

NILLUMBIK



Emu Droppings February 2005

This issue of NE News is available on the club website – (then you can see the photos more clearly) – if you have internet access - <http://emus.orienteering.com.au/>

We do have accommodation available for Easter. Our rates are \$ 70 per night per cabin for two and \$ 5 extra per child per night. (\$85 per night). You can check out our website at snowyriverbushretreat.com.au

In this Issue

- Easter Carnival – closing soon
- Club Picnic/Walk
- Brain not body makes athletes tired
- Evolution made humans marathon runners

Coming Events

10 Feb	Thu	Greensborough
13 Feb	Sun	VOA Policy Day
15 Feb	Tue	Altona Meadows
6 Mar	Sun	MTBO Korweinguboorra
13 Mar	Sun	SS2 St George's Lake
17 Mar	Thu	Belmore Parklands
19 Mar	Sat	Club Picnic/Walk
18 Apr	Mon	NE Committee Meeting
27 Apr	Wed	Smith's Dell

Controllers Course

Very few indicated that they wish to attend the advertised program on 12 February and 5 March for accreditation as Level 1 coaches. As an alternative, Kath Liley plans to run smaller/dedicated courses that may suit some people more. Contact Kath at kliley@netspace.net.au for more information

Club Walk/Picnic

- Where** : Dandenong Ranges National Park
- When** : Saturday 19th March
- Who** ; All welcome – please RSVP to Joyce - 9723 6740
- What** : Two loops – about 2-3 hours walk in total – with a picnic in the middle.
- Meet at** : 11:00 am, Grants Picnic Ground, Melway Map 75 K4
- More Info** : emus.orienteering.com.au

New Name for our Newsletter

Recognising that we are gaining strong representation in the Western and Northern suburbs of Melbourne, we've removed the geographic prefix Nillumbik from our newsletter title. Don Fell suggested the new title – and in the spirit of never taking ourselves too seriously, we all thought it was a great idea.

So welcome to the first (official) edition of *Emu Droppings*.

Easter 2005 - Jindabyne

Entries close 18th Feb – don't be late, there are penalties for late entry.

If you're planning to go to the Easter carnival at Jindabyne, you should have accommodation booked by now. The Nivens and Edmonds have booked a house at Berridale. Jindabyne Sport and Recreation Centre is booked out. Let Rob Edmonds know if you are planning to go and where you will be staying so he can build a contact sheet – and perhaps arrange a group dinner for travelers.

One place that has vacancies... Snowy River Bush Retreat [<mailto:snowyriverbushretreat@bigpond.com>]

Join Nillumbik Emus Orienteering Club

Awarded "best bush-orienteering club in Victoria" for 7 of the last 9 years.

A club that provides training – to participate in events, to organize events and to set courses.

A club that organizes social events for after-running enjoyment.

A club whose junior members play a major part in the State Squad each year – the Captain of the squad in recent years has come from Nillumbik Emus.

Regular newsletters that keep you in touch with what's happening in orienteering.

The best website of any Victorian Club – with a focus on training for new orienteers.

Nillumbik Emus provides the street-orienteering website – a key resource for street-orienteering in Melbourne.

All for only \$5 per year, per family!! Membership form available at the rear of this issue of Nillumbik News.

Recent Events

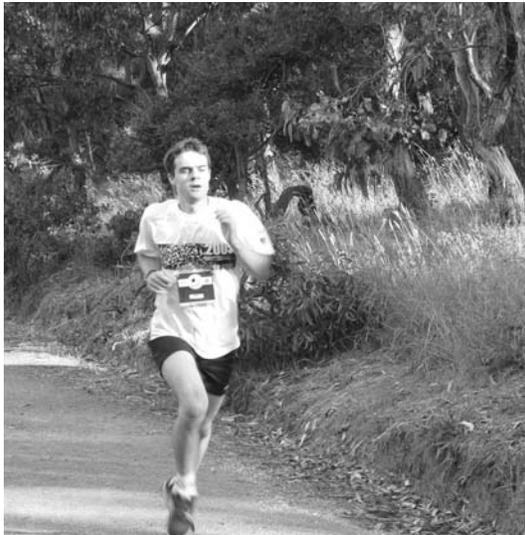
Lorne Mountain to Surf Fun Run



Our team

Another great run organized by the Lorne Surf-Life Saving Club. Last year's group was supplemented with the addition of our new members Trevor and Ramona Holmes, David Brownridge from Bendigo and two of David Hudson's friends – Ella and Shannelle.

To address the problems with congestion experienced last year the organizers had broken the field into 3 groups starting about 15 minutes apart. This worked much better – there was very little congestion as our group ran through the narrow, winding forest track



James Fell approaching the finish

The course was a little over 8km in length with two severe climbs at the beginning. A level run through the forest and a gradual climb back into Lorne. Most of us improved on last year's times – because there were less queues at the forest bridges.

Name	Time	Pos	Category
Glenn Hudson	49.16	302	Open Men
Geoff Hudson	47.27	78	Vet Men
David Brownridge	38.07	210	Open Men
Shannelle	57.00	150	Open Women
Ella	57.01	151	Open Women
Don Fell	50.41	90	Vet Men

Fiona Fell	48.01	14	Vet Women
Ilka Barr	42.40	70	Open Women
Evan Barr	34.55	133	Open Men
Julie Flynn	39.30	9	Master Women
Neil Barr	39.05	53	Vet Men
Trevor Holmes	52.28	144	Master Men
Ramona Holmes	63.05	112	Master Women

After the race, we all retired to Hudson's beach-house nearby for evening meal – thanks to all that joined us to make this such an enjoyable evening.

The race record set by Steve Moneghetti in 2002 is 23.13. Interestingly, Matthew Bayley a 14 year old street-O runner from Wantirna ran the course in 26.38 – expect great things from this lad in the future.

Nillumbik Eco-Challenge

After sleeping the night at Chateau Hudson's everybody that took part in the Mountain to Surf run did the run from Erskine Falls to the Lorne campsite. After the heavy rains of the previous two weeks the river was up and the paths were somewhat slippy/muddy. Don and Geoff had brief encounters with a pair of Tiger snakes that were sunning themselves on the track just above the campsite.



Erskine Falls

David Brownridge came a comfortable first – covering the 8+ km in 34 minutes. Special mention to Neil Barr who walked initially because of a sprained ankle but decided to run as people caught up with him.



There were fallen branches on the track – Ramona negotiates one of the larger ones...

Helpers Required – 12th – 13th March

Our next State Series event will be on the Sunday of the Labour Day long weekend and our organizer, Ron Frederick, is looking for volunteers to assist with setup on the Saturday. It's likely that a few of us will go up on Saturday, help out and then go to dinner on the Saturday evening. If you'd like to join us, you would be most welcome. This is a great way to learn what's involved in running a bush event – if any of our newcomers would like to come along that would be really worthwhile.

The event will be held at St. George's lake in Creswick – and time permitting, we would be pleased to offer tuition to newcomers on the Saturday afternoon. There are bush and commercial campsites available for those that wish to camp, cabins at the local forestry college for budget stay and plenty of great motels at Creswick and Ballarat – we'll investigate further and put an email posting out in the next week or two.

Monday 14th is apparently a public holiday, so people might like to stay in the area for the long weekend.

Could volunteers please contact Ron:

work : (03)9.871.9307 - direct line

home : (03)9.890.2873

mobile : 0418.994.841

e-mail : ronfrederick@holtmac.com.au

NE Member News

Welcome to Joanne Pugh, Greg Williams and Robyn Sunderland who joined the club recently.

Joanne works in the prosthetics area of the Royal Children's Hospital. Joanne participates as an enthusiastic power-walker in the Northern Series and often comes along with Rod Lawlor (Rod works in the same area of the hospital). I've already asked if they could help me out with a set of legs that could run better – unfortunately, this is not possible.

Greg Williams joins us via the ARDF Group – the group that runs Radio Orienteering in Victoria. Greg has been an active amateur radio operator for more than 30 years and is currently the president of the ARDF Group. Greg ran/is running the Greensborough Street-O event for us in February.

Robyn is one of the hardest working people that I've come across in orienteering. In spite of the difficulty associated

with getting orienteering clubs to provide accurate information for the VOA calendar, she still finds time to take part in events, draw maps, set courses and generally help out with whatever is underway. A hearty welcome to her – I look forward to working together with her on future projects for the club and VOA.

News from traveling members:

- Stuart Fell is studying for a year in Stockholm; he expects to supplement his academic activities with participation in some of the best orienteering events in the world. We'll provide snippets from Stuart through the year (he can either send them over or we'll make something up....)
- Paul Vidovich is out of action for a few weeks with a sprained ankle inflicted on him by the last event at Yarra Bend. Get well soon Paul – hope to see you on your feet soon. Anyone for Hop-O?
- David Hudson is working as an assistant surveyor for the Hydro-Electric Commission in the Snowy Mountains. He's helping out with the survey for a new slipway for the Jindabyne Dam. Lots of interesting photos – we'll put some up on the website.

Adopt a Map

Volunteers are sought for maintaining the established NE Street-O maps. Responsibilities are:

- Keep a soft copy of the map up to date
- Periodically, supply a paper or soft copy of the map to course setters
- Update map from advice from course setters, map corrections offered at an event and your own observation of changes/inaccuracies in the map

Most of NE's maps have been created using Ocad software. This is a very simple drawing program - beginners can be up and running in an hour or 2. There are many experienced users in the club who will be pleased to provide assistance.

If you live or work near any of these map areas, or simply think one of them is an interesting area why not give it a go!

Contact Ian Stirling at ianstirling@optusnet.com.au or by phone on 9876 3643 if you would like to give it a try.

NE Committee News

See the club website for copies of minutes. Highlights at the last meeting were:

- We endorsed a healthy eating policy as part of a grant from VicHealth.
- The club is organizing Day 1 for Easter 2006 carnival; we will be running an event on a new Blowmine-North map near Maldon.
- Rex and Ron attended a course to complete accreditation as Level 1 Controllers.
- Laurie, Rex, Rob and Peter did another day's fieldwork at Bungal. The new map is progressing well.
- In spite of being a novice navigator, Rhonda Di Biase recently did incredibly well on two of the hardest maps in Victoria (see article on Women's Coaching Course).
- The club will purchase one of the MTBO maps used in the recent Mountain Bike World Championships. The

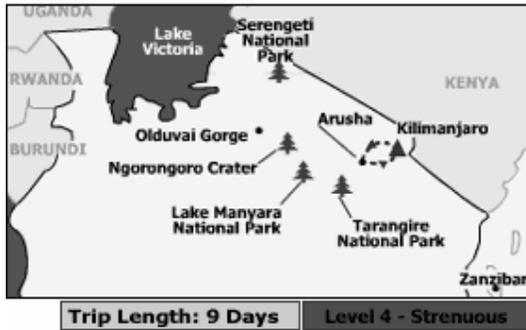
map should be superb for a Maxi 3 Hour event or similar.

- Next meeting – 18th April at Nivens – all welcome.

KILIMANJARO CLIMB

By Ron Frederick

In October 2004 with three cross-country skiing friends, I went to Tanzania in Eastern Africa with the intention of climbing Mt Kilimanjaro. Kilimanjaro is reputed to be the highest freestanding mountain in the world, as it rises out of the plains of Africa. It is almost 6,000 metres high (over 19,000 feet).



The climb has 2 special attractions :

- It doesn't require any technical mountaineering skills or the use of ropes, crampons etc.
- Over a period of 4 days you pass through rain forest, alpine heath land, alpine desert (gravel and boulders with no vegetation) a scree slope up the side of a volcanic crater rim to a snow capped peak with a permanent ice cap.

As with every up side there is a down side. The most significant hazard is the problem of altitude sickness. All members of the party were effected to varying extents. However three of the four of us made the summit. I personally suffered mild headaches, some nausea and definitely a lack of energy near the summit.

All parties must have local guides. We also had a cook, a waiter and about nine porters. Easily affordable as wages are still very low in this part of Africa. The cost of our support group was far less than the cost of getting to Africa.



The climb was then followed by a fantastic game park camping safari by four-wheel drive vehicle.

I would be happy to supply further details of either the climb or the safari to anyone who is interested.

Ron

Club Uniforms

NE Running Tops still available

Where else can you get a \$50 running top for only \$20?

Call Schon on 9888 8121 for details

Thanks to Schon, Fiona and Katherine Dent for their fantastic efforts in providing the club with the best running tops around – and now complementing this with a range of après-run clothing.

The new jackets and/or vests provide something warm to put on after your run – don't get a chill. Having worn one for several weeks now I can attest that they are very comfortable – Jackets for \$30, Vests are \$25.

The range has recently been expanded to include hats and sweatbands. More details soon – or visit the uniforms section on the club website.

Evolution made humans marathon runners

New Scientist, 17 November 2004

We are born to run. According to new research, our bodies are highly evolved for running long distances, an ability that allowed our ancestors to conquer the African savannahs.

Proponents of the theory say that long-distance running may be an even more significant evolutionary adaptation than bipedal walking, an ability which may have emerged with the appearance of the first hominids some 6 million years ago.

It is true that we cannot keep up with the fastest four-legged mammals. The speediest humans can sprint at barely 10 metres per second for just 15 seconds, whereas horses and greyhounds can gallop twice as fast for many minutes.

Yet anthropologists, in focusing on this lack of short-term speed, have overlooked how well adapted we are for endurance running, according to biologist Dennis Bramble at the University of Utah, and his colleague Dan Lieberman of Harvard University.

Large buttocks

“Our legs are full of tendons that are not present in other primates,” says Lieberman. “You don't use your Achilles tendon when you walk,” he says, but it is essential for running. Our buttock muscles, whose large size is a distinctly human attribute, are also vital for running, as they help stabilise the trunk and prevent it pitching forwards.

These muscles too are barely used in walking. Runners also need to keep their bodies cool, which could explain our large number of sweat glands and largely hairless skin.

Many of these adaptations appeared with Homo erectus around 2 million years ago. The long legs, short arms and low shoulders of H. erectus and later humans match the demands of running, while in contrast, the limb proportions

of the earlier australopithecines were much closer to those of modern chimps, say Lieberman and Bramble.

Evolutionary edge

For example, compared with both chimps and australopithecines, humans have large leg joints in proportion to body mass. These help dissipate the large impact forces generated by running.

Endurance running is now confined to sport, but Lieberman thinks it gave early humans an evolutionary edge. Unlike most mammals, or any other primates, we can run at a reasonable pace for many kilometres, quick enough to keep up with a trotting horse or dog.

That ability may have allowed early humans to scavenge animal carcasses by getting to them before animals such as hyenas. "Before the bow and arrow, you'd have a hard time making a living without running," Lieberman says.

Brain not body makes athletes feel tired

New Scientist, July 2004

Fatigue is in the mind, not the muscles, suggests a new study. But it can still have a serious impact on athletic performance. The finding could lead to treatments for conditions like chronic fatigue syndrome, or the development of illicit performance-enhancing drugs.

Traditionally, fatigue was viewed as the result of over-worked muscles ceasing to function properly. But evidence is mounting that our brains make us feel weary after exercise. The idea is that the brain steps in to prevent muscle damage.

Now Paula Robson-Ansley and her colleagues at the University of Cape Town in South Africa have demonstrated that a ubiquitous body signalling molecule called interleukin-6 plays a key role in telling the brain when to slow us down. Blood levels of IL-6 are 60 to 100 times higher than normal following prolonged exercise, and injecting healthy people with IL-6 makes them feel tired.

To work out if IL-6 affects performance, Robson-Ansley injected seven club-standard runners with either IL-6 or a placebo and recorded their times over 10 kilometres. A week later, the experiment was reversed.

On average they ran nearly a minute faster after receiving the placebo, a significant difference since their finishing times were around 41 minutes. The findings will appear in the Canadian Journal of Applied Physiology.

Unscrupulous athletes

Robson-Ansley has a personal interest because her own athletic career was cut short in part by a condition called underperformance syndrome. She was training for the British rowing squad for the 1996 Olympic games, when her obsessive schedule tipped her body over the edge.

"Suddenly a five kilometre run felt like I'd run a marathon the next day," she recalls. She hopes her research will lead to treatments for UPS and chronic fatigue syndrome.

One approach would be to block IL-6 receptors in the brain using antibodies. This has already had some success in tackling symptoms of chronic fatigue, but it raises fears that unscrupulous athletes could try the same technique to train too hard.

But IL-6 has many effects on the body so blocking its action could be counterproductive, or even dangerous. IL-6 receptors may also be less sensitive in top athletes.

Wolf attacks Jogger

Occasionally we run in difficult conditions, but this certainly takes the prize....

SASKATOON -- A man's evening jog became a struggle for his life in northern Saskatchewan when a timber wolf lunged at his head and sank its teeth into his leg. But Fred Desjarlais, 55, was able to fight off several attacks by the large predator and then wrestled it into submission long enough for a busload of co-workers to arrive and scare the beast away.

Desjarlais works for Cameco Corp.'s uranium milling facility in Key Lake, about 640 kilometres north of Saskatoon. He had just finished his shift at 7 p.m. New Year's Eve, and decided to jog the three kilometres back to camp instead of catching the shuttle bus, when he was attacked.

Desjarlais was already into his run when he heard something and glanced back to see the animal creep out of the ditch and walk toward him.

"He was taunting me, (walking) in a circle around me. I looked around real quick and thought, 'I hope he's alone.' "

Desjarlais hollered and tried to scare the animal off, but it lunged at his head. He jumped to the side and dodged, but the wolf came back.

"That's when I knew he meant business," said Desjarlais, who eluded a second lunge. But the wolf quickly spun around and bit into his shoulder.

Desjarlais was wearing several layers of clothing which prevented the bite from breaking the skin, but it did leave significant bruising. The wolf then turned its attention to his lower body and bit him twice in the pelvis.

Both man and beast fell over and got back up. When his chance came again, Desjarlais locked onto the wolf's back, threw his arms around the animal's head and put it in a headlock.

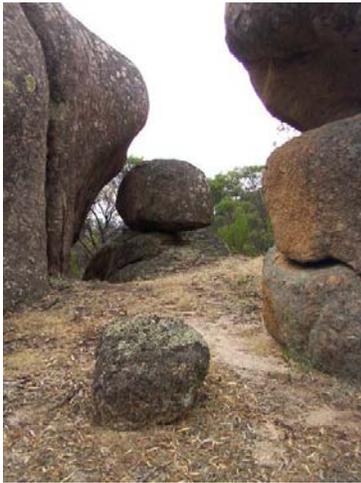
"I pulled him down the way you would take down cattle (for roping) and I dropped onto his head, pinning him there," said Desjarlais, who held on for about 30 to 40 seconds before co-workers returning to camp on the bus spotted the pair and scared the wolf away.

"It was a bad attack -- it bit him twice really badly -- but Fred's a remarkable man," said Kimm Barker, Cameco's Key Lake safety officer. "It wasn't a very smart wolf because of all the people it could have picked, it chose one of the strongest."

When asked for comment, all the wolf would say was "Damn bus!"

Women's Coaching Course

As a result of Peta Whitford's (the VOA's professional development coordinator) efforts in soliciting sponsorship for orienteering activities, we recently got funding for a series of activities to train women in bush navigation. The title of the course was "Learn to Love Granite" – and the promise was to give those attending expert coaching in this type of terrain.



This sponsorship allowed the VOA to provide a subsidized training course in Maldon for 26 members. With accommodation and food at the Blue Light Police Hostel in Maldon, participants were able to spend 3 days in the area – providing access to some of the best granite orienteering in Victoria.

Comments provided by the 8 NE members

present were:

- NE members were very visible in their blue-green bush costumes. It was great to see so many NE folk present.
- One of our new members, Rhonda Di Biase, ventured out into the bush by herself for the first time. She did terrifically well.
- The coaches were fantastic; they were so patient and were prepared to modify the courses etc to suit the capabilities of each person.
- The mossies on the first night were huge. By the 2nd night we realized that we had to keep the room doors and windows closed.
- We did an exercise on Kooyoora and nobody did it well. They then gave us copies of the same map – but with no rocks shown – only the contours. Interestingly, everybody did much better on the 2nd map. In complex areas, you need to ignore the rocks and concentrate on the shape of the terrain.
- Games were organized for Saturday evening. We were quite apprehensive when maps of Kooyoora were distributed...even more so when we were told that we had to take our shoes and socks off. It was hilarious watching people trying to fold the map in four and insert it into an envelope using only their feet.
- Finally, thanks to the coaches present – Peta Whitford, Chris Brown from Tasmania, Mandy Hennessy, Julie Flynn and Robyn Cameron. Congratulations on a great activity!



One of NE's new banners

If you see somebody in an NE running top and don't know who they are, please go over and introduce yourself



Bill and Marion at the Eastern Series



Alex and Lenore Shepherd at the Western Series

Interesting InterNet Sites

The Australian Institute of Sport has some terrific fact sheets on nutrition, running in hot water, the facts about sports drinks, popular diets etc. Those with web access should look at <http://www.ais.org.au/nutrition/documents/FactFluid.pdf> for an excellent article on sports drinks.

We'll bring copies along to future events.

NE Bush Calendar - 2005

Our request to run the following events has been approved; if you'd like to help out with any of these please get in touch with Rob Edmonds on 9438 3378. The Maxi is a great event for a novice course setter – if you'd like to try your hand at course setting, this is the one to start with – Geoff Hudson provided Ron Wescott with assistance/support this year and has offered to do the same again next year.

Date	Event	Map	Course Setter(s)	Organiser(s)	Controller
6/3	MTBO Series #2	St George's Lake	Rob Edmonds	Joyce Rowlands	-
13/3	State Series #2	Little Hard Hills (To confirm)	Stuart Fell		
22/5	MTBO Series #6	Korweinguboorra			
29/5	State Series #5	Little Forest (new map)			Rob Edmonds
7/8	Maxi 3 Hour	Korweinguboorra		Rob Edmonds	
23/10	Sprint Champs.	Latrobe University			
12/11	Night-O Champs.	Hepburn Diggings (East)	Rex Niven		
13/11	Vic Score Challenge	Hepburn Diggings (West)			

Street Orienteering – Course Setting



Have you been approached by Ian yet?

Ian is our street-O coordinator and takes a personal hand in helping out at every street event that we run – that's a lot of events. At the recent committee meeting, we reviewed the list of events run in the Eastern and Northern Series and marveled at the commitment that Ian (and wife Lauris) provide to the club.

So if he calls you up for help – be gracious, be helpful. In general, we ask people to organize 1-2 events a year at most – and we provide mentoring/assistance to anyone that needs it. It's a great sport – and well worth your support.

Now, while you're feeling cooperative and enthused – why wait for him to call. Why take the chance that he might call up and ask you to run a street event miles from where you live? Why take the chance that in a fit of kindness, you might be silly enough to agree.

Call him, or send him an email now. Tell him you would like to help out and give him an idea of where you live – so that he can select an event near you. Ian will then provide a list of possibilities in that area so you can pick one. Ian's contact details are ianstirling@optusnet.com.au or by phone on (Hm) 9876 3643

One of the great things about being a member of NE is the way in which everybody pitches in to help at events – just when you think you're in trouble, people come from everywhere offering assistance.

Date	Day	Map	Course Setter(s) / Helpers	Comments
10 th February	Thurs	Greensborough	Greg Williams	
15 th February	Tues	Altona Meadows North	Don Fell	
17 th March	Thurs	Belmore Parklands	Rachel Johnson	
Planning is underway now for Night, Saturday and Sunday events				

Latest Membership List

Updates to Schon Hudson at schon@orienteering.com.au or by phone at 9888 8121.

ADRIAN	Paul	Donvale	9874 3065	
ARMSTRONG	Geoff	North Balwyn	9859 3377	armstrongs4@ozemail.com.au
AULT	Ruth	Nunawading	98775379	
BAILLES	Rick	Wantirna	9801 6514	
BALL	Antony	Ringwood	9879 8802	antony.ball@managesoft.com
BEARD	David	Mulgrave	9561 5725	david.beard@optusnet.com.au
BETTS	Leyshon	Laverton	9369 4336	rlbetts@optusnet.com.au
BOYCE	Randall	Warrandyte	9844 0521	ranboy@melbourne.vic.gov.au
CANNING	Doug	Briar Hill	9435 1297	canning3@bigpond.com
CARROLL	Family	Viewbank	9459 9787	
CARTMEL	Lucy	Mordialloc	9580 4647	
COLLINS	Family	Eltham	9431 1710	
COPLEY	Pamela	Warrandyte	9442 4956	acopley@melbpc.org.au
DI BIASE	Rhonda	Brunswick	9384 3382	rhondadib@optusnet.com.au
EDMONDS	Greg	Ringwood East	5966 5692	joannef@comcen.com.au
EDMONDS	Rob	Diamond Creek	9438 3378	redm4896@bigpond.net.au
ERM	Lincoln	Williamstown	9397 8058	lerm@bigpond.net.au
FELL	Don	Hoppers Crossing	9749 4941	don.fell@digpond.com
FITZWATER	Janet	Castlemaine	5472 3412	jmfitz@netcon.net.au
FREDERICK	Ron	Mont Albert	9890 2873	ronfrederick@holtmac.com.au
FULLER	Elizabeth	Macleod	9459 9326	
GILES	Barry	Camberwell		brgiles@bigpond.net.au
HEALY	Sue	Kensington	9376 1897	sueh@vicnet.net.au
HOLMES	Trevor	Carnegie	9568 6603	trevorh@managesoft.com
HOPKINS	Judy	Mount Waverley	9803 1925	judyh@aardvark.net.au
HORN	Michael	Northcote	9481 4224	mhorn@mira.net
HUDSON	Geoff	Box Hill South	9888 8121	HUDSON@bigpond.net.au
HUGHES	Jeff	Watsonia Nth	9434 4418	jeff.hughes@rmit.edu.au
JOHNSON	Bill	Blackburn	9878 2431	pincush@bigpond.net.au
JOHNSON	Janet	Blackburn	98934506	
JOHNSON	Bruce	Northcote	9482 3962	johnsonlewin@optus.com.au
KEMPSTER	Peter	Nunawading	9877 4009	peter.kempster@msn.com.au
KERR	Tony	Vermont	9874 2726	tonykerr@bigpond.net.au
KING	Gillian	Harcourt	5439 6503	
LAWLOR	Rod	Northcote	9486 4074	rod.lawlor@rch.org.au
LEWIS	Peter	Eltham	9439 1239	lewconmn2@austarmetro.com.au
MACPHERSON	Judith	Ringwood Nth	9876 3229	judithmac@hard.net.au
MALLEN	Peter	Ringwood North	9876 3035	plmallen@iprimus.com.au
MALONEY	Kevin	Mt Waverley	9544 4469	
MALONEY	Peter	Mulgrave	9547 1685	Peter_L.Maloney@fc.ausom.net.au
MATTHEWS	Paul	Nunawading	9877 4837	paul.matthews@managesoft.com
MATTINGLEY	Family			
MCCREDIE	David	Kew	9817 3808	
MCLENNAN	Jim	Heathmont	9729 9317	j.mclennan@latrobe.edu.au
MILLS	Graham	Mt Waverley	9807 1726	gamills@bigpond.net.au
NILSEN	Hjalmar	Castlemaine	54723618	
NIVEN	Laurie	Eltham	9431 3803	
PATERSON	Bruce	Ashwood	9888 7509	brucep@netspace.net.au
PLANT	Robert	Glen Iris	0401 916 711	robplant@connexus.net.au
PUGH	Joanne	Northcote	9482 6636	joanne.pugh@rch.org.au
ROWLANDS	Joyce	Croydon North	9723 6740	
SCHINCK	Max	Ringwood	9870 3868	
SCHOFIELD	Helen	North Carlton	9347 0250	helenschofield@netspace.net.au
SHEPHERD	Alex	Thomastown	9466 1502	
SHUTTLEWORTH	Bernie	Surrey Hills	9849 0546	bshuttleworth2@optusnet.com.au
STAUDTE	Judith	Kyneton	5472 3337	pbcats14@bigpond.com
STEER	Colin	Launching Place	59 673670	cjsteer@yahoo.com
STIRLING	Ian	Donvale	9876 3643	I.Stirling@bhtafe.edu.au
SUNDERLAND	Robyn	Bacchus March	5367 5374	robynjs@melbpc.org.au
VAN GELDERMALSEN	Ted	Flinders Lane	9391 3768	ted.marg@bigpond.com
VIDOVICH	Paul	Essendon	0407 405 202	paulv@surefire.com.au
VOGEL	Family			
WALLER	John			
WATTS	Alan	Frankston	9783 1085	alan.watts@sewl.com.au
WESCOTT	Ron	Hawthorn East	9813 2574	Cheron@au.gateway.net
YEOMAN	Russell	Eltham	9439 9717	RandMYeoman@bigpond.com

Photo Gallery



Trevor and Ramona navigate a rocky slope on the recent Nillumbik Eco Challenge



Blasting at Jindabyne – not all rocks go where they're supposed to...from David Hudson



Fiona stretches out to overtake the tall dude ahead of her in the finish chute



Don Fell approaching the finish in the Mountain to Surf fun run

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Newsletter

Submissions and comments invited – please send them to:

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Useful Links

Nillumbik Emus Web Site	emus.orienteing.com.au
VOA Web Site	http://www.vicorienteing.asn.au/
Street Orienteering Web Site	http://street.orienteing.com.au/

VOA e-bulletin

This regular bulletin from Peter Creely is an excellent way of keeping people aware of coming events – if you don't get Peter's bulletin or you have something you need to send to lots of Victorian orienteers drop him a line at luddcreely@impulse.net.au

----- ✂ Cut here -----

Membership Application

Please fill in the form below and forward it – with membership fee of \$5 – to Schon Hudson, 16 Fowler Street, Box Hill South, 3128 or to Geoff Hudson at any street-orienteering event.

Family Members	:	Name	Date of Birth
Address	:		
Phone Number	:		
Mobile Phone No.	:		
Email address	:		