

Crapon

WINTER 2002

Hello All. Welcome to our winter edition of Crapon.

The last few months have been cold. But that doesn't stop all of us at LUMC. Trips have still been going most weekends for us truly hard-core Mountaineers at LUMC (you are meant to laugh at this comment).

For all of you into the evil white stuff, there have been numerous trips running. I personally can't tell you much about that because I'm not that sort of person. But I can recommend that you look in the trip book/at the emails that go around and I'm sure you'll see trips going (or details of trips that have been if I don't hurry up and get this printed).

For those of you not into that, well hopefully I'll see you all on upcoming trips. Personally I'm really looking forward to the ACE Bike ride. It's going to be really cool. Well OK maybe its going to be really hot and sweaty if I don't hurry up and dust off the bike to do a bit of practice between now and then.

Just a final note. The photos in this edition of Crapon have come off the clubs website at <http://www.latrobe.edu.au/sara/lumc/>. There's more photos on the site (and they are in colour) plus lots of other stuff about the club so check it out.

GETTING ON TRIPS

Just a bit of a reminder on how to get on a club trip. If you are interested in a trip, and you don't have enough information feel free to email/telephone the trip leader. If you are still interested, walk to the sports centre to find the LUMC trip book. The trip book is the place to sign up for all weekend club trips, it is a yellow folder located at the right of the sports centre reception. Find the sheet related to trip you are interested in, and put down your details.

Finally, take note of the date that the trip meeting is one, and attend the trip meeting to get all the final details for the trip.

POSTAGE PAID

If undelivered please return to
La Trobe University Mountaineering Club
Sports and Recreation Centre
La Trobe University, 3086

Wilson's Prom Refuge Cove trip

5 – 7 July, 2002

Present – Gatsby, Daniel, Nick and Penny

Daniel

Windy, wet, cold, wildlife. Well, yes Wilson's Prom July 2002 will be remembered by the quite "inquisitive" wildlife, particularly at Refuge Cove. A possum was sighted eagerly scattering the contents of a certain first aid kit that was removed from a zipped pocket. At least it didn't rip my tent

Nick

After a night of thunder, lightning, hail and yes rain, I was willing to go home on Sat' dee morning.

Luckily, it turned out to be a great weekend. My very unfit, alcohol-ridden, cigarette inhaled body and the grey matter were hurting by the end, but it was worth it. Anyone looking for 7 cubs, please proceed to Sealers Cove to pick up their bodies.

Gatsby

What would a year be without a LUMC Prom trip? Prom admittedly did show its wilder side after several days' heavy rain the little streams, and some of the tracks had started to become minor torrents.

Sealers was made interesting by river crossing and stranded, hypothermic scout group. General summary of Saturday – cold, wet and windy. Summary of Sunday, slightly less cold and windy. Views typically made it worthwhile. Wide beaches, expanses of bush and sea. You should have all been there, missed out on a corker.



THE FALLS CREEK SNOW EXPEDITION (3rd-4th August 2002)

Due to excellent planning, the intrepid adventurers (Darren, Daniel, Alex and Megan) camped in the pouring rain at Mount Beauty on Friday night, so the tents would be nice and wet for snow camping the following night. The most notable feature of the Mount Beauty Caravan Park would have to have been the sheep.

Somehow we managed to drag ourselves to Falls Creek the next morning. Alex and Megan set off on the Snogaine, where they discovered that most of the checkpoints were put in stupid places, such as the top of snow covered hills, where they were extremely irritating to get to. Megan fell over a lot. Alex fell over less. Meanwhile, Daniel and Darren headed out to the other side of the Rocky Valley Dam to set up a base camp near Wallace Hut. Once the joyful snogaine was over, everyone met back at the carpark. It was decided that there was no way in hell that Megan and Alex would make it to the hut in the daylight there was left, so base camp was to be moved closer, to a sheltered spot near the dam wall. Daniel and Darren set off to grab their tent so they could move to the new proposed camp. Meanwhile, the other two, having got their packs ready and started skiing off to set up camp, got a call from Darren, announcing that they couldn't be bothered moving their camp, and were going to stay in the nice warm hut, so they didn't have to share their snow shovels, alcohol and puddings and things like that (or words to that effect). So Darren and Daniel kicked back in the hut and sampled their alcohol thoroughly, before deciding they couldn't be bothered sleeping in their nasty cold tent, and spent the night in the hut instead. This left Alex and Megan setting up camp in the nasty cold snow – however, they had some level of revenge in the morning, when they honestly didn't hear Darren yelling up the hill (to work out if it was them in the tent

he could see) over the roar of the MSR, and so were tragically unable to share their pancakes and maple syrup with him.

The next day proved to be nice and sunny, and after returning our packs to the cars, we spent a few hours playing in the Nordic Bowl, skiing down hills, practicing turns and falling over a lot.

NOTE – Milawa pub serves *really* nice meals, and we highly recommend it to anyone needing some food while they're in the area (and its proximity to Brown Brothers is only going to be a plus).

Mt Buangor State Park

19 – 21 July, 2002

Present – All the really ace people

We arrived on Friday night after having dined in Ballarat where the conclusion was made that the people of Ballarat are unable to add a restaurant bill. We arrived at the designated campsite relatively early and set up camp. An early nights sleep was decided by all.

However not much sleep was had. To say it was windy would not give a true picture of the night. To say I felt like the poles in my tent were going to snap would give a better impression. In the morning I eventually fell asleep and ended up waking up about 9.30am.

The route for the weekend was then planned and after a few heavy showers to wet the tent and disrupt the packing we eventually started walking just after 12.

The walking on Saturday was short but steep. We walked up Cave Hill via the Cave, which due to the downpour and incredibly wet rock we couldn't get up to it. (Yes up to a Cave).

Lunch was had at one of the many campsites situated throughout the park. It was a quick lunchstop due to the cold and the "chorus" of dirt bikes. There is only so

much "music" from these beautiful instruments that I can take in one day.

We then continued on to the designated camping ground where thankfully there was no "music", or indeed anyone else, to be found. Our theory on the reason why we had the campground to ourselves was that anyone wanting to camp there had to walk about 50 metres from their car.

The night's entertainment was brought to us by the toilet door that kept banging in the wind. At least we think that's what the noise was (there was not much wind).

The next day was a longer walk but we started a lot earlier. The only challenge for the day was a long slippery downhill which became a "how many times can I fall on my butt" challenge. (I am assured that Kylie holds the record from Mt Feathertop last year).

All in all it was a very different place to walk, There were camping/picnic areas every few kilometres throughout the park. They all had pit toilets – most even had male and female toilets!, and many had water tanks. To note for future trips is that Parks Victoria in their infinite wisdom has been upgrading the tracks throughout the park. They no longer reflect the map, which like most maps, is based on an aerial photograph taken about 20 years ago.

ACE Bike Ride - 23rd-27th November

Come along to the first ever ACE bike ride! From Kinglake, we will ride through some of the most scenic countryside Victoria has to offer, staying at towns such as Yea, Bonnie Doon, Whitfield, Myrtleford, and finishing off in Bright. It is going to be a lot of fun and something which you are sure to be glad to be a part of. For more information, check out the website www.cebikeride.webpotato.com.au at www.cebikeride.webpotato.com.au or contact me, Katya, on 0417 032 743 or 9850 7493.

Mt Arapiles Climbing Trip

28 – 30 June, 2002

So I can now say I've seen a climbers heaven. I finally understand the far away look that comes into Meagan's eyes when someone mentions Mt Arapiles and the reason Nathan constantly said yay out of sheer excitement every five minutes on the way up.

My car load headed off in the cold wet weather, surprisingly on time, on Friday night. After a long drive, some yummy food on revolving plates and a growing sense of excitement we arrived at Mt Arapiles, set up our tents and slept like newborns until our relatively early wake up the next morning. We woke up Saturday morning to discover that Meagan and Alex had arrived in the night and so we all got geared up for a big day of climbing.

For Saturday we split into two groups, top ropers and lead climbers. Alex and Meagan went off to conquer some of the many harder cliffs while Gats and Nathan very kindly took Dudd and Duddette (myself and Penny) top roping on some of the more reasonable climbs. I can't really tell you what climbs we did or what grades they were (cause I'm not a fully fledged climbing maniac yet so I don't remember) but it was so much the best fun and we had an absolute ball. We later met up with Meagan and Alex and did some bouldering before heading off to the Natimuk Pub (the very classy establishment that it is) to have tea.

Sunday saw the experienced climbers; Alex. Meagan, Gats and Nathan head to some of the harder lead climbs while Penny and I tried to see if we could walk every track on and around the mountain. Penny and I almost completed our challenge having walked all the way around and then up to the lookout on top of the mountain (and it was all worth it, wasn't it Penny) and still got in before the climbers. That night Gats, Penny, Nathan and myself reluctantly left that incredible place while Martin joined Alex and Crapon Winter 2002.doc

Meagan in conquering the mighty Mt Arapiles for a few more days.

Thanks everyone for an awesome weekend of adventure. I fully encourage everyone of all abilities (especially those people who don't have much of an idea about climbing, like me) to have a go cause it's heaps of fun.

PS a special thank you to skanky and skankier for their contribution in making the trip as disgusting and germ full as possible.

Hugs and sparkles

Kylie Lord

WINTER ARAPILES TRIP (29th June - 2nd July, 2002)

(yes this is a second report for the same trip but it has names of climbs and stuff that climbers are interested in)

(Gatsby, Penny, Kylie, Megan, Nathan, Alex, Martin)

The trip started with two cars heading out along the Western Highway on a Friday evening, finally reaching the fabled Mt Arapiles. As usual it was late when they got there so tents were put up in the windy darkness of the Pines and everyone went to sleep after the long drive.

The next day, eventually everyone got out of their tents and was ready to do something by late morning. They split into two groups: Megan and Alex headed around to the Pinnacle Face to lead the dead easy but extended *Tiptoe Ridge* (5) between them, while the other group (Gatsby, Nathan, Penny and Kylie) drove up to Bushranger Bluff and did various top roped climbs on the sunny side of the bluff. Finally after all this everyone wandered along the base of the cliffs experimenting with various bouldering problems that could be found in the area. That evening everyone had done enough for the day and felt nicely worn out, therefore Natimuk Pub was the venue of choice for dinner.

On the foggy Sunday morning, the intrepid company got up a tad earlier than the day before and broke into three groups for the days activities. Nathan and Megan headed off to lead *D Minor* (15) in the Organ Pipes, while Gatsby and Alex led *Diapason* (7) just next door to it. Climbing out of a sea of fog yielded a view across a flat white sheet broken only by the distant Grampians, until later in the morning, as the fog gradually dissipated. Kylie and Penny decided they had had enough of climbing over rocks that day and went walking around them instead. With time to spare in the morning a top rope was set up on the interesting *Lemington* (19), which all the Organ Pipes climbers had a go at. After the morning's climbs were done, lunch was eaten, and Alex, Gatsby, Megan and Nathan wander over to Castle crag to play on *Swinging* (17) and *Trapeze* (11). While playing around up there Martin finally turns up for the latter half of the trip. While Megan, Alex and Martin prepare dinner, the others (who needed to be back in Melbourne for the next morning) packed up their gear and headed for home in the twin cab.

Monday morning was cool and clear; despite the chill, Megan, Alex and Martin got going across to Mitre Rock (an outcrop a few hundred meters away from Mt Arapiles proper). From there Alex led the grade 5 multi-pitch *Guiding Light* up the end of one of Mitre Rock's bluffs. After that a top rope anchor system had the beginnings of being assembled over *Acapulco Gold* (19) however due to much messing around it was decided that a good setup wouldn't be made before it started to get dark so they packed up and headed back to the Pines for the night.

On the final morning of the trip it was even cooler than the day before but it was almost perfectly clear and promising to get decently warm. After breakfast Megan and Alex drove up to Bushranger Bluff and mess around on easier climbs on the sunny side, then Alex starts leading *Cobb & Co* (6) as Martin turns up (after taking the scenic walk up) in time to second it. Next a top rope is set up over *Rubbery Under*

Arms (15) which lives up to its name with a dedicated set of starting moves up an overhang. After everyone had a go at that they moved onto *Orange Crush* (15) with another top rope setup to climb this problem - sustained and interesting for its grade. As time was getting on at that point gear was then packed up and they headed back down to the Pines. However it was then found there was still time to burn so all three headed out to mess around on the nearby boulders again for an hour or so before packing up. Finally Megan and Alex headed home leaving Martin to stay there another night and do the daywalks around the area.

The Search for Princess

Trip: Bushwalk 36km at Staling's Gap. We are following an old railroad.

Participants: Gatsby, Nick, Penny, Frederik, Ruth and Lene.

Saturday

We arrived at Warburton (Big Pat's campground) at 10.30am. Gatsby and Nick then left to leave one of the cars at the ending place. They took a short cut back so we already started at 12pm in the search for Princess (a lady named Jenny whose dog was missing). During the time they were gone Ruth managed to injure herself, line dancing on a trunk, before we had even started.

Around 4pm we arrived at Starlings Gap without having seen any signs of Princess. We went on in the search for Princess, leaving a nice campsite. At 6pm we could hardly see anything, thus we found a very good spot just 300 metres from Paradise.

While we were eating our dinner and looking at the stars, Frederik was obsessed with the idea of something smelling like shit, and the leaches were beginning to invade the camp. During the night, we could hear two trees banging against each other, but there was no sound of Princess.

Sunday

In the morning we found that Frederik had been right about his obsession as someone had poohed in the neck of his jacket.

Could it be Princess ? Perhaps she was very close ?! However nobody responded to the calling. Thus, we went on with our search. To start with Gatsby showed us where we could have slept if we had just walked 100 metres further, just for the fun of it !

We went on, still following the old railroad. On the way, we passed a huge old Donny (boiler) and a highway full of cars.

Just before lunch, on a very steep path, Frederik heard something behind him. It is Princess ! Frederik calls out her name, but it is not she ! It is a fox that is looking at Frederik thinking that this is the nicest thing someone has ever said to me. The fox is gone and so is Princess. The trip ends without us finding Princess, not that any of us has ever cared.

Lene

USING A COMPASS

Ok people. I know this is really basic stuff to many people, but admittedly there are lots of people out there who don't know how to use a compass.

The magnetic needle on a compass points to the North Magnetic Pole – in Greenland.

However, most maps do not have lines which indicate magnetic north. The North South lines on maps will indicate either "Grid" or "True" North and they run from the North Pole to the South Pole.

In order to find the correct bearing to follow from one point to another it is necessary to adjust your compass to compensate for the difference between grid north and magnetic north. This difference is known as "Magnetic Declination".

The magnetic declination in most places we go walking is 11 (how do I type a degrees symbol ?) East. Therefore you have to adjust any compass bearing which

you calculate on the map by **deducting** 11 from the reading before you follow that bearing.

To Take a bearing

1. Line up the edge of your compass on the map so that it touches from the place where you are and the place where you want to go.
2. Make sure that the direction of travel arrow of your compass is lined up on the map so that it points to where you want to go.
3. Rotate the compass housing so that the parallel lines inside the compass housing are all parallel with the North South lines on the map.
4. Remove the compass from the map. Compensate for the magnetic declination mentioned above by turning the compass dial to subtract 11 from the bearing shown on the compass.

Following a compass bearing

1. Hold the compass in a horizontal position with the direction of travel arrow pointing away from you.
2. Rotate your whole body in a small circle until the red end of the magnetic needle rests within the orienteering arrow of the compass.
3. Keep the compass in this position and look along the direction of travel arrow. The direction of travel arrow on the compass points you in the direction which you need to go to reach your destination.
4. Look along the arrow to a point in the distance in a straight line with the direction of travel arrow and walk to that point. Keep doing this until you reach your destination.



MT STIRLING SNOW TOURING (31st Aug - 1st Sept, 2002)

(Alex, Eric and Megan)

We reached Mt Stirling on Saturday morning, only to discover that the snow was much further away than any of us were happy with (allegedly 1.5km, I'm sure it was further). So we trekked up the mountain with skis attached to our packs, and eventually reached the ski-able snow, attached skis, started skiing, only to discover it only lasted 100 metres or so. Removed skis, started walking again. Hit more snow. Contemplate putting skis on again. The more impetuous of us do so.... until 100 metres later where the damn stuff ends again. More walking, more snow (we weren't fooled the third time), and finally snow that lasted. We set up camp near Bluff Spur Hut, then skied up to the summit - with ominous black clouds lurking overhead, but a beautiful view - and phoned Darren, as is traditional when you reach the top of a mountain on a trip he is unable to go on. After dinner we wandered into the hut, where there was a group of people that offered us port - thinking it would be rude to say no, we stayed and helped them polish it off.

The next morning proved to be uncannily nice, as the ominous clouds had disappeared, and the sun was in full force. However the snow was still lovely and frozen, and whilst breakfasting in the hut we amused ourselves by watching people attempting to ski on it (with little success and much falling over). Megan and Eric then walked their skis up to the summit, while Alex skied on the ice. Once there we decided it was definitely far too icy, and settled down on some nice rocks in the sun for a while. The rest of the day was taken up largely with a combination of lazing in the sun, being entertained by Ski Patrol's new golden retriever (the designated avalanche dog) and trying to learn to telemark. Then (busy wishing it had have been a multi-day trip instead of just a weekend) we unfortunately had to go down to the hut again, dismantle our tents,

and head down the mountain again. This was an interesting venture, as with the hiking pack on you seem to generate an alarming amount of speed.... through a combination of skill and luck everyone managed to get down to the last 20metres of snow completely unharmed, at which point Megan fell over, twisting her knee in the process, as well as taking a several metre slide along upside down, head first down the hill, in her full hiking pack. She then made so much noise that everyone was sure that she must have broken something. Eric and Alex then had the joyous task of carting Megan's pack down the rest of the hill, whilst she hobbled using her stocks as crutches.

Now hurry up next year's ski season!



Rogaining

What is Rogaining? Some answers that have been bandied about include:-

- ... a car rally on foot
- ... an Easter egg hunt for grown-ups
- ... competition bushwalking
- ... marathon orienteering
- ... Rugged Outdoor Group Activity Involving Navigation and Endurance
- ... a sick, sick sport
- ... orienteering on steroids!

The standard definition goes like this: -

Rogaining is the sport of long distance cross-country navigation in which teams of two to five members visit as many checkpoints as possible in the specified time. Rogaines are run by the Victorian Rogaining Association. Club members need to join the VRA before they participate in their first Rogaine. (This costs \$18 per year (or \$9 for a six month introductory membership, available only to new members) and provides you with ten newsletters each year.) Rogaines are typically run over periods of 6, 12 or 24 hours. In a bush rogaïne teams travel entirely on foot, navigating by map and compass between checkpoints in terrain that varies from open farmland to hilly forest. However, the Victorian Rogaining Association also runs a few events on bikes, in metropolitan areas, on cross-country skis, and even in canoes!

Rogaining is a team activity for people of all ages and levels of fitness. It provides competitors with navigational challenges, a way of enjoying the outdoors, and a sense of achievement.

Teams set their own pace. One feature of rogaining is the opportunity for night navigation and the extra challenges that this involves.

Once you've started an event, the parts of the course you see are entirely up to you and your team members. Some teams may cover more than 60km in a 12 hour event or over 100km in an event of 24 hours duration. However, many others may walk only a few kilometres and achieve just as much satisfaction. The enjoyment comes

from finding your way around a course that you have chosen and navigating back to the finish. Since there is no restriction on which, or how many (or few) checkpoints you choose to visit, competitors of all ages and standards can compete on the same playing field.

A central base camp (called the "Hash House") provides hot meals throughout the event and teams may return at any time to eat, rest or sleep. At each event the Hash House provides food and drink for competitors. These refreshments are included in the entry fees for the event. Teams may return to the Hash House at any time during the event and as often as they like for food, rest, sleep, and conversation.

Many LUMC members are also members of the VRA so we often run "trips" to participate in the events. We make teams of club members and how seriously we compete in the event depends entirely on the team. Some of us choose to walk the events while others may run. We try to make the teams consist of members with similar fitness levels and walking speeds so that no-one is made to run when they don't want to. If you would like to go on a Rogaine just look in the trip book. Events are held approximately monthly, usually on the weekend closest to the full moon.

Over the last couple of months we have had teams enter the "Creswick Cruise" 6 hour Rogaine in June, the "Zimmer Frame Mt Disappointment" 8 hour Rogaine in August and the Snogaine. In the June event Gatsby and Penny entered as a team while Megan and Alex were volunteers. Megan and Alex entered the Snogaine, and in the August event we had two teams - Gatsby, Kylie and Penny were one team while Simon, Simon and Eric were another.

Bushwalking

Bushwalking [also known as hiking, tramping, rambling, or trekking in other countries] is a very enjoyable recreation, and commonsense safety precautions will keep it that way.

Earlier this year we published a recommended list of items to take when bushwalking. So in this edition of Crapon I thought we should go through some tips to make it more enjoyable for you (and everyone your walking with).

- Emergency food rations should be packed in case the unthinkable happens.
- Plenty of plastic bags should be carried for waterproofing items in pack in wet weather.
- The most important consideration when carrying an overnight pack is the combined weight of the contents. Far too many people include that little extra item or two, and so suffer the consequences when they have to climb a hill bearing 'a ton of bricks'.
- Cans should only be carried by people accustomed to carrying heavy packs.
- A good hiker can cover three to five kilometres [two to three miles] each hour but in dense bush perhaps only five kilometres in a day.
- Maps frequently become outdated. Remember that many government maps have been in circulation for a long time and often lack recent changes to roads, tracks and other man-made features.
- If lost/injured the accepted distress signal is three long whistles, cooees, mirror flashes, or any other signal repeated in threes every minute.
- When lighting campfires remember the slogan, *'The bigger the fire - the bigger the fool'*.
- Do not camp on sandy creek beds as a thunderstorm upstream can quickly turn a dry creek bed into a torrent.
- If threatened by bushfire while walking do not panic. Never run uphill or run to

try and outstrip a fire. In taking action remember that northern slopes are usually hot and dry and therefore a greater risk area. Fire tends to turn uphill and is usually most fierce on ridges and spurs. Choose the nearest clear space, then place some obstruction between you and the fire, quickly clear away all inflammable material, leaves etc. Cover your body completely with clothing, preferably wool and preferably wet. Wear proper footwear; wet any towels and lie face down in the clearing. Cover all exposed skin surfaces as radiant heat from the fire kills, as well as the flames. Do not be tempted to lift your head too much and so inhale smoke or get smoke in your eyes. The freshest air is right next to the ground surface. If near a deep stream or deep dam get right into it. Concrete and galvanised iron tanks should be avoided as concrete tanks can explode with heat and iron tanks can buckle and burst open. Do not try to run through a fire front unless it is no wider than 3m and no higher than 1.5m. If you have a car parked in an open spot, get in it and shut all the windows then lie low on the floor away from the radiant heat. Remember that modern cars contain a lot of plastics which could be dangerous so due caution is needed. Do not chance driving in dense smoke. Generally it is safest to lie low in an open space covered with wet clothing unless deep stream or dam water is very close.

- Do not to eat tempting looking berries in the bush. Many leaves, fruit, berries and fungi, if not poisonous, can cause acute discomfort.
- Violent weather changes and even snow storms at the height of summer in some mountain areas require the carrying of protective and warm clothing.
- Good footwear is very important. Never wear new boots on any lengthy

walk and be sensible if snow is at all possible.

- Be aware that during electrical storms lightning frequently strikes objects on mountain tops. At such times keep off lookout towers and away from large or solitary trees, or metal objects.
- Plan your trip to minimise rubbish. All rubbish must be carried out, not buried or left behind.
- Toilet facilities must be dug a minimum of 100 metres away from all water sources. Bury toilet paper and faecal matter 10-15 cm below the surface within the soil's organic layer. Do not leave it under rocks or foliage.
- Carry out sanitary pads or tampons as these do not readily biodegrade.
- Washing of cooking utensils or personal bathing must be carried out away from all water sources. Think of other users downstream and hope that others upstream are thinking of you. Minimise use of soap/detergent.
- Clean huts after use by sweeping thoroughly, wiping down benches and removing food scraps.
- Use existing campsites where possible. Do not dig drainage ditches or remove vegetation.
- Respect other users by not overcrowding the sites and minimising noise.
- Keep to the defined tracks where possible. Do not cut corners.



**La Trobe University
Mountaineering Club
ANNUAL GENERAL MEETING**

6:30 PM on Monday, 14th
October, 2002.
SARA MEETING ROOM

Come along to have your say on how your club is run in 2003. All positions will be up for grabs, so if you think that you've got any ideas, now is the time to put them forward. Meeting will be followed by food, probably a BBQ, and drinks.

