The Epic Newsletter of the ANU Mountaineering Club

Winter 2005

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Editors’ Blurb

Hello EPIC readers!

Judging from the stories you’ll see in this EPIC, Winter 2005 has been another good season for the ANUMC. Since July solid snow conditions have prevailed in the alps, which have lured many club members out of their inadequately heated Canberra houses to realise the best of the winter outdoors with ice climbing, xc skiing, snow shoeing and lots more. But the best part is that the biggest snow dumps are usually in spring as the late September fronts pass through so don’t hang up your skis and stocks just yet!

In addition to some entertaining reports covering recent trips to the snow and Namadgi, this Epic brings you news about the Women in Sports Program and very importantly the upcoming Annual General Meeting on 26 October. There is also information in this edition about the various positions on the Club Executive and Committee that will need to be nominated for and filled by people like you in order to keep the club running next year. If you care about the club you should read about the positions and what they involve and consider nominating for any of the positions that interest you. Remember, your participation in supporting the running of the ANUMC is what keeps the club alive.

Also look out for the Fridge Door and Weekly Activities as Spring 2005 is looking to be an action packed season with plenty of climbing and bushwalking trips planned to take advantage of the warmer weather.

Have fun and keep outdoors!

Pat, Bron and Andrew

Front Cover Photo: Andy soloing up the Ice Wall at Blue Lake, by Steve Flanagan.
Hi all,

I hope that everyone has had a fantastic winter, and is now looking forward to some fine spring weather (and even more trips to the snow!). The number of trips this winter has been fantastic, and there have been some great snow trips, including the Women in Sport Snowskills Program (featured in this edition). The other news of the last couple of months has been the launch of the new online trip submission system - this makes collecting information for trip leaders much easier, and also makes sure that all relevant safety information is collected and is available (which makes our trips safer too). Please make sure you understand that expressing interest in a trip on the system does not mean you are on the trip - the trip leader will make the final decision on who comes and you may be removed from the trip even if you expressed your interest really early on. This is an important safety aspect of running club trips - allowing trip leaders to make sure everyone on the trip has the right experience level/equipment. I am taking this early opportunity to reflect on the achievements of this year as the next EPIC will feature a new President.

Our Annual General Meeting will be held on 26 October this year, and the Club will vote in a new Executive and Committee. I hope that many committee and executive members will continue on in their present roles, or different roles in the Club, but I know a number will be going overseas and will be unavailable. I wish them all the best. Please read through the descriptions of Club positions available and see if you could do any of them - the Club needs a large committee (30+) to keep it running as well as it does and we encourage anyone to consider joining the committee to help out.

I wish everyone the best for the rest of the semester, and I look forward to the warmer outdoors weather coming.

Annabel
Winter’s big dump had arrived and a few of us started thinking of the fabled Blue Lake ice (again). A team of five consisting of Gavin Evans, Andy Hall, Steve Flanagan, Rosalyn Hunt and Matthew Frazer formed up for the trip. Four days around the last weekend in July suited everyone the best.

Matt flew in from Brisbane on the Thursday evening, minus a climbing pack thanks to Virgin Blue. As a result, our best laid plans went pear-shaped, and there was some frantic re-organising late Thursday night. Andy and Steve departed Canberra at 5am Friday morning in my car, with the intention of establishing the campsite, including digging a snow cave.

All Roz, Matt and myself could do was to wait for a phone call from Virgin Blue. At 11am they found Matt’s pack – in Townsville!!! At 5pm, it finally arrived in Canberra, and the three of us were finally on our way to Guthega. Upon arrival at Guthega, we were famished and we cooked our evening meal beside the car, trying to shelter ourselves from the strong, cold westerly. Matt also finalised his packing. By 9.30pm we were on our way, head torches blazing, heading for the “Flying Fox from Hell” with the intention of at least making it to Illawong Hut.

The approaching dawn plus a few cold spots had the three of us up early. Andy had sent an SMS with the camp’s grid reference, so with that knowledge, and some cunning tracking of snowshoe prints, we finally arrived at camp at 10.30am Saturday. Good cheer and friendly banter flowed freely.

Andy and Steve sorted their climbing gear and soon departed for Blue Lake, leaving the latecomers to dig out a platform and to set up the second tent. It took some effort from the three of us to erect the tent while preventing it from ending up in Victoria. A quick lunch followed, then we also headed over Crummer Spur to Blue Lake. It’s amazing how time disappears when in the backcountry and by the time we arrived at the lake we only had time to practice some knee bruising self-arrests on a slick sun crust covered slope. Meanwhile,
Andy and Steve had managed to link up a number of ice slabs and vertical steps in the Amphitheatre, yielding a thoroughly enjoyable alpine route.

That evening we ate dinner in what seemed to be a full on hurricane. The snow walls built around camp did little to reduce the onslaught. Matt and Roz were sitting in the most exposed position and soon they were shivering. They headed to the warmth of their sleeping bags early. Although our tents were fully pegged down, they flapped all night in the wind and all except Andy, who was in the small snow cave, had a restless night’s sleep.

Sunday morning saw everyone up at dawn – the wind unrelenting. Answering the call of nature in these conditions proved interesting (lets not go there)! Matt’s feet were giving him much grief, so he decided to have a rest day in camp, and a list of chores was soon forthcoming (wash the dishes, fill the water bottles, enlarge the snow walls, etc). The remainder of us again headed over Crummer Spur – the effort involved returning warmth to our cold extremities. It was to be a magic day at the lake:

As Roz was new to ice climbing, I headed to a rocky slope on the eastern shore of Blue Lake I call “The Slabs”. It always yields multiple routes up an easy angled slab of ice of about grade WI2−, 40 – 50m high. Some starts have short vertical sections and it is a popular beginners area. We set a good anchor from which Roz could belay. I then gave her a few tips (don’t stand on the rope when wearing crampons, don’t stand below a climber who is wearing crampons, don’t hit the rope with your ice tools, etc, etc….). Then I was off. The ice was thick and plastic as I led up the climb, and I quickly placed two low ice screws to avoid the potential of a factor 2 fall. After about 15m the angle of the slope started to ease. I placed another good screw and felt comfortable in running it out for a while. The climbing was sweet! The top anchor consisted of two solid ice stakes. To the left, Steve was engrossed in his first lead on ice. I pulled the rope in and it was time for Roz to come up…

Roz moved confidently up the route, and was wearing a beaming smile when she reached the belay. Although the slope above eased off, it was still hard and icy, and an unroped fall would have been serious. Roz scrambled further up to a safe spot and knocked in a snow stake. I had cooled off while on belay and moved quickly to join her.

After descending, dodging some falling ice and a bite to eat, we looked for our next challenge. A couple of hundred metres to the left were two vertical steps that looked good. While I was setting the anchor, Andy showed up. He promptly soloed the route I had been spying, claiming the ice was “a bit ordinary”. I shifted my line to the left by about 1m, and placed two low screws, both of which hit the underlying rock and needed tying off. The ice at the top of the first step was thin and rotten, and involved a few delicate moves to surmount. The quality of the ice on and above the second step was even worse – and in the ground fall zone! Above, I placed a screw, snow stake and both tools for the anchor, equalised everything, and it was
pretty ordinary. Calling out to Roz to “climb when ready”, I also added “don’t fall”… Roz climbed up, smiling all the way. She moved left and down climbed an easier slope while being belayed.

To hasten our return to camp, Andy and I demonstrated to the others the delicate art of glissading to descend the eastern slope of Crummer Spur. It was a much better option than plugging steps. The wind had completely stopped by the time we arrived back in camp. Matt’s feet were improving and everyone was on a natural high. We spent a magnificent evening eating, watching Roz demonstrate here fire twirling and staring up at the stars. Matt had a plane to catch, and Andy had to drive to Sydney, so on Monday everyone was up early and ready for the ski/snowshoe out by 7am. Back at Guthega, we all smelt bad but were elated with the trip…. it was all good!
As usual with snow trips, we started our trip with a 5am wakeup on Saturday morning and a rushed drive to Jindabyne. This time however we weren’t just keen to get up to the slopes, we had an important meeting - two guides from the Australian School of Mountaineering in Katoomba were meeting us at Nugget’s Crossing at 8am to begin our snow skills weekend. There were 12 of us, travelling in 3 cars, and unsurprisingly we got there a bit late.

It wasn’t a problem after all, as we then realised we were all deficient in the compulsory safety equipment the guides wanted us to have on our weekend. So we raced round and got whistles, cords for our whistles, goggles and more snow shovels, plus the all important refreshments from the bakery. The guides, SJ (Sarah Jane) and Stu were very patient with our never-ending questions about snow camping equipment. They then told us we were to drive to Dead Horse Gap, and off we set, getting there at about lunchtime.

The sorting of equipment as a major task, though we had perfect clear weather and conditions were fine. We spent a bit of time doing this before leaving the cars (with everyone either carrying a poo tube or a snow shovel) and getting on to the snow. We had a practice run on the snowshoes and then we set off towards Ramshead range. Following a creek crossing and discussion on navigation, we headed up the steep slope. We didn’t get very far before we found that we were all starving and had to stop for lunch - and as is the rule in the outdoors, if one person is hungry, everyone is hungry! The guides had already taught us a lot of useful things about being in the snow - a major one being that keeping hydrated and eating enough is the main way to keep warm and avoid hypothermia. After lunch we built platforms in the snow for our tents, between the trees on the steep slope of the hill. It was a sheltered place and a good location for us all to camp. The guides built a huge kitchen for all 14 of us to cook dinner in, with snow benches and a snow table. Dinner was a mass of stoves and pots with melting snow; and the evening was lovely. The moon rose over the horizon and the clouds cleared. Some of us enjoyed a liquor-strengthened hot chocolate and a stroll in the snow with a view to the stars before going to bed.

We slept pretty well, but the morning was slow going, with everyone busy melting snow, dismantling the tents and tent platforms and packing up gear. Once we finished this the guides talked to us about trip planning and then we did some navigation practice. We learnt how to pace in snowshoes and we practised following a compass bearing. I think everyone wished the Club owned a GPS for us all to use on our next trips! Before we headed back to the cars we practised building snow shelters and we learnt how to build a snow mound. This involved heaping a lot of snow on top of some packs, and then digging a tunnel underneath the mound to create a cavern inside. It was pretty cool, and we were all impressed with how strong snow is to build with.

It rained after we got to the cars, so thankfully we missed the bad weather. The guides farewelled us and we thanked them for the weekend. We all learnt a lot of new information and we felt much more comfortable about camping and leading trips in the snow. It was a great success. We would all like to give Prita Jobling a big THANK YOU for organising the weekend. Thanks also to the ANU SRA for funding the Women In Sport program and to the Australian School of Mountaineering for helping us out.
The Women in Sport Program
by Prita Jobling (Women In Sport Officer)

The Women in Sport Program is funded by the ANU Sport and Recreation Association and is designed to enhance the skills of female club members interested in leading trips. By organising and subsidising training courses for women, the Club aims to increase the number of women leading trips in the Club, and thus increase the number of trips that are run. The Club was successful in applying for and receiving funds for the course again this year, and this is the third year in a row that we have done so.

**Rock Climbing Program**

The Rock Climbing course is run in the Blue Mountains by the Australian School of Mountaineering. Last year the focus was climbing safety and rescue techniques, it also covered setting up top and bottom belays, as well as a little bit on leading. However the course is not set but tailored specifically for us. Last year the instructors were very flexible and were happy to cover the areas we asked for; I have no doubt the same would go for this year. The follow-up weekend is a mandatory part of the program. Run by experienced club members, it is intended that participants will practice what was learnt at the initial instructional weekend.

We are currently booked for the 17/18 September, and I suggest the follow-up should be the 8/9 October. Note that 17/18 September falls on the last weekend of the uni holidays; it was chosen to avoid uni games and the uni holidays as much as possible. However, it is not set in stone and if there is a demand for a different date, I am happy to change it.

To apply for the rock climbing program, please send an email to me (Prita Jobling), with the following information (in the body of the email or as a separate word document):

- Interest in rock climbing
- Interest in the club
- Leadership experience and interest in being a trip leader
- Preferred dates

For further information about this program you can contact me on prita.jobling@anu.edu.au, 6161 6583 (hm) or 0410 643 556.

**Kayaking Program**

The Sea Kayaking Course will run in early October (probably the first weekend in October) in Tathra, on the South Coast, and will be instructed by Dave Winkworth. Interested participants will be required to submit a short application to participate. Further details to follow. Andrew Collins, Sea Kayaking Officer will run this course, and you can contact him at: andrewthecollins@bigpond.com, 0427 809 286.

In the meantime, I highly encourage interested participants to attend the Thursday pool sessions. These are at the Civic Olympic pool, 6.30-8pm and cost $13. They are open to anyone, and are ideal for women thinking of applying for the seakayak WIS program.
To begin with, let’s set the scene. It’s Saturday night of the Queen’s Birthday long weekend and it’s been raining all day. “Apparently as much rain fell today as the average for the whole month” people say, exaggerating over their beers and fireworks in the national capital. A little way south of this scene, before an icy raging stream, of at least thigh depth, are 7 people, unaware of the statistical improbability of that day’s meteorological events. They are an odd bunch, of varying dimensions, ages, nationalities and dryness. They have walked over 20kms already that day, including a couple of hours in the dark. One has fallen into a river, another has been lost and found. Others have found themselves doing things they would not normally do, eating astonishing quantities of cheese and confiding dull stories or appalling jokes to perfect strangers. Many question their judgement in choosing to hike up and down hills in winter. All are keen to find the hut.

Reaching the hut hadn’t been planned on until quite late in the day. Nic, who was leading had planned a 20km walk up to Murray gap where we could camp for the night. Lunch had been very chilly, trying to find shelter under the water tanks of the ranger’s place, somehow always having a hand, neck or sandwich targeted by droplets of rain. Following the saturation of many members of the group the hut was quickly voted most popular accommodation for the evening. Natural variation in walking speeds saw John and Ben striding ahead more often than not and as the afternoon progressed their speed was officially sanctioned if they could find the hut and light a fire. Sore knees and shoulders burst out mid afternoon and the sun disappeared right on the heels of these injuries. So in the dark, mindful of hypothermia and the need to go on, dawned the realisation that we had lost Cheryl. She was in front and ahead and then suddenly she wasn’t there. Mental arithmetic on the distribution of stoves, fuel, tent poles and the like was now in mind, could one fit three people in an Olympus or not? At this point, Kerrie slipped on a shiny wet piece of wood. It was unfortunate that this particular log crossed a stream that she then fell into pack first. Falling into a body of water in this manner, I was later advised, is the last thing you want after you’ve been walking all day. Try as she might, she couldn’t sit up with so many kilos (rapidly gaining weight in the water) on her back and it was Nic to the rescue again. Even more wet than before Kerrie was happy enough, giggling away and was delighted to impart these facts to Cheryl who was met in a few minutes at Murray gap, down jacket on and warm enough.

Gear plays a big part in outdoor life, even without freaks. The discussion of fleece, down and goretex commands exceptional attention and sensibility when one’s own comfort is at stake. Tales of horrific unpreparedness are told. Experience of friends and family are expounded. Occasionally someone will rant against the injustice of proprietary textiles. And not only are individual items compared, priced and assessed but the way in which they should be used. The polypropylene under the merino or vice versa? Are fleece pants only for bed? When to layer up, before or after the crest of the hill? And naturally with all this advice being flung around the trees, there is an awful lot of changing. All were treated to a virtuoso display of feminine

ANUMC bushwalkers stop for a photo at Murray Gap. Photo by Nic Bendeli
topology early on the trip, as Jan extracted various items of clothing while remaining jacketed. The boys especially were intrigued and impressed by this and are possibly practising some topological moves of their own as you read these words.

So now we get to the climax of our tale. Obviously, we are going to meet up with John and Ben. But in what manner? This is how it happened. We crossed the stream, by leaping, lurching and stretching. We were all muddy anyhow. The ground was spongy, marshy and bounced us along. We had seen spots of light in the distance before, head torches? Of other campers? Had other hikers got to the hut first? Our fears were stoked by the sight of an orange fuzz in the distance, a fire, not in the open but shining from within something else. The pace picked up. Shoulders and knees didn’t hurt so much suddenly because this was it. A wooden structure, with a roof and a verandah and a door with a latch that squeaked as we opened it. And there it was. A fire.

Evidently there is more. Ben and John had got there a couple of hours earlier and were busy drying socks. That night Nic broke out wine and the next morning everyone slept in excessively. We walked back along the same path but over two days this time. There was a luxurious campfire on cold (-7) Sunday night and on Monday morning nature displayed her disco wear in a magnificent frost; silvery filigree instead of plants and beautiful frozen puddles, smashed into smithereens by similarly icy trekking poles. There was extensive snacking and treats emerged from everyone’s packs as we neared the end of our trip. But no chocolate, cheese or snoozing on the trip home comes close to that first moment of fire-filled bliss of finding the hut that night.
The recent winter months have been filled with a range of tantalising social events. The first regular monthly slide night for winter in June was an excellent introductory night on mountaineering. Richard Salmons gave a thorough and articulate introduction to the basics of mountaineering, with plenty of good comments and questions from both interested and experienced members of the audience. John McGrath then gave a short, impromptu presentation of some mountaineering slides from France, the pictures complementing nicely Richard’s introductory information.

July’s social night saw a showing of two cross-country skiing videos kindly brought in and introduced by Nic Bendeli. The History of Australian Skiing documentary was particularly interesting and entertaining, including the early Kiandra goldrush days, skiing brake-poles, amazing European ski instructors, and the more poetic side of the mountains. I think everyone, no matter how experienced, would have learnt something new!

Instead of a social night in August there was a welcome BBQ, both for existing members and for anyone wishing to join in second semester. It was a good turnout and nice weather on the day.

Besides the club’s regular monthly events, other events on campus have included presentations by Stefan Glowacz, Doug Scott, and the Banff Mountain Film Festival. I didn’t attend the film festival or Doug Scott’s presentation due to being a poor (and partially lazy) student, though I’m sure they were excellent. Stefan Glowacz’s presentation in June, organised by the Canberra Climber’s Association (CCA) was a very inspiring night. The pictures and stories from Stefan’s many epic climbing adventures, from the tip of South America to the wilds of Canada, with an emphasis on unaided expeditions in remote terrain, captivated the whole audience.

Thankyou to all who have contributed to these events throughout the year, and to everyone who has come along and enjoyed themselves. Keep your eyes peeled for more upcoming events, to be advertised on the noticeboards near reception and the gear store in the gym and via email.
After leaving the uni early on Saturday morning we headed directly to Smiggins car park. Being my first time in the snow ever I immediately made a snowball and observed the gap that snow leaves around tree trunks. Then when everyone was ready we moved to the cross country area immediately above the car park. The snow had formed a hard crust making skiing conditions difficult. We played around on this slope for a while skiing down, trying turns and that damn shuffle.

There was a lot of falling over because the conditions were not great (perhaps being beginners also contributed to this). But as I discovered falling over in snow is no problem at all because the snow, not the skier, absorbs the impact. Soon we began to tire of these conditions but someone discovered that the snow over the other side of the hill was much better.

When I originally looked down the slope, I thought there was no way that I could ski this slope without impaling myself on a tree. “I’m ploughing down this one” I thought. But this snow was much easier to turn on. When I was heading towards a tree I could suddenly go around it. We skied down and walked up a few times before it was time for lunch. After which we stayed on that slope skiing down and walking back up for the rest of the day.

Then as the sun began to get low in the sky we packed up and headed to Island Bend to pitch our tents and have dinner. I have heard tales of fondues and wine and night skiing that night. But I would not know about those things as I went to bed early.

The next day we went back to Smiggins to ski a cross country loop. However, we accidentally took the road to Guthega and ended up skiing a slope down the side of the road. This slope was much steeper and had a nice little rocky creek down the bottom to ski into. But a few of us tackled it anyway which was a good confidence builder. We did this for an hour or so before crossing over the back of Mount Piper and stopping for lunch.

We then split up with the more confident people climbing Mt Piper to look for some green runs to ski down while the rest skied around the mountain looking for an easier way down. I went to the top but when we got there it became apparent that there were no green slopes. So we skied across the slopes, falling over a lot and so on. At the bottom of the hill we waited around for the others, some by the cars and others skiing a bit more in the snow, before finishing up for the day.

In conclusion, my first impression of snow is that it absolutely rocks. It is great fun, you can fall over without hurting yourself and even better, you don’t have to pay loads of money for lift passes to enjoy it as long as you don’t mind waking up hills.
A Snowshoe in Kosciuszko by April Mackey

I recently returned from my first adventure in an outdoors activity in the snow . . . snowshoeing. That weekend in the Snowy Mountains was one of the best weekends of my life. We drove to Kosciuszko National Park and camped part way up the mountain on Friday night.

The next day we woke up before sunrise, ate breakfast, and drove further up the mountain. After parking the cars, we loaded ourselves with gear and hiked to a flat area suitable for camp. The weather on Saturday was actually quite nice, and with all my layers I barely noticed that it was -2 C.

We all pitched out tents, ate lunch and then strapped on our snowshoes to go tromping around. I was so glad that I didn’t know what I looked like because it must have been hysterical watching me try to figure out how to walk with these huge attachments on my feet and holding onto long poles. Remember, I kept telling myself, keep distance between your legs so you don’t step on your snowshoes, keep your feet parallel (damn ballet training) and use the poles to help push you along. So much to think about at once. Plus I had ridiculous plastic boots that were incredibly difficult to walk in even without the snowshoes attached. So before we even really got to start our hike on Saturday, we had to cross a river using a rickety old bridge that swayed with every step you took. A sign was clearly posted “4 person limit.” So did this mean four people with packs or just four people? And if five people were on the bridge would it suddenly snap and would I go falling into the river onto the rocks several meters below?

Crossing that bridge was one of the scariest things I’ve ever done in my life. My poles clenched in one hand and my backpack strapped on tightly, I held onto the wires and took baby steps across the bridge, trying not to look down. Then once I reached the other side, I had to turn around and walk down a ladder with huge, awkward boots so I didn’t feel safe until my feet were touching the snow. Once that ordeal was finished, I could have fun walking around with my clunky snowshoes and enjoy the scenery.

We hardly saw any trees, just snow covered hills. It was so beautiful. Our goal was to reach a summit and watch the sunset but the mist set in so we could hardly see anything. Instead, we decided to have fun practising how to stop ourselves if we fell down an icy slope. We would sit down and push ourselves down the hill, kicking and screaming, and then grab right above the basket and dig our poles into the ground. The slopes weren’t that icy so we didn’t slide all that much, but it was fun just the same. We decided to return to camp before the sun set, back over all the hills and the rickety bridge, and rewarded ourselves with the best tasting instant pasta I’ve ever eaten. At 8:30 we crawled in our sleeping bags and this time, determined not to be cold, I put on every piece of clothing that I had brought with me...6 layers on bottom, 8 layers on top. We talked a few minutes but by 9 we were definitely all asleep and I slept considerably better than the night before.

The next morning, Sunday, the sun shone through the tent and I forced my eyes open, mentally preparing myself to get out of my sleeping back, out of the tent, and into the cold wind. After breakfast, I discovered that the sole to one of my uncomfortable plastic boots was coming off, so Nic (being a resourceful mountaineer) wrapped a piece of gorgeous hot pink string around my heal. Oh man I could have been on a runway. So I strapped on the gaudy snowshoes and we all headed off in the opposite direction of that crazy bridge. We reached a much higher elevation than the previous day, and after looking at the frosty leaves Nic declared that this area had not been above 0 degrees in a while.

As the morning progressed the wind seemed to pick up speed and the hills seemed to get steeper. We all staggered to keep from falling over. Yes, the whole scenario reminded me of something I would see in a movie. At one point, Nic checked his instruments, guessed that the wind was about 25 miles per hour, and calculated that the temperature was approximately 5 F... otherwise known as cold. So we headed back to camp, ate lunch, packed up, and walked back to the cars. Although, by this time the sole of my boot was completely detached and was only hanging on by the string.
So I was forced to wear my snow shoes on the walk back to the cars, even though this was not proper terrain, because they would ensure that my sole stayed attached. The slopes were quite steep, making it difficult to walk. I could feel the plastic shoes creating bruises on my shins, but desperately tried to focus solely on keeping my balance on the slope and while walking through bushes. And let me tell you, bushes and snowshoes just don’t go together.

I don’t think I could have been happier when I finally saw the parking lot. We loaded up the car and drove back into town, watching the beautiful sunset over the mountains. That scene reminded me so much of Arizona. The pink clouds covered the horizon, leaving a layer of clear blue sky just above the mountains. It was such a great way to end the trip. And, of course, my bed felt better on Sunday night than it has felt the entire time I’ve been in Australia.

On a trek over Bob’s Ridge (not related to the above story). The Victorian Alps in the background. Cascade Hut Snowshoe Photo: Dom Bakker.

Sam not missing the opportunity after Mica finds a hollow snow drift. Cascade Hut Snowshoe, July 2005. Photo: Dom Bakker

Trip leader getting carried away before leaving Cascade Hut. Photo: Dom Bakker.
Coach Nathan was afraid, very afraid. He was trying to remember how he had been talked into this, and wondering whether it was too late to hitchhike back to Canberra.

Anja, Bec, Cheryl, Jo, Prita and Rhonda were standing at the Munyang power station, making all manner of eye-contortions an in effort to locate a patch of white on the selected course ahead. We had come to practice cross-country skiing and snow-craft, however this looked to be a futile endeavour. Despite a reported 7cm fall the previous night, the ground before us was pathetically snow deficient. After a few muttered curses and some quick negotiations we decided to try our luck elsewhere.

Following a bumper to bumper drive we finally set off from Guthega about 11:30am. Alas, even here we had only marginally more success and the skis were off after a kilometre (and several more muttered curses). We followed the Guthega Pondage along the valley for a bit, before being lured by the fresh white gleam calling to us from the slopes. In a moment of questionable sanity, we left the valley and set off up the hill. What followed was a lot of huffing and puffing, a bit more cursing, much consumption of chocolate and scroggin, and very little skiing (with the exception of Coach Nathan who glided alongside us with the grace of a swan). Everyone was delighted when he chose the campsite and could dump our packs to practice some unencumbered skiing on the lovely powdery slopes.

This did mean that we didn’t fit in quite as much snow construction as we had hoped. We did put our shovels to some use, building cosy tent sites with vestibules and wind breaks. Cheryl and Nathan built a magnificent kitchen, complete with a surrounding wind-break wall. There may have been some underestimation of arse-size, though this did have the significant advantage of maximising body-warmth.

Highlights included: the perfect lunch spot – on a lovely boulder by the water; a perfect-ish campsite – in a nestled clump of trees at the top of the knoll which looked down over the valley; sitting in our lovingly crafted kitchen as we watched the horizon fade to purple and fuchsia.

The weather really started coming in the next day so
ANUMC Member and current President of the ACT Rogaine Association Emma Murray was the surprise winner of the Women’s section of the World Long Distance Mountain Running Championships in July this year. She was the only Australian entry and she beat 570 male competitors. The course was 42km long with a 2000m ascent in the first 21km. Emma completed the course in 4 hrs 37 minutes 42 seconds. The next female competitor was 18 minutes behind.

Emma began rogaining with the UNSW outdoors club while at university, and continued this hobby after arriving in Canberra to work at Geoscience Australia in 2001. She has developed her endurance and athletic talent since then by continuing to take part in rogaines (winning a number of championships), taking part in the Three Peaks challenge (and completing it in under 24 hours) and competing in the Six Foot Track race (in which she came 8th out of 700 runners).

The ANU Mountaineering Club would like to congratulate Emma on her achievement and wish her all the best for the future.
ANUMC ANNUAL GENERAL MEETING
26 October 2005

Nominations needed for all positions on the ANUMC Committee and Executive

THE COMMITTEE
The committee is made up of two parts, the “executive” committee and the non-exec committee. The exec committee members are elected by a quorum of members at a general meeting, ie at the AGM on Wednesday 26th of October and the rest of the committee is then appointed by the exec.

For those of you who are thinking about joining the ANUMC committee but aren’t sure what’s involved, below is a detailed description of each of the jobs. These should give you a general idea of what needs to be done, but there’s no rule book and really its up to you what you make of it. There’s no need for it to be as boring as it might sound! We are particularly keen to get students, especially undergrads, on the committee. You don’t need to be a public servant with extensive experience of being on committees! Feel free to ask current or past committee members about what’s involved, they’ll be happy to talk to you. If you don’t know who to ask or how to contact them let me know and I’ll point you in the right direction.

Annabel Battersby, Returning Officer, 2005
Email: beianna@hotmail.com

The ANUMC Executive

PRESIDENT
Provides leadership and direction for the ANUMC. Responsible for managing and maintaining an overview of all of ANUMC activities including administration, finance, social and outdoor activities. The President is the primary contact between the ANUMC and the ANU Sports & Recreation Association, and other outside bodies in both business and legal matters. Reports to the Committee on all dealings with the Sports Union and other bodies since the last committee meeting. Chairs regular meetings of the ANUMC Executive and/or Committee. Convenes the Annual General Meeting (AGM) and delivers to the AGM the President’s report. Coordinates the preparation of the annual report to the Sports Union. Assists the ANUMC Executive in the pursuit of the ANUMC’s aims.

VICE-PRESIDENT
Acts for the President when the President is absent. Works with the President towards the achievement of the ANUMC’s goals. Provides a secondary contact for the ANUMC. Takes responsibility for monitoring numbers of trips in the club (ie takes on role of trip convenor) and collates statistics on trip numbers. Provides information on trip statistics to Treasurer, SRA and the Club as required. Assists the Executive in the pursuit of the ANUMC’s aims.

SECRETARY
Convenes regular meetings of the ANUMC Executive/Committee in conjunction with the President. Ensures all members of the Committee are informed in advance of the time and location of these meetings. In consultation with the President, prepares and distributes to all committee members an agenda for consideration at meetings. Produces accurate summary records of ANUMC meetings and distributes them in a timely fashion to all members of the committee. Regularly checks the ANUMC pigeonhole for correspondence. Opens, deals with and, where appropriate, responds to all ANUMC correspondence. Reports to the Committee on all correspondence received since the last Committee meeting. Ensures that all correspondence and meeting records are filed and preserved in an appropriate manner in the ANUMC’s archives. Maintains the ANUMC’s archives. In conjunction with the Database Maintainer, maintains records of the ANUMC’s membership. Ensure copies of all ANUMC publications are available to members. Assists the Executive in the pursuit of the ANUMC’s aims.

TREASURER
Responsible for the ANUMC’s finances. Ensures the
ANUMC maximises the use of its available funds. Provides appropriate financial reports to each committee meeting. Ensures a high level of integrity for all ANUMC financial transactions. Coordinates the preparation of the ANUMC’s annual budget and ensures the budget is adhered to. Alerts the Committee to any significant deviations from the budget. After ensuring their validity, pays all invoices and accounts presented to the ANUMC. Presents a report of the ANUMC’s financial position at the AGM. Assists the Executive in the pursuit of the ANUMC’s aims. ANUMC’s annual introductory weekend (Big Days Out). Ensures all money received during social functions is paid to the Treasurer. Assists the executive in the pursuit of the ANUMC’s aims.

SOCIAL OFFICER ACTIVITY OFFICERS
Coordinate activities within the ANUMC as required by the Executive from time to time. Assist the Executive in the pursuit of the ANUMC’s aims and contribute opinions at Executive meetings. Assist with and manage special projects (ie First Aid Courses, assist with Market Day, Slide nights, BBQs and Annual General Meeting.

TWO (2) GENERAL OFFICERS
Coordinate activities within the ANUMC as required by the Executive from time to time. Assist the Executive in the pursuit of the ANUMC’s aims and contribute opinions at Executive meetings. Assist with and manage special projects (ie First Aid Courses, assist with Market Day, Slide nights, BBQs and Annual General Meeting.

Non-Executive Committee Members

FOUR (4) GEAR STORE OFFICERS
Responsible for the management and maintenance of the ANUMC gear store. The gear store officers ensure that ANUMC Gear Store is open during the specified hours and the ANUMC’s “Gear hire rules” are adhered to. Responsible for keeping the ANUMC’s equipment (including Kayaking equipment) in an organised and tidy manner. Regularly check ANUMC equipment for damage. Ensure that damaged gear is repaired or replaced in a timely manner. Maintain an inventory of the ANUMC’s equipment and advise the committee of any significant items lost, stolen, missing or damaged or any other problems with gear.
Coordinate the purchase of ANUMC equipment in conjunction with the Treasurer and Activities Officers. Arrange and coordinate at least one gear store inventory and working bee per year.

THREE (3) EPIC EDITORS
Prepare a quarterly newsletter (The Epic) to inform ANUMC members about the activities of the ANUMC. Prepare a quarterly Fridge Door (paper copy) to inform ANUMC members about the trips with the ANUMC. Ensure this newsletter is produced in a timely fashion and to a high standard. Assist in the production of other ANUMC publications as required.

WEB SITE and WEB FORM MASTER (2 positions)
Maintains and updates the ANUMC World Wide Web site. Ensures an electronic copy of the Epic is available in a timely fashion on the site. Web Form master manages electronic trip submission form.

DATABASE MANAGER
Maintains the ANUMC’s membership database and email lists and prints mail labels for each newsletter. Supplies membership information for club audit.

TRIP COORDINATOR
Coordinate the activities of the ANUMC in their designated area. Ensure that at least five official ANUMC trips are run in their designated area (at least two trips for ice climbing) each year. Approve all activities undertaken by the ANUMC in their area. Approve all ANUMC trip leaders in their area. Provide the Executive with a list of all equipment required by the ANUMC for use in their area. Coordinate the provision of appropriate safety training in their area. Ensure that safety guidelines and procedures in their area are up to date and adhered to by all trip leaders and participants.

The ANUMC currently has officers for the following activities:

- Bushwalking
- Rock Climbing
- Mountaineering/Ice Climbing
- Kayaking
- Sea Kayaking
- Mountain biking
- Climbing Wall
- Orienteering & Rogaining
- Cross-country Skiing
- Canyoning
Square Rock Daywalk
by Mark Maslen

Snow, sunshine, fine food and company, and a widely international flavour. Not a European ski resort - but a fun daywalk to Square Rock - a granite perch featuring a rewarding view of the Brindabella region. Led by Sam Keech-Marx, the trailhead for this walk is an easy 30-minute drive from the ANU sports union. Along the way the terrain gives the visiting hiker a nice sampling of the kind of terrain seen in the local Namadgi area. It was a great day for international visitors to see what the Canberra region has to offer - participants on this trip came from as far away as Germany, USA, Russia, Poland, Austria, France, Holland, and Japan. In addition to the excellent view of the Brindabellas, the health-conscious nature of outdoor-types was on display during a lunch at the Square Rock vantage point. Certain hikers (who shall remain anonymous!) discussed their hangovers whilst enjoying Doritos, dark chocolate, and Savoury Shapes. Said hangovers were temporarily forgotten when a snowball-fight broke out after unsuspecting participants were ambushed on their return from a short side trip to a view of the Orroral valley!

Interest in this trip was very high and a fun day was had by all - so any club members looking to start out with trip leadership might want to think about opening their account with another daywalk to Square rock. Thanks to Sam for organising a great day in the local hills!
Review of Stefan Glowac’s Presentation by Ben Davies

Recently, the CCA and ANUMC successfully managed to convince (ie. fund) German climbing ace Stefan Glowacs on a racing visit to Canberra. This provided the opportunity for him to present some video and slides of his climbing exploits of the early 80s to today. The show was well attended by Canberra climbers, the entire lecture theatre being completely packed by enthusiastic patrons. We were not to be dissapointed...

The presentation started with music and a sequence of classic shots, including Stefan’s barefoot solo of the stunning Kachoong (21) at Mt Arapiles. After describing some of the early days of competition climbing in the mid 80s, he moved on to describe his alpine sport climbing achievements. This includes ascents of long, hard, multipitch sport routes, ranging from 7-13 pitches of grade 30/31 climbing. Afterwards, he moved on to describe some of his other expeditions. These included trips featuring kayaking, bushwalking, aid climbing, and alpine climbing. Many sections of the presentation were accompanied by a varied musical score. At one point, as Stefan described a 450m rap ‘descent into hell’, Oz’s very own AC/DC with their classic “Hell’s Bells” began blaring out of the speakers. Whilst some amazing pictures graced the screen, I was mildly amused to note an unnamed EPIC editor beside me doing some ‘mild headbanging’ to the music (stopping short of air guitar however).

Scattered throughout the presentation were short, well crafted video segments, something which haven’t really been used much in many presentations. This provided an interesting look into climbing expeditions and the characters who join them. Eventually, the presentation reached an end after an amazing segment about alpine climbing in Patagonia.

Overall, the high quality images, video and music made for the best climbing presentation I’ve seen to date. It has certainly set the quality bar higher for any future slideshows. Without a doubt, this would have had to have been one of the best climbing presentations to date, if not the best...

ANUMC
Annual General Meeting
26 October 2005

- **What?** The ANU Mountaineering Club Annual General Meeting - Free BBQ followed by voting in the new executive, presentations of the President’s and Treasurer’s reports, awards and a speaker/slideshow. This year’s slide show will be by Aat Vervoorn, ANU lecturer and mountaineer.
- **When?** Wednesday, 26th October - 5.30pm BBQ, then 7pm for the Meeting, 8pm for Slide Show
- **Where?** Haydon-Allen courtyard BBQs then MCC theatre or the Tank (TBA) on ANU campus.
- **Why?** To eat a free BBQ, catch up with other members, take part in voting for the next year’s executive, see a fantastic slide show and see the end of year awards ceremonies (plus bonus presentations involving lego…).
**Who?** Contact the Social Officer Sam Beckman with questions: ph: 0418 293 502, greentreecow@yahoo.com.au
### Distance

<table>
<thead>
<tr>
<th>Distance</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>S (hort)</td>
<td>under 12km per day</td>
</tr>
<tr>
<td>M (edium)</td>
<td>12-20km per day</td>
</tr>
<tr>
<td>L (ong)</td>
<td>over 20km per day</td>
</tr>
</tbody>
</table>

1km is added to the stated length of a walk for each 100m of height gained.

### Difficulty

<table>
<thead>
<tr>
<th>Difficulty</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>E (asy)</td>
<td>all on good tracks / fire trails, over flattish ground</td>
</tr>
<tr>
<td>M (edium)</td>
<td>some off-track walking or with possible mild bush bashing or rock scrambling and some up and down, but mostly on reasonable tracks</td>
</tr>
<tr>
<td>R (ough)</td>
<td>steep climbs, heaps of bush-bashing, rock scrambling, stinging trees, blackberries, etc.</td>
</tr>
<tr>
<td>W (et)</td>
<td>compulsory swims, walking through rivers and swamps</td>
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**Gibraltar Peak day walk**  
**26/8/2005**

A lovely half day walk to Gibraltar Peak in Tidbinbilla Nature Reserve. The walk is steep but short (about 1 hour up), and the view from the top is well worth the effort. We’ll have lunch in the sun on top of the massive granite boulders, overlooking the valley back towards Canberra. We’ll leave at 9am, and will be back by 3pm. (This trip originally 19/8, now postponed 1 week to 26/8)

**Trip leader:** Ulla Keech-Marx  
**Email:** keechmarx@netspeed.com.au  
**Phone:** 02 6262 7576 (h)  
0408 647 665 (m)

**Pretrip:** 1/1/1970 gearstore  
**Costs:** $5 petrol  
**Wet trip?** no  
**Difficulty:** easy

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This 3-day course covers many first aid situations and teaches specific skills needed in remote areas such as airway management, limiting infection, evacuation, basic survival skills and caring for a casualty over prolonged periods. The course includes theory sessions at the ANU, and practical sessions in the bush, including some at night. Suitable for any Club member, and highly recommended for trip leaders and those who go on trips to remote areas. A current Senior (Level 2) First Aid Certificate and completion of a workbook are prerequisites for this course. Both of these prerequisites are COMPULSORY and you will not be able to complete the course without them. A first aid manual and the workbook (which will take several hours to complete) are both included in the cost and will be handed out at the pretrip. Get in touch early to reserve your spot. Those who registered their interest at the trip leaders’ meeting should reconfirm that they can definitely make it on these dates.

**Trip leader:** Sam Keech-Marx  
**Email:** sam_keechmarx@yahoo.com.au  
**Phone:** 6161 9044 (h)  
0419 699 044 (m)

**Pretrip:** 18/8/2005, 5:30 gearstore

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**Mt Townsend Snowshoe 27/8/2005 - 28/8/2005**

This is a serious overnight snowshoe adventure for those with previous snowshoeing, XC-skiing and/or snow camping experience. The plan is to take the Kosciuszko Express chair lift from Thredbo to the Top Station (1920m) and then proceed 4.5km along the route of the Kosciuszko Walk to Rawsons Pass (2110m) at the foot of Mt Kosciuszko (2229m). Time permitting we’ll summit Australia’s highest peak before continuing a further 3km to establish camp in the relative shelter of Wilkinsons Creek valley (1940m) at the foot of Mt Townsend (2209m). It is this, Australia’s second highest summit, that is our primary objective, one that we’ll conquer either Saturday afternoon or Sunday morning before returning back to Thredbo Top Station for the ride down to the resort. The views from Mt Townsend especially down to the Geehi Valley (1800m below) are second to none. Seeing them in winter will be

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For more information on any trip, please go to the ANUMC website (http://anumc.anu.edu.au) or contact the trip leader directly.

All pre-trips are held at the Gearstore unless otherwise organised by trip leader.
amazing. Definitely NOT suitable for beginners. Weather will be a critical consideration for this trip. We don’t want to be caught in a blizzard on the Main Range!

Trip leader: Mika Kontianen  
Email: mika.kontianen@ag.gov.au  
Pretrip: 10/8/2005 5:45pm Thursday, 25 August

**Mountain Bike Skills 27/8/2005**

Ever wanted to know how to climb better or descend better on a mountain bike or just want to practice some beautiful single track well this is the opportunity.

The plan is to meet at a civilised time of 10am then head to Mt Majura where we’ll have fun with trees/rocks/gullies/dirt/dust or maybe even mud.

After practicing these new found skills we’ll head to Edgars (Ainslie shops) to brag.

Trip leader: Cheryl Woods  
Email: Cheryl.woods@ag.gov.au  
Phone: 0412 312 991 (m)  


Here’s a trip for snowboarders wanting to break free of the resorts, explore the alpine backcountry and ride untracked snow. The plan is to snow shoe out from Guthgaa, set up camp near Twynam Creek and then do some runs around the area in the afternoon. If we’re keen we might get creative with the snow shovel and make a neat little kicker for some messy landings. The next morning (depending on the weather) we’ll hike up Mt Twynam, hopefully enjoy some fantastic views and then ride the 2km run back to camp.

For this trip you’ll need to have snow camped before and be a confident board rider. We’ll use the club’s snow shoes and hire snowboards. Please contact the trip leader for more info prior to the pre trip meeting.

Trip leader: Dominic Bakker  
Email: dominicbakker@yahoo.com  
Phone: 62567583 (w) 0409330199 (m)  
Costs: $30


I would like to ski Kiandra to Thredbo this year. I anticipate taking about five days if the weather co-operates. A likely route would start from Kiandra or Selwyn, staying at Happys, Mackeys and Mawson Huts, then a final night on the Main Range before exiting via Kosciuszko and Thredbo. Fast conditions could make for a shorter trip. There are a number of early exit options (Munyang, Guthega, Charlotte Pass) should the weather turn foul in the latter part of the trip. Flexibility in terms of departure date is needed to choose the best weather window; I figure the 9 days between these two weekends should be enough. You would need to be proficient in the snow and on skis, and happy to ski 20km+ each day. Seeking expressions of interest at this stage - email me!

Trip leader: Matthew Hollingworth  
Email: mholling2607@lycos.com  
Phone: 6283 2024 (w) 0404 021 682 (m)  
Costs: $40


A beautiful relaxing 5-day walk in the Nadgee-Croajingang Wilderness. Yes, it is the same walk I always do (can’t get enough of the place!) The landscape is spectacular, including long deserted beaches, salt and freshwater lakes, headlands, cliffs and ocean ocean ocean!

It is usual to do the walk in 4 days, but we’ll take it easy and spend 5, leaving plenty of time to swim, read, birdwatch, build sand castles, cook etc. Not recommended for peakbaggers and other fast-paced types, unless you can curb your speedy tendencies!

We’ll leave on Friday afternoon, as early as possible, for the 4.5 hour drive to merrica ranger station. The next morning we’ll do the car shuffle before we start walking. We’ll be out for 5 days/4 nights, returning home on the following Wednesday night (lateish).

Although this is quite an easy walk, it is in a remote area and so is only suitable for those with previous overnight walking experience with a full pack. Those with first aid qualifications and a cheerful willingness to carry lots of goodies to share will get priority :-)

If you’re interested, get in touch ASAP as numbers are strictly limited to 6. The dates are a bit flexible (within the uni break).

Trip leader: Sam Keech-Marx  
Email: sam_keechmarx@yahoo.com.au  
Phone: 6161 9044 (h) 0419 699 044 (m)  
Pretrip: 11/8/2005 Tues Aug 23rd, 5.30pm at the gear store

Australia’s premier traditional climbing area, amazing orange cliffs rising out of the Wimmera plains. The climbing is awesome at all grades with the 8’s being every bit as good as the 28’s, everything from short gymnastic boulder problems to long pleasant multipitch rambles. With the wildflowers blooming and cool days it is the time to experience the magic of arapiles. In short, there is something to please everyone regardless of experience. Beginners are welcome, however some outdoor experience is required (a weekend or a couple of day trips is plenty) and numbers will be limited by leaders and transport available. The tentative plan is to head down overnight on Friday and to come back the following Sunday (10th), however this depends on the availability of transport and if it doesn’t suit let me know and I will see what I can do.

Trip leader: Clancy Pamment
Email: overflow50@gmail.com
Phone: 02 62471147 (h) 0403736596 (m)
Pretrip: 9/8/2005 Thurs 1st Sep 5.30pm


You have looked at the peaks around the Main Range and yearning to improve your technique (or confidence) to ski them.
Two day trips to learn better turning technique and apply them in a mild setting with mates around to pick up the pieces after you crash.
On Sat we will do the “Black Diamond Tour” of the Perisher Range. Sat night will be instructional on the nigh slopes of Perisher. Sun will be a day trip to Mt Tate and descent of the western slopes and then descent of the East Face of Tate.
There will be instructionals along the way, especially on the usage of skins and mild-steep terrain technique
Pre-Requisites: 1) Steel edge skis with heavy duty cable bindings, plastic boots and skins 2) Able to bushwalk 20 km a day 3) Able to handle confidently and competently blue slopes at Thredbo/Perisher. If you cannot ski at least on the blue slopes at the resort NOW is the time to start practising :-)

Trip leader: Nick Bendeli
Email: bendeli_anumc@care2.com
Pretrip: 10/8/2005 online email


Another very easy ski trip with exactly the same plan as last time! Leave Canberra at a reasonable hour on Saturday morning and find somewhere easy to ski near Perisher. Car Camping at Island Bend that night and on Sunday either more of the same or perhaps a short day trip. Because I expect novice skiers and the fact that there is another ski trip this weekend numbers are limited to 1 car.

Trip leader: Garrick Larkin
Email: u3299815@anu.edu.au
Phone: 0404 292 691 (m)
Pretrip: 1/9/2005 17:45 Gearstore


Back by popular demand! Square Rock is a collection of gigantic granite boulders in Namadgi National Park, with great views of the nearby Brindabellas. This classic ACT bushwalk is short (about 7.5 km return) and close to Canberra. Hence we can get off to a late start (9:30 am) and get back with plenty of time in the afternoon to warm up with coffee and a plate of chips at All Bar Nun afterwards! Email me to register your interest.

Trip leader: Tim Barrows
Email: Tim.Barrows@anu.edu.au
Pretrip: 1/9/2005 17:45 Gearstore


It’s been a long dry year for creek paddlers but by this time, hopefully, snowmelt will be adding some decent flow to some of the the rivers nearby Canberra. This kayaking trip will be either a day paddle somewhere along the Murrumbidgee, or an overnight camping/paddling trip nearby, (options include the Goobarragandra, Goodradigbee, Thredbo, and Deua Rivers). Actual destination will be decided closer to the date depending on the weather, experience and preference of participants. Some kayaking experience in turbulent water will be required, eskimo roll may be advisable. The water will be cold and probably the weather too, so wetsuits, cags, thermals, etc will be essential. Numbers may be limited by transport logistics so cars with towball/rooftracks will have first preference.

Trip leader: David Boland
Phone: 6161 0464 (h) 6272 1588 (w)
0427548139 (m)
Pretrip: 11/8/2005 email first, then Thursday 8/9/0


With the start of Spring, time to ski in the sun on the Main Range. We’ll camp close to Thredbo so we don’t have to carry packs very far. Then some nice skiing around the Ramsheads or down to Cootapatamba Hut interspersed with gourmet cuisine, of course. Beginner? Best if you have at least tried skiing, so email me if in doubt...
THE EPIC

Trip leader: Richard Salmons
Email: richardsalmons@yahoo.com.au
Phone: 0422 55 25 45 (h)
Pretrip: 8/9/2005 17:30 Gear Store
Costs: tba
Wet trip? no
Limit on numbers: 7
Difficulty: Easy


You are starting to turn around the peaks of the Main Range and looking at consolidating your technique as well as learning to combine skiing with mountaineering.

This w/e we will camp somewhere below Blue Lake and learn how to use ice-axe + crampons to ascend, self arrest and do simple abseils off snow anchors. We will also have try to ski some of the slopes around Blue/Club/ Anton.

There will be instructionals along the way, especially on the usage of skins in mild-steep terrain technique

Pre-Requisites: 1) Steel edge skis with heavy duty cable bindings, plastic boots and skins 2) Able to bushwalk 20 km a day 3) Able to handle confidently and competently blue/ black slopes at Thredbo/ Perisher. 4) ensure that your crampons fit properly on your boots BEFORE we head out. If you cannot ski at least on the blue/ black slopes at the resort NOW is the time to start practising :-)

Trip leader: Nic Bendeli
Email: bendeli_anumc@care2.com
Pretrip: 10/8/2005 online email
Costs: $45
Wet trip? no

Senior First Aid Course DUE TO POPULAR DEMAND 24/9/2005

This is the basic general first aid qualification and everyone should seriously consider this course. The aim of this course is to develop a student's competence and confidence in providing emergency first aid. This includes calling for help, the ability to respond to first aid situations, casualty assessment, decision-making, and basic life support functions including expired air resuscitation (EAR) and cardiopulmonary resuscitation (CPR). This course covers adult and child conditions, and is valid for 3 years. The course will run from 9-5 and will be held on campus, venue to be confirmed. There is a compulsory workbook

Light to Light walk, Ben Boyd NP 30/9/2005 - 3/10/2005

This beautiful three day walk covers 31km of dramatic coastline in Ben Boyd National Park.

We'll start at Green Cape Lighthouse in the South and walk through to Boyd's Tower in the North, via headlands and sheltered coves, red rocky outcrops and pristine beaches. We'll be taking it easy, hanging out on the beaches and enjoying the sunshine (hopefully!) We'll leave Friday night and do the car shuffle thing in the morning before starting the walk. We'll be back late Monday night. Suitable for reasonably fit people with some overnight walking experience. (This is a rescheduling of the May walk.)

Trip leader: Ulla Keech-Marx
Email: keechmarx@netspeed.com.au
Phone: 02 6262 7576 (h) 0408 647 665 (m)
Pretrip: 27/10/2005 17:30 gear store


Continuing our series of w/e this is the final one. We put into practice everything we have learned up to now and some more. This time we will return to below Blue Lake campsite and practice doing some skiing in the afternoon. On Sunday a dawn start to climb up using ice-axe/crampons and travel to ski Little Austria and whatever else. In the afternoon we practice snow belay and protecting mates. On Monday we put everything together and a dawn start to climb out to The Sentinel. Given snow conditions, the ski down The Sentinel is a great way to finish the season!!! Keep in mind that the usual October Long w/e blizzard may put a dampener on the activities.

There will be instructions along the way.

Pre-Requisites: 1) Steel edge skis with heavy duty cable Able to bushwalk 20 km a day 3) Able to handle confidently and competently black slopes at Thredbo/ Perisher. If you cannot ski at least on the blue slopes at the resort NOW, NOW is the time to start practising

Trip leader: Nic Bendeli
Email: bendeli_anumc@care2.com
Pretrip: 10/8/2005 online email

Cocktails on the Castle XII 7/10/2005 - 9/10/2005

A fine ANUMC tradition lives on! Join us for an evening of cocktails and fine food while watching the sun set from the summit of one of the finest flat-topped mountains in Australia - the Castle. Admire the spectacular views of the Budawangs in style in your best dining attire. The 6km walk to the top includes an 800m ascent on fire trail and a wooden stepped track, with a few rock scrambles to the top using ropes to haul our packs up (not technically rockclimbing, but also not for the faint-hearted, so if you're scared of heights I recommend that you talk to me before you sign up). We'll take it nice and easy to allow for all the extra weight in our packs.

THE EPIC
I'd like to leave Canberra on Friday night if possible to allow all of Saturday for the climb - I guarantee you'll appreciate the extra time on top of the mountain once we get there. Black Tie dress code obligatory!

**Trip leader:** Bronwen Davies  
**Email:** bronwen.davies@webone.com.au  
**Phone:** 62923240 (h) 0408251020 (m)  
**Pretrip:** 4/10/2005 17:45 Gear Store  
**Costs:** Petrol costs + $15 for cocktails  
**Wet trip?** no  
**Difficulty:** medium  
7/10/2005 - 9/10/2005

**Cocktails on the Castle XII - The Long Way**  
8/10/2005 - 9/10/2005

First read the info for the Cocktails at the Castle Trip because this trip is the same except that we are walking to the Castle from the Wog-Wog entrance rather than from Long Gully.

The main advantage of this route is more spectacular scenery including Monolith Valley! The other advantages are that the driving time is almost halved and Wog-Wog is 500m higher than Long Gully. Of course the catch is that the walk is much longer than from Long Gully (~ 21km per day) and because there is a Cocktail Party to get to we will need to walk at a reasonable pace. For these reasons the walk is difficult and is limited to experienced bushwalkers.

**Trip leader:** Garrick Larkin  
**Email:** u3299815@anu.edu.au  
**Phone:** 02 6161 3010 (h) 0404 292 691 (m)  
**Pretrip:** 4/10/2005 17:45 Gear Store  
**Costs:** Petrol costs + $15 for cocktails  
**Wet trip?** yes  
**Difficulty:** difficult  
7/10/2005 - 9/10/2005

**Leadership Weekend 22/10/2005 - 23/10/2005**

If you are keen to get feedback on your leadership skills and learn useful hints from experienced Club trip leaders on trip leading, consider signing up to this weekend. We will go out to a campsite in Namadgi National Park, and take part in a whole range of fun and interesting excercises (such as the 'Black Hole' problem solving task and the 'Inward Bound' nav excercise).

**Trip leader:** Annabel Battersby  
**Email:** beianna@hotmail.com  
**Phone:** 6249 7336 (h) 0404 020 549 (m)  
**Pretrip:** 20/10/2005 18:00 Gear store  
**Costs:** Petrol Costs to Namadgi  
**Wet trip?** no  
**Limit on numbers:** 9  
**Difficulty:** medium  
21/10/2005 - 23/10/2005

**Arapiles Summer Sojourn**  
3/12/2005 - 11/12/2005

If, like me, you couldn't quite manage the time-off for Clancy's trip in Spring-time, then why not take advantage of the warmer, longer days and come in early December for a week of wonderful climbing at Australia's trad climbing mecca, Arapiles, located on the Wimmera plains in Victoria. The climbing is fantastic, with lots of easy grades for people learning to lead and lots of really challenging climbs for those more advanced. I've only ever been to Arapiles in Spring-time, but I believe it can get quite warm in December, so bring some summer clothes!! As usual, the limit on numbers will depend on available cars and experienced leaders.

**Trip leader:** Bronwen Davies  
**Email:** bronwen.davies@webone.com.au  
**Phone:** 62923240 (h) 0408251020 (m)  
**Pretrip:** 29/11/2005 17:30 Gear store  
**Costs:** Approx $100 petrol + camp fee  
**Wet trip?** no  
**Difficulty:** medium  
7/12/2005 - 11/12/2005
Program of weekly events

All Weekly events are FREE to Club members, unless otherwise indicated.

Monday Evening:
Climbing at the ANU Gym
530pm - 8pm
Contact: Clancy Pamment

Tuesday Morning:
Dawn Paddling
ANU Boat Shed
630am - 8am
Contact: David Boland

Mountain Bike Ride
Majura Pines
630am from MacKenzie Street (Map 50 Grid Reference F5 Yellow Pages)
Contact: Cheryl Woods (0412 312 991)
PLEASE ALWAYS RING TO CONFIRM TIME AND ATTENDANCE

Tuesday Evening:
Afternoon paddling
ANU Boat Shed, 6.pm – Dusk
Contact: Matthew May (0408 929 503)
matthew.may@anu.edu.au

Post-Trip Socialising
ANU Bar, 6.15pm onwards
Drop by after returning your gear to have a drink while sharing exaggerated stories of your recent exploits.

Wednesday Evening:
Climbing at the ANU Gym
530pm - 8pm
Contact: Clancy Pamment

Thursday Morning:
Dawn Paddling
ANU Boat Shed
630am - 8am
Contact: John McGrath 61619049 (h)

Thursday Evening:
Women’s Climbing Night
6pm - 8pm
Contact: Marta Cielinski, marta@rsc.anu.edu.au

Friday Activities yet to be Arranged

Afternoon paddling
ANU Boat Shed, 6.pm - Dusk
Contact: Andrew Collins (0427 809 286)
andrew.collins@hic.gov.au
General enquiries should go to the club mobile: 0418 293 502. But, anyone listed below is more than happy to talk to anyone about the club and its activities.

### Executive

<table>
<thead>
<tr>
<th>Position</th>
<th>Person</th>
<th>Home</th>
<th>Mobile</th>
<th>Work</th>
<th>E-mail</th>
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<tbody>
<tr>
<td>President</td>
<td>Annabel Bettersby</td>
<td>6295</td>
<td>0404</td>
<td>020 549</td>
<td><a href="mailto:beianna@hotmail.com">beianna@hotmail.com</a></td>
</tr>
<tr>
<td>Vice-President</td>
<td>Corinna Paeper</td>
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<td>6125</td>
<td>486 324</td>
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<tr>
<td>Treasurer</td>
<td>Sam Margerison</td>
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<td>2004 928</td>
<td><a href="mailto:samuel.margerison@apvma.gov.au">samuel.margerison@apvma.gov.au</a></td>
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<tr>
<td>Secretary</td>
<td>Rhonda Mann</td>
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<td>932 633</td>
<td><a href="mailto:rhonda.mann@affa.gov.au">rhonda.mann@affa.gov.au</a></td>
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<tr>
<td>Social Officer</td>
<td>Sam Beckman</td>
<td></td>
<td></td>
<td>6272 4265</td>
<td><a href="mailto:greentreecow@yahoo.com.au">greentreecow@yahoo.com.au</a></td>
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<tr>
<td>General Officers</td>
<td>Garrick Larkin</td>
<td></td>
<td>0404 292 691</td>
<td><a href="mailto:u3299815@anu.edu.au">u3299815@anu.edu.au</a></td>
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<tr>
<td></td>
<td>Claire Hazlett</td>
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<td>0402 757 977</td>
<td><a href="mailto:claire.hazlett@gmail.google.com">claire.hazlett@gmail.google.com</a></td>
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### Activity Officers

<table>
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<tr>
<td>Bushwalking</td>
<td>Sam Keech-Marx</td>
<td>6161</td>
<td>0419</td>
<td>9044 699 044</td>
<td><a href="mailto:sam_keechmarx@yahoo.com.au">sam_keechmarx@yahoo.com.au</a></td>
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<tr>
<td>Canyoning</td>
<td>Nic Bendell</td>
<td>6296</td>
<td></td>
<td>4310</td>
<td><a href="mailto:bendelli_anumc@care2.com">bendelli_anumc@care2.com</a></td>
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<tr>
<td>Climbing Wall</td>
<td>Andrew Butterfield</td>
<td>6249</td>
<td>0410</td>
<td>1251 9779</td>
<td><a href="mailto:andrew.butterfield@anu.edu.au">andrew.butterfield@anu.edu.au</a></td>
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<tr>
<td></td>
<td>Andrew Scott</td>
<td></td>
<td>0401</td>
<td>062 496 6125 4132</td>
<td><a href="mailto:ajscott@rsc.anu.edu.au">ajscott@rsc.anu.edu.au</a></td>
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<tr>
<td></td>
<td>Marta Cielinski</td>
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<td>0415</td>
<td>308 090 6125 0170</td>
<td><a href="mailto:marta@rsc.anu.edu.au">marta@rsc.anu.edu.au</a></td>
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<tr>
<td>Women's Night</td>
<td>Truc Nguyen</td>
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<tr>
<td></td>
<td>Simone Ward</td>
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<td><a href="mailto:simonesoverseas@hotmail.com">simonesoverseas@hotmail.com</a></td>
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<tr>
<td>Rockclimbing</td>
<td>Oliver Story</td>
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<td>0410</td>
<td>4756 781 711 6125 3651</td>
<td><a href="mailto:oliver.story@anu.edu.au">oliver.story@anu.edu.au</a></td>
</tr>
<tr>
<td>Kayaking</td>
<td>David Boland</td>
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<td>1314 548 139 6272 3339</td>
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<tr>
<td>Sea Kayaking</td>
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<tr>
<td>MTB</td>
<td>Cheryl Woods</td>
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<td>312 991</td>
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<tr>
<td>Mountaineering</td>
<td>Richard Salmons</td>
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<td>552 545 6261 1049</td>
<td><a href="mailto:richardsalmons@yahoo.com.au">richardsalmons@yahoo.com.au</a></td>
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<tr>
<td>Orienteering &amp;</td>
<td>Paul Lloyd</td>
<td></td>
<td>0411</td>
<td>281 107 6265 0718</td>
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<td>Rogaining</td>
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<td>XC Skiing</td>
<td>Nathan West</td>
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<td>6701 039 751 6265 0718</td>
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### Administration

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<tr>
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<tr>
<td>Gear Store</td>
<td>Matthew Montgomery</td>
<td>6247</td>
<td>0404</td>
<td>5970 6487</td>
<td><a href="mailto:matthew.montgomery@abs.gov.au">matthew.montgomery@abs.gov.au</a></td>
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<tr>
<td></td>
<td>Alex Lee</td>
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<td><a href="mailto:mholling@eudoramail.com">mholling@eudoramail.com</a></td>
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<tr>
<td></td>
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<td>0408</td>
<td>6280 929 503 6125 2872</td>
<td><a href="mailto:jo.gifkins@abs.gov.au">jo.gifkins@abs.gov.au</a></td>
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<td></td>
<td>Jo Gifkins</td>
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<td>Epic Editors</td>
<td>Patrick Keating</td>
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<td>0428</td>
<td>6194 747 111 6271 1233</td>
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<td>Bronwen Davies</td>
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<td>3240 251 020 6125 3651</td>
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<td></td>
<td>Andrew Peters</td>
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<tr>
<td>Granite Guide</td>
<td>Nicole Lorimer</td>
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<td>New Website</td>
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<td>0487</td>
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New Website