

# PUNCHLINE

## Dandenong Ranges Orienteering Club Inc

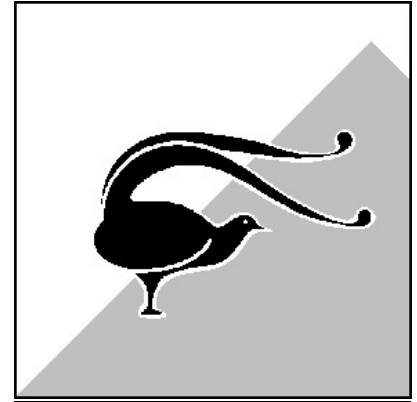
www.droc.orienteering.com.au

Incorporated Association Registered Number A0003225B ABN 76 002 329 218

### NEWSLETTER

Editor	<i>Debbie Dodd</i>	<i>Tel 9878 9168</i>
President	<i>Peter Hobbs</i>	<i>Tel 9564 7601</i>
Vice President	<i>Peter Yeates</i>	<i>Tel 9725 4612</i>
Secretary	<i>Peter Grover</i>	<i>Tel 9876 9365</i>
Treasurer	<i>vacant</i>	
Committee Members	<i>Ian Dodd, Debbie Dodd, Allan Miller, Pat Miller, Denise Pike, Ilze Yeates, Chris Riddiford</i>	
Public Officer	<i>Peter Dalwood</i>	
Membership Secretary	<i>Debbie Dodd</i>	

Email: [debiandodd@inet.net.au](mailto:debiandodd@inet.net.au)



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### **THE MILLENNIUM CLUB - LEGENDS OF STREETO**

The Millennium Club was launched at a dinner and presentation ceremony in June, where over 20 DROC members were awarded Provisional Membership. The Millennium Club recognises achievement through participation in park and street events. "Legends", or full members, are those who have competed in over 1000 events. To date nobody has achieved this, although some are not too far off. The first Legends will be inducted in 2010. "Companions" (750+ events) and "Associates" (500+ events) are Provisional members.

An enthusiastic gathering of 47 people attended the inaugural dinner. A set of trivia questions were discussed covering a range of historical aspects of street orienteering. After dinner, 12 orienteers were inducted as the initial Companion members and another 18 orienteers as the initial Associate members. The badge presentations were conducted by 5 elder statespersons of Street-O, Mr Barry Cross, Mr John Sheahan, Mr Allan Miller, Ms Pat Miller and Mr Wally Cavill. The evening concluded with Ilze Yeates winning the competition to nominate the "Top Ten Tragic".

Ray Howe has been the driving force behind this fantastic initiative, and has spent many hours calculating everyone's attendances and producing the database. The following DROC members were inducted and received their special cloth badges, designed by our own Peter Dalwood.



No-one has achieved Legend Status yet



Companions: Stan Gurman, Peter Yeates, Wally Cavill, Ian Dodd, Debbie Dodd, Mark Besley, Judy Hopkins, Vic Sedunary



Associates: Peter Dalwood, Denise Pike, Reg Saunders, Ilze Yeates, Peter Grover, Tony Bird, Pam King, Peter Kovassy, Allan Miller, Pat Miller, Tina Smith, Dale Howe, Ray Howe, Sue Gurman, Ian James, Ian Greenwood

### ***EASTER 3 DAY CARNIVAL TASMANIA***

Some of us crossed Bass Strait to take on the annual challenge of the Australian Easter 3-Day Carnival. A wonderful time was had by all, with lots of sightseeing and adventures to be had, besides the orienteering. Cradle Mountain, Strahan and Stanley were popular for pre- and post-event activities. Our most disconcerting experience was an encounter with a water jump - the first day's event was in an equestrian park, and the course setter had thoughtfully placed a control slap bang in the middle of a very large puddle (small dam?) A variety of techniques was employed (including complete refusal) to punch said control, and we spent the next 3 days drying our shoes. Your Editor brought home a Third place in the Womens 45AS class after a blinding run on day 1 (well someone has to talk it up!), while Ian Dodd, Louise Hall and Ilze Yeates were placegetters in the Tassie Sprint Champs. Photos are on the back page.

### ***BUSHRANGERS 09 CARNIVAL, VICTORIA, SEPTEMBER/OCTOBER 2009***

DROC is helping to run the Australian Schools Relay Championships as part of the national Carnival. While CHOC and Tuckonie will provide manpower as well, we are all small clubs and it will be All Hands on Deck, as we need a team of approx 30 people between the three clubs to ensure all runs smoothly. Jobs will include car parking, equipment, finish tent, results and marshalling. Most of the work will be on Wednesday September 30, but we'll also need

volunteers to set up the assembly area on Monday Sept 28<sup>th</sup>. The event site is very close to Bendigo, and is very easy to work on, being a huge open paddock. We are offering to pay volunteers' entry fees into the "Goal Fever" public race on the Wednesday afternoon, and we can also offer free camping on the site on Mon and Tues (byo everything). I'll be handing out sign-up sheets very soon, so we can roster people appropriately.

### ***BUSHFIRE DONATIONS***

We received some lovely letters from people that we donated to as part of Bushfire fundraising. Here are some excerpts:

From Craig and Kristen, School Captains at Yea High School (we sent Rebel Sport vouchers to be given to students who lost homes and friends) -

"Thank you very much for your support. The Rebel Sport gift vouchers have been distributed to 20 students of Yea High School who lost their homes in the recent bushfires - eight students who lost homes in Flowerdale, nine in Kinglake, two in Kinglake West and one in Glenburn".

From Wildlife Victoria (we made a cash donation which was used to by stock feed and medical supplies for injured animals) -

"The recuperation and recovery of the affected wildlife will take many months, the recovery of their habitats, food supplies and bushland will take years. Your donation of supplies has made a huge difference to our capacity to get resources on the ground quickly and save as many animals' lives as possible".

From Graeme in Glenburn, who saw the club's name on some horse feed that he was given, and who went to the effort of finding out who we were and writing to us -

"My wife and I own two miniature ponies Bella and Mishka, and their paddock was destroyed. I went to the Yea Relief Centre and the official there gave me some supplementary feed for our ponies. On one of the bags was the name "Dandenong Ranges Orienteers". I just want you and your members to know that I appreciate your generosity".

## ***DIARY DATES***

### **Sunday July 5 - Monash University - World Masters Warmup Sprint**

Sprint style orienteering over a longer distance - 3 courses ranging from 4 to 7 km. Rumour is some top interstate orienteers are dropping in for some pre-World Championship sprint practice. And of course all our street orienteers know what a great map Monash is. Join the fun.

### **Sunday August 9 - Club Relays - Plenty River**

Close to home! DROC has turned in some great Relay performances in the past few years and we want this year to be no exception. If you come to only one bush event, make it this one. There's a place in a team for everyone from bushO beginners to experts. Contact Debbie to sign up.

## ***PARK AND STREET RESULTS***

### *Autumn Series*

Division A4 - Dale Howe 2<sup>nd</sup>

Division B1 - Ian Dodd 1<sup>st</sup>, Peter Hobbs 2<sup>nd</sup>, Marta Salek 3<sup>rd</sup>

Division B2 - Robyn Hall 2<sup>nd</sup>

Division B3 - Peter Yeates 1<sup>st</sup>

Division C1 - Phil Torode 1<sup>st</sup>, Reg Saunders 2<sup>nd</sup>

Division C2 - Peter Grover 3<sup>rd</sup>

Division PW1 - Peter Dalwood 2<sup>nd</sup>

Division PW2 - Debbie Dodd 3<sup>rd</sup>

Division PW3 - Ian James 2<sup>nd</sup>, Stan Gurman 3<sup>rd</sup>

Division PW4 - Di Shalders 2<sup>nd</sup>, Wally Cavill 3<sup>rd</sup>

## ***TRAINING COURSES FOR CLUB MEMBERS***

### **SPORTIDENT (electronic timing system)**

The Sportident training workshop was so successful, we're running it again, this time with a focus on SI novices. It will be held at the Outdoor Recreation Centre (ORC) in Westerfolds Park, Templestowe, on Saturday August 1<sup>st</sup>. If you would like to join in the fun and learn what it's like to be behind the desk in the finish tent, please contact Ian Dodd. Anyone helping out at the Australian Championships Carnival will particularly benefit from this workshop. Bring your SI stick, laptop if you have one, lunch, and running shoes.

### **Course Setting in OCAD**

Now that nearly all our maps are converted to OCAD, we're offering an OCAD course setting workshop, on Saturday October 24 - venue tba. The workshop will be aimed both at new course setters, and experienced course setters who haven't used OCAD or who want to brush up. It will cover some basic course setting principles, and show you how to put controls onto the map, how to make minor changes, how to put all the other bits on (legend, scale, course details etc), how to print - everything you need to know to produce a great course on a good quality black and white map. Look out for more details closer to the time.

### **Car Stickers - We Know Where We're Going**

Have you got your great new DROC car sticker yet? If not, see Peter Yeates. Every car should have one!

**New Equipment** - the club has recently purchased two awnings which can be attached to the rear of a car or van and provide shelter. This will be very handy at events when we need to keep electronics dry. Ian Davies is also making more of the lightweight cables for securing control plates. Soon we'll be able to do away with the chains, making course setters' lives much easier.

## *PREZ SEZ - Peter Hobbs*

*What were you up to on 7th February 2009?*



Barring those of us who had our heads buried in sand, we are unlikely to forget the events that occurred that day. Ironically, I was at home, hosting some friends from England that weekend. They told me of a severe snowstorm that had hit London; the worst for many years. The city had apparently come to a virtual standstill with the forced closure of many airports, businesses and schools.

Meanwhile, as we sat in my lounge room, the temperature outside rose above 40 degrees prompting my English visitors to announce it the hottest weather they had ever experienced. At about 3pm we ventured outside and, despite the two 45 degree days Melbourne had experienced in January, this was also the hottest weather I had ever experienced. Like a group of primitive scientists keen to investigate the unusual heat phenomenon, we took a few items outside - two thermometers and a scoop of icecream. The icecream was deposited on some paving in direct sunlight. It entirely melted in about 60 seconds. Meanwhile, both thermometers shot to 47 degrees. Clearly, this was no normal summer day. A northerly wind howled. We then looked up to the northern skyline. "What is that yellow haze?" my guests asked. This sort of haze, seemingly above the northern suburbs of Melbourne, indicated only one thing; a fire had broken out. That would later prove to be an understatement.

What does this have to do with orienteering? Three things actually. First, fire risk, I assume, is one of the main reasons why bush events are not held during summer. Second, I attended the bushfire relief concert and bumped into none other than DROC's own Member of Parliament, Nick Wakeling (see photos). I may not have noticed him amongst the 80,000 odd crowd, but for the distinctive blue and red DROC coat he was wearing. Talk about club loyalty! Apparently Nick is a bit of a rocker; he and his mates had just returned from a trip to Canberra where they attended another rock concert. We both agreed that the bushfire relief concert was "awesome". Indeed, it is unlikely that we will ever see bands such as Midnight Oil, Split Enz, Paul Kelly and Hunters and Collectors, to name a few, play together again.

Third, in response to the bushfire appeal, DROC made donations totalling approximately \$1500. Our efforts did not go unrecognised; several letters of thanks were received from the direct recipients of DROC's donations. These letters were read out at a recent committee meeting and you could have heard a pin drop as it became evident just how grateful the beneficiaries were that someone, somewhere, had given them a hand in a time of need.

The day of the bushfire relief concert, 14th March 2009, ironically was the day that most parts of Victoria received more rain than the yearly total to that time. Also, it was the day that the last of the bushfires was extinguished. The rain certainly didn't dampen the atmosphere or enthusiasm of the crowd that day. Nor did it dampen MP Wakeling thanks to his DROC coat. See you at the next event.

## *CORRESPONDENCE TO THE STREETO WEBSITE:*

One of the fun things about attending Monday night training, is reading the post-event reports. Written in the wee small hours, person or persons unknown wax rather lyrical (or is it the effects of sleep deprivation?) Here is some recent correspondence:

Someone calling themselves Ian Greenwood - "to return to my rightful place in street-orienteeing, I'm trying to persuade Ray to introduce a new factor in his rankings system. It seems so unfair to me that these Biafr-ian look-alikes that carry no excess weight whatsoever are running against us. I think that we should normalise the rankings by dividing by body-mass, or perhaps we could use this to decide where we get placed in the Besley Handicapping system - either way, I think that such a system would certainly work in my favour....so I'm sure you'll all vote for it."

Ian Davies Responds - "I resented(1) Ian Greenwood's comment that 'these Biafr-ian look-alikes that carry no excess weight whatsoever are running against us'. I've been called Skinny(2), even Scrawny(3), never Biafr-ian, that just takes the cake(4). I'll have you know that since I started running(5) I've gained weight(6). I blame this situation on my parents(7). I would suggest that Ian should attend more regularly(8), as he stands a good chance of beating me(9) in the next couple of weeks(10).

(1) Alternately I could say 'represent'

(2) I found it rather irritating until I chanced to find out that I was heavier than he was...

(3) I take 'Scrawny' as a compliment. Although somehow it reminds me of chickens...

(4) Something has taken the cake, I can't have eaten it all, I always have such modest slices(11)(12)

(5) Ok, I started back at uni, I found it improved my concentration & would take a half hour break every 4-5 hours to go for a bit of a trot. Guess I've never stopped.

(6) Sounds good but not quite true, I've always been 70Kg, except about 6 years ago, when I got down to 67(13).

(7) Specifically, Dad's responsible for the hairy ears!

(8) Geoff made a comment about lycra, which I... Ok, Ok, let's not go there!

(9) I recently tore a calf muscle & so I'll be walking(14) for a bit to give it a rest.

(10) I hope to run all three days of the QB weekend.

(11) Eating a less than modest slice of my Mum's(15) fruit cake would probably lead to cardiac arrest through either caloric or cholesterol overload.

(12) When I was 18, my Mum would sometimes give me a piece of cake to 'take home', disappointingly it was never more than a quarter. I used to eat it by halves to make it last longer(16)!

(13) According to family, I was looking Biafr-ian then!

(14) To be fair, I'll still put myself down as an 'A runner'. Some people may not call it walking & I do go fairly fast.

(15) 'My Mum's fruit cake'. This is the culinary equivalent of "grandpa's axe".

(16) Slice 1 = 1/8, Slice 2 = 1/16 etc, each successive cut made so that the next slice contained a glace cherry

*Reply by the "other" Ian Greenwood (aka Geoff Hudson):*

In running, Ian Davies can't be beaten, Which I think comes from not eating.

It's not very fair, That he's lighter than air, Some might say that he's cheating.

*To which Ian D responded:*

With only 10.2 kilometres in distance, You're going to meet with resistance

Not wanting to bore, ...but I did 12.4. So your diet needs much more persistence

Wally has been making headlines as a result of winning his COTA award. The *Waverley Leader* wrote:

## Recognition for Powerful Walker

Retirement for Glen Waverley resident Wally Cavill has just meant he can spend more time on the things he loves outdoors. The 80 year old has spent his past 20-odd years volunteering with several local groups and has been recognized for his efforts with a Volunteer: Active At All Ages award from the Council on the Ageing.

The father of five spends his weeks devising expeditions with the Dandenong Ranges Orienteering Group and organizing walks with the Waverley Retired Activities Group. The retired train driver said he had been surprised to receive his award and did not see his voluntary work as anything out of the ordinary, he just liked to be active. "I always did a lot of walking", Mr Cavill said.

As convenor of the WRAG Street Walkers, Mr Cavill organizes weekly trips for the group's members around the streets of Monash with a bit of a twist - walkers have to find street fire hydrants along each route and then mark their map with the corresponding house number. "Maybe 20% of houses haven't got a visible number I would guess, so it can be a little challenging", he said. Mr Cavill said he believed regular exercise had helped him lead his fairly healthy life and he encouraged all retirees to get involved in activities such as orienteering and walking. "Several times a week is better than once a week, but once a week is better than every now and again" he said.

The *Fifty Plus News* wrote:

Residents of Monash municipality may have been puzzled by the sight of a group of people armed with pen and paper and examining houses and letterboxes. Puzzle solved: they are members of the Waverley Retirement Activities Group (WRAG) Tuesday walkers. They start at a different location each week and walk for one hour. They are given a map with 25 fire hydrants and have to find the house number next to the hydrant ... it's all great fun and the activity is usually followed by morning tea at a nearby café.

The convenor of this group is Wally Cavill, 80, who received a Volunteer: Active At All Ages award from the Council on the Ageing recently in recognition of his ongoing efforts in organizing the street walkers and other orienteering activities. As well as convening the group for WRAG members, Wally Cavill runs park and street orienteering activities for people of all ages and has contributed to the growth in membership of the sport of orienteering to more than 400.

## *A SHORT HISTORY OF OUR MODERN DIET*

In the beginning, God covered the earth with broccoli, cauliflower and spinach, with green, yellow and red vegetables of all kinds, so Man and Woman would live long and healthy lives.

Then using God's bountiful gifts, Satan created Dairy Ice Cream and Magnums. And Satan said "you want fudge with that?" And Man said "Yes!" And Woman said "I'll have one too with chocolate chips". And so they gained 10 kilos.

And God created the health yoghurt that Woman might keep the figure that men found so fair. And Satan brought forth white flour from the wheat and sugar from the cane and combined them. And Woman went from size 12 to size 14.

So God said "try my fresh green salad". And Satan presented blue cheese dressing and garlic croutons on the side. And Man and Woman unfastened their belts following the repast.

God then said "I have sent you healthy vegetables and olive oil in which to cook them". And Satan brought forth deep fried coconut king prawns, butter-dipped lobster chunks and fried chicken steak, so big it needed its own platter, and Man's cholesterol went through the roof.

Then God brought forth the potato naturally low in fat and brimming with potassium and good nutrition. Then Satan peeled off the healthy skin and sliced the starchy center into

chips, and deep fried them in animal fats, adding copious quantities of salt. And Man put on more kilos.

God then brought forth running shoes so that his children might lose those extra kilos. And Satan came forth with a cable TV with remote control so Man would not have to toil changing channels. And Man and Woman laughed and cried before the flickering light and started wearing stretch jogging suits.

So God created the map and the compass and told Man to "go forth and Orienteer!" so that Man may exercise in the great outdoors. And Satan invented Cake-O, Brunch-O, coffee shops, bakeries, and chocolate cafes, so that Man might read the calorie count on his GPS and replace those lost at a rate of 2 for 1.

Then God gave lean beef so that Man might consume fewer calories and still satisfy his appetite. And Satan created McDonalds and the double cheeseburger, and placed them on both the Calder and Western Highways, and the Hume Freeway. Then Satan said "you want fries with that?" and Man replied "Yes, and super-size them". And Satan said "It is good". And Man and Woman went into cardiac arrest.

God sighed ... and created quadruple by-pass surgery. And then, Satan chuckled ... and created Medicare.

### *The Final Word on Nutrition:*

The Japanese eat very little fat and suffer fewer heart attacks than us

Mexicans eat a lot of fat and suffer fewer heart attacks than us

Chinese drink very little red wine and suffer fewer heart attacks than us

Italians drink excessive amounts of red wine and suffer fewer heart attacks than us

Germans drink beer and eat lots of sausages and suffer fewer heart attacks than us

The French eat foie-gras, full-fat cheese and red wine and suffer fewer heart attacks than us

Conclusion: Eat and drink what you like. Speaking English is apparently what kills you!