



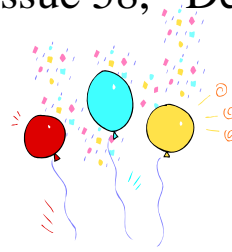
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SILVA



Kangaroo Tales

Issue 58, Dec 2012



Christmas Greetings

With thanks for all your contributions in 2012

Photo: Jane Harries

PRESIDENTS REPORT

(A summary from the AGM)

John Sheahan

Over the past year BK members have continued to play a significant role in the many aspects of "O" sports.

Bush Orienteering

Matt King led the club in presenting the Deadman's Flat State event, while Steve Peacock was our key planner for the Rowdy Flat State Championships event. As many are aware, we rely heavily on Greg Tamblyn to coordinate our bush events.

Street/Urban Events

We continue to be a major contributor to the Street event series. Over the past 12 months BK members have been responsible for organising **39** Summer Series events and **27** Night events which all add up to a contribution of **66** events! The contributions of Vic Sedunary, Ewen Templeton and Alan Cooke to this never ending challenge are enormous.

MTBO

Our MTBO program over the past 12 months started with the Mirboo event which was organised by Tim Hatley and Pierre Brockner, Next we had the Muckleford event with Kate Gavens, Tom Lothian and Bruce Paterson, followed later in the year by the Macedon event, with the Cusworth and Gavens clans putting up their hands to help. Peter Cusworth as MTBO state organiser has a strong influence over the development of this arm of orienteering.

Rogaining

BK members are strongly represented in Rogaining with some outstanding results for 2012. For details see the report by Andrew Baker on page 6.

Bush "O"-2013

The Collins family, with assistance from Greg Tamblyn, are setting the Barambogie event as part of the Christmas 5 day. Matthew King is well on the way with plans for the BK contribution to the Easter O carnival near Bendigo. DROC will be with us in this event. In May we will be organising a State Series event. In June we are negotiating to conduct a Melbourne Bush 'O' event at Plenty Gorge.



MTBO.-2013

Apart from coordinating the Summer MTBO events, we will be conducting the Feb 9th. Event at Lysterfield. We will also be conducting the Silva Duo series event at Emerald on 17th March. **We need an organiser to volunteer.** On June 2nd we will present the State Series 2 MTBO event. **We need an organiser for this event.** We may be called upon to help with the Castlemaine Middle Distance event scheduled for April 27th.

Promotion and Education

Our OCAD instruction night at Ashburton in March, was organised by Greg Tamblyn and saw some 20 + would be mappers attending.

The coaching day at the You Yangs organised by the Wymers saw 25 keen orienteers attending. This is in addition to the ongoing coaching that takes place at bush events.

Our Geelong Street O project is now enjoying its fourth year. Thanks to Alan Cooke, the Gavens and the Lloyds, this series is now well established.

In January we are embarking on a Surf Coast series to promote "O" over the summer months. We have new maps for Queenscliff, Barwon Heads and Ocean Grove, thanks to Josh Maloney.

The above list highlights the fact that we have many contributors to the sport over many areas. It is likely that we stand every chance of winning the Rockhopper Trophy again, which underlines the many facets of Bush "O" where BK members make a contribution.

Overall this has been a productive and successful year for the club. Members should be congratulated on their enthusiasm and goodwill which makes being involved in the clubs efforts in assisting with the "O" program so much fun.

Welcome to new members

We would like to extend a warm welcome to our newest members.

Deb Sutherland

Judy Collins

Braidy Davies

Cheryl Cooksey

Peter Walker

Dennis and Pat Mews

Simon St Hill

Anna, Daniel, Alice and Elsa Bringby –

(who by now have returned to their home country)

Please make yourselves known to one and all.

Apologies to any that we may have missed this time.

Changes

- Suzanne O'Callaghan set up the club website and has handed over the editorship to Sandy Burgoyne. Many thanks to Suzanne for her work in establishing this vital arm of the club's promotion
- We have had a number of significant departures from the club this year. Kath Copland, Thor Egerton, Jon Sutcliffe, Jane Harries, all adventure sport devotees, have moved overseas.
- We would also like to remind members that although Kate Sanderson continues to steadily improve, she still has a fair way to go. Our thoughts are continually with Kate.



Nicholas Collins



Nicholas, Angus and Peter



Peter Collins



Angus Robinson

Australian Schools Orienteering Championships

Tasmania

For the second year, our BK trio have been chosen to represent the Victorian Secondary Schools. They are

- Angus Robinson (Williamstown High) Senior Boys
- Nicholas Collins (Brunswick Secondary) Senior Boys
- Peter Collins (Trinity Grammar) Junior Boys

CLUB CLOTHING.

The following items of club attire are now available at most events.

New Design Bike and Bush 'O' tops \$25. Good range of sizes

White Running top. Short Sleeve-\$25. Singlet \$20.

Vest 2 of XL Vests \$15. Each

Fleece Jackets \$35

Shower Proof Fleece \$40. (Stocks limited)

Cotton T shirt New logo \$5.

Caps Navy or white \$5

Polo Shirts \$15. Good supply.

Eventor

Eventor is a new membership, registration and event entry system that is being introduced by Orienteering Australia. It was recently introduced in most states, and is being used for entries to the Christmas 5 days and the Easter Carnival at Bendigo in 2013. It will be used for entries to State and Local events, as well as membership renewals to Orienteering Victoria.

To find out more visit the site at <http://eventor.orienteering.asn.au>



Suzanne O'Callaghan



Stephen Collins

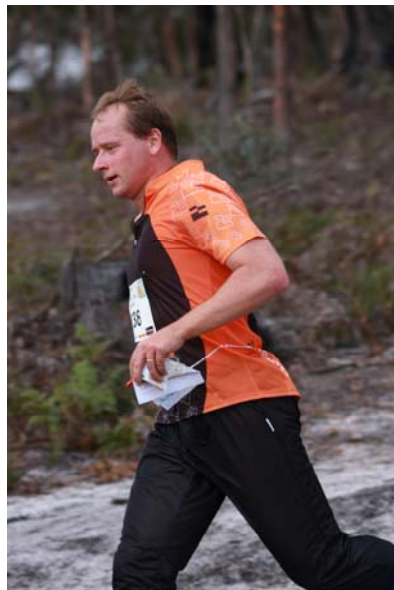


Anne Robinson

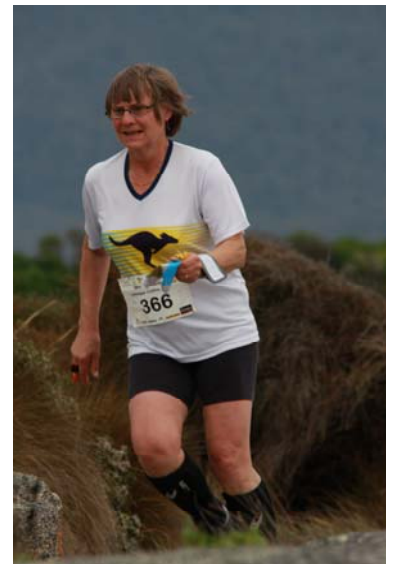


Steve Peacock

AUSTRALIAN CHAMPIONSHIPS
(Tasmania)



Rob Lewis



Philippa Lohmeyer-Collins



Angus Robinson

Alyssia
Wymer



Mike Hubbert

ROGAINING REPORT

Andrew Baker

Another year of Rogaining has come to an end, and BK rogainers have had another stellar year of great performances and extensive volunteering.

The second half of the year started with the Chewton Gold 6 hour Rogaine. BK results of note include:

Saturday:

Andrew Baker and Brett Sparkes – 1st Op + 1st M==Merv Trease and Vic Sedunary – 4th Op, 2nd M V and 1st M SV Tim Plozza – 9th Op + 3rd MV

Sunday:

Len Budge– 4th Op, 3rd M , 2nd M V. 2nd M S V,
Rob Caldwell and Rob Mason – 5th Op, 3rd M V+ 3rd M SV==Helen Alexander and Judi Herkes - 2nd WOp,, 2nd WV,, + 1st WSV==Eric Davidson - 2nd XV+1st XSV.

The next event was the Yarra Trails Cyclogaine and Metrogaine.

Metrogaine:

Greg Andrews – 1st Op, 1st M, 1st MV==Grant Jeffrey– 3rd MV+ 2nd MSV

Cyclogaine:

Gary Freudigmann + Andrew Baker – 1st Op, and 1st M==Peter Brooks + Brett Sparkes – 2nd Op, 2nd M + 1st MV==Geoff Robinson and Angus Robinson – 3rd Op, 3rd M and 1st Family
Kevin Humphrey – 3rd X==Rob Mason – 3rd MV +2nd MSV==Jenny and John Sheahan – 1st UV

In September the **Victorian Rogaining Championships**, were held largely in farmland in the southern end of the Strathbogies. Bayside members again had some great results, with many Bayside members winning their divisions and becoming the Victorian Champions for 2012.
Kevin Humphrey and Andrew Baker – 1st Op+M,==Merv Trease and Vic Sedunary – 2nd Op, 2nd M, 1st MV and 1st MSV.==Tim Plozza – 10th Op and 3rd MV==
Helen Alexander and Judi Herkes – 1st WV+WSV==Brett and Allyce Sparkes – 1st Family

The October event was held in northern Victorian near Eldorado, and everyone agreed was a fantastic course.

12 Hour:

Andrew Baker and Brett Sparkes – 1st Op + 1st M, =Merv Trease and Vic Sedunary – 4th Op, 3rd M, 1st MV + 1st MSV **6Hour**==Kevin Humphrey – 1st Op, 1st M and 1st MV==Grant Jeffrey– 2nd Op, 2nd M, 2nd MV and 1st MSV=Rob Caldwell – 5th Op and 3rd MSV.

The final event of the year was a 6 hour event held in Dunolly on a very hot weekend.

Saturday:

Merv Trease and Vic Sedunary – 1st Op, +1st M,MV,MSV.=Len Budge – 2nd Op+, 2nd M, 2nd MV and 2nd MSV.=Peter Brooks – 6th Op, 3rd M, 3rd MV and 3rd MSV

Sunday:

Brett Sparkes – 1st Op,, 1st M and 1st MV==Andrew Baker – 4th Op a+ 3rd M==Tim Plozza – 6th Op + 3rd MV==Jenny and John Sheahan 1stUV.

So overall, congratulations to all Bayside members who have been representing the club in rogaining events throughout the year.

(Apologies to any BK members who I may have missed from the results.)



Vic Sedunary



Helen Alexander



Philippa Lohmeyer-Collins

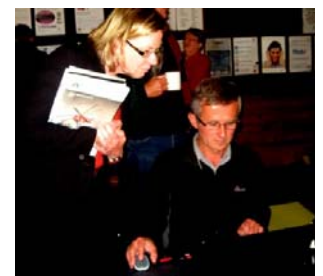
VICTORIAN CHAMPIONSHIPS

AGM.

The club AGM was held on Friday 12th October at the Balwyn Library, with 33 attending.

The existing Office Bearers were all re-elected, with one change taking place. Sandy Burgoyne has taken over as club Webmaster from Suzanne O'Callaghan. Our great thanks to Suzanne, who did so much work to get the web site up and running.

To add interest to the evening Greg Tamblyn and Geoff Hudson took us on their fascinating bike tour of Europe and Prue Dobbin brought us up to date with the latest in bushfire safety issues.



*Prue Dobbin and
Greg Tamblyn*

CONTRIBUTIONS TO THE BK CLUB AND TO STATE “O”

(by John Sheahan)

Over the course of the year a number of people stood out as making major contributions to the operation of the club and State O activities

- Greg Tamblyn fills in- helps out- mentors -and assists in so many ways. An enormous contribution
- Vic Sedunary’s commitment to the coordination of the BK Street is ongoing and demanding, with Vic and Tina doing it all so seamlessly.
- Ewen Templeton is currently looking after the Northern Summer Series events.
- Peter Cusworth covers many bases-organising MTBO – preparing the Aust Orienteer— designing club attire -managing the Aust O Team and helping with his printing expertise.
- Gwennyth Baker as membership secretary is outstanding. The clubs emails are up to the minute with her painstaking attention to detail, and her welcoming contact with members at events contributes enormously to our presence.
- Henry Post, our treasurer, does a great job with his up to the minute reports and reimbursements, as well as looking after our financial viability.
- The Baker family looks after the processing of the Monday results.
- Finlay Stuart looks after the O Vic website as well as doing the Tuesday night results.
- Bob Leicester prepares our Kanga Tales, a job done with enthusiasm and flair.
- We have Jenny Sheahan to thank for organising accommodation at many of our Victorian and Interstate events.
- Annie Hollaway organises our Whitehorse Theatre dinners and shows.

In the organisation of bush orienteering events, we have a number who contribute at a very significant level.

- Matthew King (apart from being an excellent club secretary) and Janet set State Standard events for the club and mentor new course setters. They are at present setting Day 2 of the Aust Champs at Easter next year.
- Stephen Peacock set the Vic Champs mid distance as well as playing a key role in drawing up the orienteering calendar
- Geoff Adams and Mary Enter, as controllers, provide a lot of depth to our events as well as assistance over a wide area of Orienteering.
- The club juniors involve a number of helpers. Steve Bird, the Collins, Robinson and Wymer families, all contribute to this vital arm of the sport.
- Les Bright sends out the Weekly Bulletin, which is a vital link in the information network.
- Mike Hubbert edits the Australian Orienteer and is instrumental in providing the club with the latest information to ensure that we remain up to date.
- Bruce Paterson continues to make a mark with his adaptability and flexibility when called upon to be the technology backup for so many events during the year.



BK XMAS PARTY



Hostess Jan Norman with John Sheahan



Keepers-at-the-gate, Gwennyth Baker and John Sheahan



Greg Tamblyn, Murray Hanna and Steve Peacock

BK Club Annual Awards.

The *Andrews Trophy* is awarded by the committee to the person judged to have has the most successful "O" year. This year the trophy was awarded to **Steven Cusworth**. Steven won the State Middle and Long distance titles by considerable margins as well as dominating other MTBO events. He went on to be selected to represent Australia in the world MTBO Champs

The *Baker trophy* is awarded to the club member who has done the most to promote "O". The committee awarded this trophy to **Anne Robinson** for her work in actively promoting the Western Series , with regular contributions to newspapers as well as helping with the Junior Squad in their fund raising activities.

The *Miller Trophy* is awarded to the club member judged to have made the most contribution to the Club. This was awarded to **Matthew King**, who set the Deadman's Flat State series event, (Three years ago Matt had never set a State event!), is a most active club secretary, regularly volunteers to collect controls and mentors newcomers.



Matt King, Carolyn Cusworth and Anne Robinson
(with the BK Club Awards)

Taking photos for *Kangaroo Tales* or the BK web site?

Photos are a great way to remember the excitements and the dramas of the O-year. They amuse us and acknowledge people's achievements. And they help us get to know each other as a club.

But these days *Kangaroo Tales* isn't only circulated to club members; it is published on the BK web site and is searchable by Google and other search engines.

Some of us are quite happy for any photos of us to go on the internet. Others don't mind being in a large group shot, but don't want to be identifiable individually. Some of us want to choose which photos (not the one where I look legless, thank you!). And some of us – for all sorts of reasons – don't want our photo on the internet at all.

What to do?

So next time you are photographing people for the club, take a moment or two just to check things out with your potential KT media stars:

- Announce you are taking photos for the BK web site and let people choose whether to be in it or not.
- If it is a small group or individual photo, show them the photo on the camera and make sure they are happy with it. Or email it afterwards.
- If you take an action shot, send/email or show the person the photo first before publishing.
- If there are kids under 18 in the photo, make sure their parents agree to publish it.

You may notice that the new BK membership form now includes a question about photo permissions. This info will be collated for people writing articles for the web site or KT for quick reference on photo permissions. If you are writing articles or preparing photos for publication and would like a copy of the photo permissions list, contact Gwynneth Baker, Membership Secretary - membership@bkv.org.au.

And happy snapping!



Recently Paul Leicester took his one-year old daughter Isabella (*right*) on her first W1 O-course.

Not to be outdone, brother Steve Leicester (with some help from wife Lisa) came forth with twins Rose and Gemma (*left*). Steve is now preparing the twins for their first W0 O-course.



NORTHERN TERRITORY CHAMPS

Tim Hatley

The events were over the weekend 10th to 12th Aug. Fri afternoon was the NOL Sprint event at Charles Darwin Uni in Casurina then the Sat & Sunday events were held on the Loc-Cabay map just outside the township of Batchelor. On the Sat afternoon there was an open score event then after the sun set the NOL night event was run, a mass start with multiple loops and splitting used to break-up the field. There are almost no contour features in the area used for the night event so it was very much follow the compass and then count the rocks. Unfortunately I mis-read the 103 on my control sheet and punched 108 so DNF'ed. On the Sun morning they ran the NT long championships on a larger area of the map (that does have some gentle contours), very fast terrain, lots of fun! In keeping with the wildlife of the area the awards were timber crocodiles.



The BK team: Liz Hatley, Tim Hatley, Murray Hanna, Helen Alexander, Judy Herkes



Termite mound control



Stromatolitic rock control



Liz Hatley receives a crocodile at the awards ceremony

I came into orienteering from a running background, and I've never ceased to be impressed by the way our sport has the capacity to cater for such a wide spectrum of the population: all ages; all fitness levels; and the range of competitiveness; plus it's a good activity for your health. So here are a few personal musings and anecdotes on why I think orienteering really is a sport for all (or perhaps I really mean: a sport for me no matter what my stage of life).

It provides a sense of achievement at all levels

One of the reasons I gradually transitioned out of competitive running and track athletics was a combination of ageing and injuries. These had the effect of reducing how much I could train and as a consequence I could no longer compete at the level I had done previously. I found myself dropping off of the pace in races, and in such a quantifiable sport my best efforts were becoming minutes slower than I used to cruise along at. Mentally the fun and motivation went out of the sport, particularly when running around a track. In the words of song writer Jodie Mitchell "*Don't it always seem to go that you don't know what you've got till it's gone*". In stark contrast, when I got into orienteering I found that each orienteering event was different, and as a consequence I didn't set off with the self-imposed pressure of feeling that I had to finish within a closely defined time. On the track this had meant that if I didn't run quicker than that time I'd be dissatisfied, no matter what my finishing position. Whereas in orienteering I could enjoy running in wonderful, interesting environments, and have the sense of achievement of navigating the course even if I'd made a few mistakes. The aesthetic and intrinsic pleasures I gained from orienteering meant that my entire perception of whether I'd had a good or bad day was no longer entirely dependent on my finishing time.

Finding your level

Being able to enjoy the sport in this way is greatly facilitated by the structure of orienteering events, which offer a range of courses to cater for everyone from the first timer to the elite. As a novice I commenced with the easiest courses, and as I improved I moved up in technical difficulty. This sense of progression gave me motivation and encouragement, unlike my declining athletic performances. It also meant that I could enter courses that would challenge me, but not be beyond my capabilities. Hence right from my very first event through to the present day there is pleasure in successfully meeting the challenges set by the course planner. The structure of orienteering events also means that everyone can pick the level that they aspire to, and are not forced into a 'one size fits all' scenario. For some the preferred level is a walk or comfortable jog, whereas for others it's hard physical competition that requires elite skills and mental concentration. As a former athlete in the early years of my orienteering my competitive inclinations were strong and I was able to progress into the elites and enjoy a phase when I was able to immerse myself in the competitive aspects of the sport; focusing my week on the forthcoming event(s), travelling the length and breadth of the country in search of national ranking points, and investing my time, energy and resources into maximising my personal performances.

In more recent times the availability of a range of courses at events and the freedom to participate at a chosen level has continued to be an endearing feature of the sport. It has provided me with options when recovering from injuries. The capacity to select a short course and walk/jog at a rehabilitation prescribed intensity is something that's not on offer in many sports, particularly those in which you're an integral member of a team. Indeed, other than in relays, as an orienteer you have the option of setting out to deliberately only complete part of a course: and in doing so still get the benefits and enjoyment from participating, which makes such trips to events worthwhile. Indeed the only issues I have sometimes when in this position is a difficulty in quelling my competitive instincts. I set out with the intention of jogging gently, but when I've hit the first few controls spot on (and not uncommonly seen those running hard on my course overtake me more than once!) I start to think "I could win this", which is a bad mind-set that can cause me to push on and undo several weeks, and hundreds of dollars worth, of injury rehabilitation. So as a good preventative strategy that I've used on occasions is to deliberately miss the first control or not punch it when I get there, which means that the competitive aspects are ruled out for the rest of my course and I can better contain my urges to push on too hard.

Another unique feature of orienteering events is that most weeks you don't need to decide the course you're going to do until you get there. There can't be many other sports in which you have this flexibility, and certainly not in team sports. Hence you can get out of the car in the assembly area and think – what do I feel like doing today? Which in my case is often based upon - how well has my injury progressed and what level of course is it capable of withstanding.

A range of ages

The range of course levels in technical difficulty and distance is also a boon to cater for all ages and facilitates the possibility of someone participating in our sport for >70 years. The course options that enable you to select your preferred course and level mean that if you are competitively inclined you can compete against the best in your age group. Indeed if you wish and feel up to the challenge of more physically demanding courses, you can compete in younger adults age classes. Many sports don't have this capacity to accommodate the fact that not all 55 year olds have the same physical capabilities and aspirations, indeed as indicated above, the same individual may vary in these facets at different times within the same year. Furthermore, if on a particular day you don't feel capable of taking on your designated age course, you can participate (non-competitively) in a course designated for older age groups. Few other sports can offer this option, but in orienteering it's possible, because our performance doesn't directly affect that of others and the results of someone participating out of their age class can be removed from any competitive aspects of the event. The facility to select from such a range of courses is also enabled by the nature of our sport in which younger individuals do not present a physical hazard to older participants, something that could not be imagined in sports that involve physical contact such as the football codes.

Another unique and endearing feature of our sport is its intergenerational aspect. There can't be many sports in which 3 generations of the same family can compete together at the same event. And a casual observation of our Victorian Schools team seems to suggest that children are introduced to our sport by their parents, and parents are introduced to our sport by their children in equal measure – how many other sports can boast this?

Opportunities for travel

Orienteering is a leader in providing opportunities for world travel and global integration. International competitions are available to all, not just the elite. The language of orienteering (notably maps and control description symbols) is the same across the world. The culture of orienteering is also international: I recall standing in the finish chute at an event in Germany, and as one middle aged guy came into the finish, his team mates who were lining the finish chute shouted a few comments to him. I did not need to be fluent in German to know that they were giving him some friendly abuse about how long he'd taken, just the sort of matey jibes that you'd hear at any other event around the world. And without wishing to become too profound, for me it was a moment that brought home that we are one people and we are the same the world over. On another occasion I was competing in some beautiful woods in northern France and I was running along a gully that was hard work as it kept changing direction every few metres. On the map the brown line was drawn as a squared zig-zag. And then as I ran along it, it suddenly dawned on me – “Oh my god, this is a first world war trench”. That realisation of what it was, what had occurred at that very spot some 50 years ago, and how very different the scene was at that moment still lives with me now. Indeed my first orienteering events were in Denge woods in Kent, UK. A flat woodland area that had been made far more interesting by the Luftwaffe who had dropped surplus bombs in the area as they headed back after raids on London, and produced linear series of deep depressions over 20m deep.

Orienteering has taken me to spectacular and memorable events, and on the back of these I've experienced the sights and cultures of many countries that I've visited. Almost uniquely these opportunities continue in orienteering no matter what your age. And to reinforce the international aspects of the orienteering family, in the UK I was in a club called Saxons along with a certain Michael Dunbar, who is related to the BK Dunbars, and at one Scottish 6-day Mike, Steve Peacock (then of Southern Navigators, UK, now of BKV) shared the same accommodation – orienteering is a small world.

Varied formats

Whilst primarily a bush running orienteer I've enjoyed dabbling in other orienteering formats, such as street and mountain biking. In the UK I regularly competed in night (bush) orienteering leagues and I started the millennium on the stroke of midnight with a night orienteering event that was part of the world masters carnival in New Zealand in 2000 – of course I acknowledge that the mathematicians amongst you would argue that the new millennium didn't commence until 2001, but that would spoil a good story. One of the most unique events that I competed in was a troglodyte 'O', which was held underground in an excavated mine/caves in the UK, that had been used to store ammunition in the second world war.

Another illustration of the breadth of formats of our sport is 'Trail orienteering' for those with restricted mobility. This format has been in evidence for many years in some parts of the world where, as well as having separate championships, a trail event is often held in conjunction with national competitions. For those of you who are unfamiliar with this form of orienteering, a course involves going to designated locations on the course that are accessible by wheelchairs etc. Each location is marked on your map, as are control sites, and at each location you have to identify the visible controls with the locations on the map. You have a certain amount of time to make this decision at each location. In this way, orienteering offers an option for those less able to get off the trails. In Australia trail events are a rarity, a consequence of numbers and organisational issues. Nevertheless, in time and with sufficient growth in numbers this aspect may develop.

Physical and mental health

Whilst my motivation for orienteering is enjoyment, it's a bonus that it conveys numerous physical health benefits, and for me the enjoyment has to be good for my mental health. In this context I find that becoming completely immersed and concentrating during an event is mentally refreshing as I can switch off from work related issues. Indeed I find that the whole experience of travelling to an event, pulling over for coffee, the social chats in the assembly area and so on are – well in my opinion life doesn't get much better than that.

Coaching – another life phase

As some of you are aware I worked with the GB team as a fitness coach and exercise physiologist for over 10 years, most notably with the GB junior team. At this time the squad included Matt Crane, who is now based in Australia and has won a few national championships. Since moving to Australia 10 years ago I've been working with the Victorian junior team and have been their coach at the national championships for 6 – 7 years. And whilst I can certainly only claim to have made at most a small contribution to any successes, it's been a pleasure to facilitate the participation of the team and share in their enjoyment of the event. I feel that it's my way of putting back into a sport from which I've gained so much. Another unique aspect of our sport is that on occasions I get to run the same course as 'my juniors', and the pleasure of seeing them doing well is reasonable compensation for being beaten by them!

The future

In my soul I'm still very much a runner, and having devoted much of this year to clearing up a number of chronic musculo-skeletal injuries, with the aim of being competitive next year, something that I've not been able to fulfil in over 6 years. So the plan for the next 12 months is: to continue working on rehabbing the calf and Achilles ready for 2013, commence running in January, get orienteering fit for Easter, compete in the state series and be fit for the national champs in September/October. In the context of coaching: two Vic junior coaching camps, success for the Vic Rebels individuals and team at ASOC, plus individual success at national level for the former ASOC members that I'm advising. Like all 'New Year's resolutions', it'll be interesting to review these aspirations in 12 months. So run well and enjoy.

P.S. For the psychologists out there reading this, I'll paraphrase a line from the series 'Fawlty Towers' in which a resident who is a psychologist, referring to Basil Fawlty (played by John Cleese) says "There's enough there for a whole conference". And just to affirm this I'll add that I still have my athletics spikes and whilst I haven't competed on the track for over 10-years I still haven't retired officially!

BK Committee

President	John Sheahan	9397 3493
Vice Pres - Bush O Coordinator	Greg Tamblyn	9803 9082
Street O Coordinator	Vic Sedunary	9459 4964
MTBO Coordinator	Steven Cusworth	9762 5667
Treasurer	Henry Post	9740 3421
Secretary	Matthew King	9885 4280

Office Bearers

Activities Committee	Jenny Sheahan	9397 3493
Activities Committee	Tina Smith	0413 328 584
Activities Committee	Annie Hollaway	9872 5710
Club Statistician	Matthew King	9885 4280
Equipment Officer	Mike Hubbert	9844 4878
Northern Series Coordinator	Ewen Templeton	0418 309 911
Southern Series Coordinator	Andrew Baker	9898 4316
Geelong Series Coordinator	Alan Cooke	0411 023 107
Map Librarian – Park and Street O	Henk De Jong	97585158
Mapping Officer – Bush O	Tim Hatley	9570 2811
Membership Secretary	Gwennyth Baker	9898 4316
Newsletter Editor	Bob Leicester	9589 5408
Public Officer	Matthew King	9885 4280
Web Master	Sandy Burgoyne	9844 2680

Committee Members

Bryan Ackerly, Adam Scammel, Bruce Paterson, Di Shalders, Geoff Adams

All BK members are invited to attend club committee meetings.

*Photos in this issue
courtesy of:*

-Stephen Bird
-Tim Hatley
-Mike Hubbert
-Peter Yeates
-Tony Hill
-Jane Harries
-Bob Leicester
-Philippa
Lohmeyer-Collins

Membership for 2013 due in for most members

Most memberships are due for year 2013. The cost remains at \$5.00 per household. Membership entitles you to regular copies of the club magazine, subsidized clothing, involvement in club social outings, "O" coaching, and regular updates on "O" news.

Please find enclosed a membership form for renewal of membership.

If the form says "paid in advance but please complete and return" that means you have paid in advance and the form is for you to update details and complete new information on the back. Many people change emails & phone numbers – so please help us keep our records up to date

All other memberships are due for year 2013 – unless you paid at the club Christmas get-together in Williamstown on 8 December 2012.

Can we please draw your attention to the back of the membership form with regard to the VOA and permission to use photos. If you forget to fill out these sections then Gwennyth Baker, our membership secretary, will have to spend time chasing you for this information. It is essential for **every** member to complete this section.