you may want to take heaps of vegies for a stir fry or stew. Most people in this club do and there is nothing worse than tucking into a box of instant macaroni and cheese when the person next to you has a vegetable fettuccine with lots of garlic, oregano and sun-dried tomatoes; accept perhaps eating road-kill.

Meat is something many people think they need can be easily done without. If you must then maybe bring some salami to cut into a concoction. Sometimes a

small tin of tuna or mussels can be worthwhile.

Some meals that crop up regularly are:  
Pasta – nine out of ten meals involve pasta in one form or another. First cook up a sauce by frying onion, garlic, mushroom, other vegetables and add some tomato paste, or, cheese and milk for a white sauce. Add lots of herbs like oregano, parsley, basil. Stir in with cooked pasta to avoid fights over who is getting how much. Packet pasta and sauces can be surprisingly good, but can be easily improved by adding even just an onion. I'd allow one of those pasta and sauce packets per person.

Rice – pretty similar sort of thing with a different sort of starch. Try cooking the vegetables and rice one at a time and then stir frying them up together. Carry soya sauce in a very well sealed container if you dare.

Deb (instant mashed potato) – often scorned on by people with more avantgarde forms of carbohydrate, it is praised by people who have just had a mouthful of it. Get the one with onion. Use it as a side dish with something more substantial or just as bodyfiller.

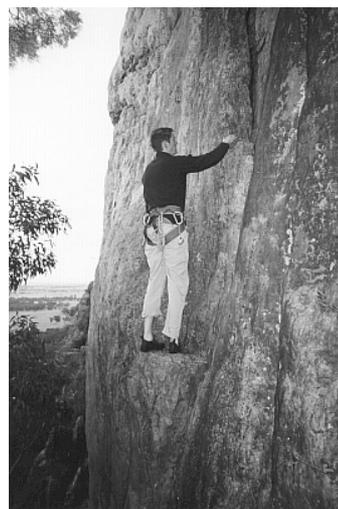
Beans/lentils – are an excellent source of protein, especially when eaten with rice. There main drawback apart from trying to infuse them with some kind of taste is that they must be soaked overnight and/or cooked for about an hour. When you get it right they are great. Other possibilities include baked potatoes, savoury pancakes, lentil/tofu burgers all of which take a bit more trouble.

### **Dessert**

Essential. Try any of those mix and set pudding mixes. They work better when you can leave them to set in a cold stream or on snow. Otherwise make them a bit more concentrated and if all else fails drink them. Pancakes are

always the most popular dessert but they require a lot of fuel and everybody wants theirs ten minutes ago. Bring enough ingredients for the whole campsite.

I should finish by mentioning the ultimate dessert and, indeed the item which will crown off the day, allowing you to drift into a deep contented sleep to be restored and invigorated for the day ahead. If you can keep it down. After many years of trial and error I have found this to be instant cheese cake; of the powdered, mix and set kind. One packet serves two to four. I would strongly advise against eating a whole one by yourself, but this is rarely a problem



## **Bushwalking: Harrierville – Mt Feathertop**

**Group members:** Gatsby (trip leader), Darren, Kate, Eric, Kylie, Deb, Katya

We began the trip in traditional LUMC fashion by leaving an hour later than intended. Not to worry, as we reached Harrierville Caravan Park with just enough light to set up camp. It was only a matter of minutes before we were enjoying dinner at the Harrierville Pub and discussing issues close to everyone's heart....food boundaries in particular. How far can you go before a pizza isn't a pizza anymore? Does a true nacho dish come with beans?

The lightening before we went to bed was a bit of a concern, however, no rain came that night, or, luckily, for the whole trip. Thursday morning dawned sunny and blue skies and it wasn't long before we shouldered our packs and headed up Bungalow Spur.

We reached Federation Hut early afternoon and put up tents before climbing the summit. The views were fantastic and the vivid pink sunset even better. The temperature dropped rapidly as we cooked our dinner, watching the stars appear against the pitch black sky (the Melbourne orange night sky doesn't quite compare). The fog came rolling in quickly later on in the evening which sent us all to bed.

It was still incredibly foggy in the morning and our plans of walking along the Razorback went out the window. 10kms of being exposed to the fog and wind, unable to see anything wasn't particularly appealing so we decided to go the North West track. Good in theory but an absolute killer on the knees and muscles, especially a couple of days later due to the rather steep downhill nature! As we descended, we got out of

the fog and we were actually able to see. It was an awesome view, with the fog swirling over the side.

And so down we went.....and down.....and down....then a bit of up....then more down! It was a relief to reach flat ground and we off-loaded our packs as soon as we could, the plan being that a few of us would walk to the cars and drive them back. Unfortunately an annoying 'Private Property' sign interfered so we walked a little further. The walk wasn't finished for Darren, Kylie, Kate and myself who briskly strode out the 5kms to the cars in Harrierville, leaving Gatsby, Deb and Eric to drink tea and play cards. Yes, it was a hard decision for them to stay and mind the packs, but as they say, someone has to do it.

Overall it was an excellent few days spent with good company, kind weather and another gorgeous sunset on the way home to top things off.

Finally, thanks to Gatsby, Kate and Deb for driving all that distance.

**By Katya Stirkul**

## **PADDLING ON THE GOULBURN**

Paddling was the order of the day. Two cars worth of LUMC type people (Darren, Deb, Bec, Alex P, Gatsby, Paul Smith, Tim, Ruth, Alex C, Allen) loaded themselves into vehicles and roared up to Blue Gums Caravan Park, via a sensational meal at Healsville pub. Paddling at Blue Gums: I did that on 'come and try' I hear you say. Yes, that is the place where the paddling occurred at 'come and try', but I'm here to tell you now that its a lot easier in a raft than a kayak (not that there was no raft silliness during the course of the weekend).

Priority one on arrival was to go and look at the water, even though it was about 11 PM, and you could only just see the water at your feet. Tim Tams were had which made it all worthwhile. The next day it was into the water at the top to practice some of the basics (eddy'ing out, breaking in, fairy gliding). It became quickly obvious that the basics are not so basic when the water is bigger than anything you've ever paddled before. Before lunch I'd managed to tip twice; the score was river one, Brown one. The morning session was completed by paddling to the bottom of the artificial rapids.

We were back at it in the afternoon (after a very long lunch, including games of botche), but this time we started at the bottom near the artificial rapids. Surfing and generally making the boats do funky things in the rapids took up most of the afternoon. The raft also got a substantial work out.

Trip back to Melbourne was uneventful; however, Buxton Pub was a culinary highlight on the way home.

### **Bushwalking: Mt Erica, Baw Baw National Park**

**Group Members: Darren, Penny, Fernando**

In true Mountaineering style we left late on Friday night. After we finally got on our way our first stop was Coles at Fountain Gate. Then it was on to Moe, for our dinner stop before driving on to Mt Erica. When we arrived we walked by moonlight (it was a full moon) up 1.5kms to Mushroom rocks. We found a small campsite where we could fit our tents. Darren then wanders off only to return talking of a huge grassy campsite just round the corner.

We got up early the next morning (and no I didn't wake the others up) so that

we could get up Mt Erica before it got hot. Mt Erica is 1,509 or 1,512 metres high, depending on which marker on top of the mountain you believe.

We got to a turn off where we had big decisions to make. Where should we go to next. We decided to leave our packs and walk uphill to check out the view. As we walked downhill a few dreaded raindrops were felt. We had just returned to our packs when it started to pour. We continued on in the pouring rain. After a while we were all drenched so we decided we should find a sheltered spot to camp. Thunder and lightning were adding to the adventure that we were having.

We decided to head back to the turn off point as we knew there was shelter there. Tents were set up in the rain. Sure enough, once up the rain began to ease. Dinner was prepared in the arch. We made ourselves a huge meal of pasta with a vegetable sauce followed by fruitcake. 7pm came and we were all really cold so we all decided to call it a night.

We walked back the way we had come the previous day. The walk back down Mt Erica seemed much shorter than the walk up.

We got back to the car at about 3.30pm changed and jumped in to go home. Darren volunteered to drive first. The key was turned in the ignition and the car tried to start. Tried. And tried again. Then it was my turn to try. It was decided it was time to call the RACV. Moe was the nearest rep, and they were going to be at least an hour. 6pm came and so did our RACV man. It turned out the auto choke on my car doesn't like the cold (just like it owner!).

Big thank you to Darren for organising the trip and doing all the drive home.

## FORWARD CALENDAR

<b>Date</b>	<b>Type of Trip</b>	<b>Location/Details</b>
8-10 March, 2002	Bushwalking/Climbing/Rafting	Come and try Weekend – Cathedral Ranges – all welcome
Every Tuesday	Roll training	
Every Wednesday	Indoor climbing	
Every Friday	Canoe Polo training	
15-17 March, 2002		
23 March, 2002	Day walk	Easy/beginner bushwalk
29/3 –1/4, 2002	Climbing	Grampians



## CAN YOU REALLY CALL YOURSELF THE COMPLETE MOUNTAINEER ?

	Far Exceeds Requirement	Exceeds Requirements	Meets requirements	Needs Improvement	Does not meet Requirements
Performance	Able to leap high mountains in a single bound	Needs a running start to leap high mountains	Able to leap low mountains only	Forgets to jump and hits mountain	Can not recognise mountain
Reliability	Faith healing always work	Faith healing sometimes works	Believes in faith healing	Sells life insurance	Loses no-claim bonus
Dedication	Is faster than a speeding bullet	Is as fast as a speeding bullet	Not quite as fast as a speeding bullet	Would you believe a slow bullet	Wounds self trying to out-run bullet
Adaptability	Walks on water consistently	Walks on water only when necessary	Washes in water	Drinks water	Passes water in emergency
Initiative	Regularly cooks over a candle flame	Starts fire by rubbing 2 candles together	Candles melt so "adds" stones for encouragement	Uses candle to stir dehydrated food	Gives up and eats candle
Capacity	Stronger than a bull elephant wearing sunnies	Strong as a bull elephant	Strong as a bull	Talks bull	Smells like bull
Communication	Talks with God	Talks with Angels	Talks with self	Argues with self	Loses those arguments

In the shelter and privacy of your own bedroom you can now discover the truth about yourself. There are no hidden costs, and no obligations. You alone are judge, jury and executioner. Observe yourself closely, objectively and without bias. Do you measure up to the standards expected of you in your chosen pastime ? Or have you succeeded in deluding yourself and others ? Now at last, you can repent before its too late. These standards were compiled from years of observation on the experiences and aspirations of past generations of LUMC's pioneer explorers (believe it or not).  
(plagarised from earlier editions of Crapon – August 95 which was copying Vol.2No.4 1971)