



Newsletter 21/6

September 2021

EDITORIAL

Here we are at the beginning of September at what is normally the peak of the orienteering calendar and COVID 19 has taken over - again. The Australian Championships Carnival to be held in Tasmania has been replaced by a modified "The Carnival that Never Will Be" as restrictions mean competitors outside Tasmania will be unable to attend. In South Australia, OASA will run the "2021 Mock Nationals" in late September to replace the cancelled National Schools Championships. The events are made for the Schools Team but anyone is welcome to run a course of their choice.

The Victorian Championships on October 24/25 are hanging by a thread, with a final decision to go ahead or not to be made on October 15. The Victorian Club Relays due to be run by our club on October 10 has been postponed (again) until October 2022.

On the local scene, the Mt Tarrengower event on September 18 will now run as a Training Event. Please go to Eventor for the restrictions pertaining to this event.

Looking ahead to better times in 2022 – did we say something similar about 2021 – our club is slated to be involved in the event held on Nuggety Hills as part of the 2022 Australian Championships Carnival.

This month Neil Barr shows how we can improve the second time around and we profile Nigel McGuckian and a life outside orienteering. Finally, Terry Davidson discovers that orb spiders have an intrinsic beauty we never knew about - the Madagascan variety at least!

Dianne and Peter

COMING EVENTS: SEPTEMBER

For full details and entry details of each competition please go to the Eventor website at:
www.eventor.orienteering.asn.au/Events

Bendigo Event

Date	Title	Map	Setters
Sat 18 September	Training Event	Mt Tarrengower	Jayne Sayles James Robertson

Club details:

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Neil Barr - The Second Time Around

One of the classic jazz standards is Sammy Cahn and Jimmy van Heusen's "The Second Time Around". It is a ballad of love the second time around. I really enjoyed playing it in a dance band during my twenties. Now, some decades later, I have discovered the relevance of the lyrics to orienteering.

Earlier this year my run on One Tree Hill was deeply disappointing. From the results and splits I deduced I was almost fifteen minutes behind where I would have liked to be, and at least ten minutes behind what I would have judged a par performance for my current physical state. My initial thoughts were that this was due to two significant mistakes towards the end of the course. The first mistake saw me wondering where I was on the map, unsure how to relocate. How did this happen? I decided to find out. The next day I went back out on the map to rerun the course. On the second run I eliminated the mistakes and improved my time by 12 minutes. During this second run I took split time measurements, so was able to compare each split with the previous day. The results were a surprise. Only a third of the time improvement was due to eliminating the two mistakes. The majority of the regained time was in the other legs where I had made no mistakes on the first run. You could put this down to having already run the course... but I chose some different routes the second time, so this is only part of the explanation. Perhaps I have been running too conservatively, trying to avoid errors, and in doing so, losing more time from that than from errors? One feature of the slow approach was stopping unnecessarily before I reached a control.



Neil Barr in full flight, WA, Easter 2019

During the following events (before lock down again) I applied a new approach, forcing myself to run confidently between controls, even if I wasn't feeling confident. This seemed to regain at least half of the improvements I had managed on the second run at One Tree Hill. Conclusion – the time regained on the second run was a third due to error elimination, a third due to a more aggressive approach to controls and a third due to course familiarity. The secret is to maintain that aggressive approach without creating mistakes. Time will tell if aggression can be created without increased stupidity. I am paying a lot more attention to large attack points.

When I'm not orienteering - Nigel McGuckian

I was very lucky to have compulsory instrumental music in first form at high school. Because I travelled on two buses and three trains to get to school, I chose a small instrument - the flute. I was also very lucky to play in school band and orchestra which continued to university and playing and teaching while I started working in agriculture.

I kept playing a little until I had more time five years ago and was asked to return to playing in the Bendigo Symphony Orchestra. The BSO is 50 years old and plays at a very high standard. Chris Creely has been a violinist in BSO for many years but unfortunately has left due to his move to Tassie. The orchestra is growing despite a struggle with COVID. Many players are professionals and they are joined by amateurs like me who practise hard. We are lucky in Bendigo to support an orchestra of 40 players and we can play in wonderful venues such as Ulumbarra Theatre, Capital Theatre and St Paul's Cathedral. We can bring big live orchestral works to Bendigo audiences and you can get up close to the orchestra.

Our whole program was cancelled last year and after playing Beethoven's 3rd Symphony at Easter, our June concert was cancelled. We are still hoping to play on October 10th, and we are optimistic about playing Beethoven's Triple Concerto on December 12th with the Seraphim Trio. Fingers crossed.

Sadly, COVID has meant all my concerts singing in the Victoria Welsh Choir have been cancelled last year and this year so far. We are really looking forward to getting back to normal. Our big concert at Ulumbarra Theatre was cancelled.

Playing music in an orchestra and singing in the choir is incredibly exciting and mixing running,

orienteering, flute and singing means Bendigo is the best place in the world to live.

Recently Bendigo Health has started a music program playing at the Cancer Centre. They have a lovely piano and I have played each month with my friend Elizabeth Paton on piano, until COVID stopped that also!



crickets and other insects. When a wandering bug jumps or flies into the web, the spider quickly pounces on it and delivers a venomous bite.



The cape and shawl was on display at the V&A Museum in London in 2012

Madagascan Orb-weaver Spiders

The yellow cape shown here was made in 2012 and shown at the Victoria & Albert Museum in London. Making this 'work of art' took eight years using the silk from Madagascan orb-weaver spiders.

This exquisitely brocaded, vibrantly coloured shawl and cape are the world's largest pieces of cloth to be made from spider silk. The silk was painstakingly harvested from more than one million female golden orb-weaver spiders by a large team in the highlands of Madagascar.



Madagascan orb weaver spider

This beautiful, gentle giant lives not only on Madagascar and other islands on the east coast of Africa, but also in South Africa. ... It feeds on flies,

The image below is the Australian orb-weaver spider that we are familiar with. When we orienteers blunder through their webs we are hardly thinking of the potential beauty hidden in the harvesting of their silk!

Terry Davidson



Australian Orb-weaver (also known as *Orbus Orienteerus Stickywebus*)