



Newsletter 22/2

February 2022

EDITORIAL

Well, here we are in 2022 and ready for a season of orienteering – let's hope for less covid-related interruptions to our programme than in 2021.

It was a sad end to 2021 with the death of Peter Creely on December 3, followed just three weeks later by Margaret. We will miss them both. Long time members Peter Galvin and Colin Walker reflect on Peter's life and contribution to our club later in the newsletter.

One of Peter's early innovations was the annual Fowl & Fizz event and AGM to kick off each year. Renamed the Peter Creely Memorial Fowl & Fizz event it will be held on Sunday February 6. Details are on Eventor.

Also in this issue, reminders on renewing your membership, and a call for course setters for some outstanding local events.

The 'off season' saw Clare Brownridge running well at the 4 Peaks Race and both Tony and Alison Radford scoring wins at the Christmas 5 Day event. See reports below. Congratulations to all pointing to a successful season ahead. A classic article on non-training methods from Peter Galvin from a 1987 edition of our newsletter rounds off this issue

The much anticipated BendiGo Today event is scheduled for February 19/20, and if you are after a pleasant Wednesday night run, what could be better than the CHOC Summer Series event at Castlemaine on February 9.

Dianne and Peter

COMING EVENTS: FEBRUARY

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

Bendigo & Local Events

Date	Title	Map	Setter
Sun 6 February	P Creely Fowl & Fizz/AGM	Norfolk Hero	Ross Slater
Wed 9 February	CHOC Summer Series	Wesley Hill (Castlemaine)	Wendy Taverna
Sat 19 February	BendiGo Today	Rosiland Park	Jim Russell
Sat 20 February	BendiGo Today	Sedgwick	Jim Russell

Other Victorian Events (Coming up)

March 12-14	Melbourne Sprint Weekend	Various	Various
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Club details:

President:	Craig Feuerherdt
Vice-President:	Neil Barr
Secretary:	Ross Slater
Treasurer:	Alison Radford

Website: www.bendigo-orienteers.com.au

Facebook: www.facebook.com/bendigoorienteers

Newsletter Editors: Dianne & Peter Searle

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Vale Peter Creely - Reflections

It was my second bush orienteering event, 1986 or thereabouts. Peter was the course setter using his favourite black & white map somewhere in Lyell Forest. I had completed my first event on Mandurang as a novice and was feeling confident enough to try a "harder" course – and I got lost.

I remember talking to Peter about it when I finally got back.

"How did you relocate" Peter asked? "I just ran to the top of the nearest hill."

"Very clever of you in just your second event" he remarked and more discussion ensued about many things, sometimes even about orienteering. I never told Peter the reason why I ran to the top of the hill. It was to see if I could find someone else down below, and when I did I simply followed them back.



Peter Creely & the legendary Black Crow

From that very first encounter with Peter we became friends. He was always there after every event and was ready to help and to share his experience and advice. I fondly remember attending newcomers training session which Peter ran on One Tree Hill. Often there were only 3 of us - Peter, Ken Thomas (dec) and myself, and occasionally a girl whose name I cannot remember. Despite just a few of us attending he was always there and willing to give up his time to help us. But that was just Peter, always helping others no matter what.

I have so many memories of Peter that will remain with me forever but his dedication to Space Racing and junior development is a standout. His passion for the sport and his love of helping others resulted in a golden era for our club, not only for the many juniors he mentored, but also for their parents and siblings. We will all be forever indebted to Peter.

I'm sure that everyone reading this will also recall many moments where Peter's selfless passion about helping them and others has touched their lives as well.

Peter was my friend and will always have a place in my heart.

Colin Walker

Vale Peter Creely - Reflections

Peter Creely was one of our founding members and was the club's first life member. By virtue of his commitment to and enthusiasm for orienteering over 40 years, he was a motivating force within the club, was involved in the planning and management of many orienteering events, developed ways to introduce youngsters to the sport, and always had the club's best interests at heart. Truly the 'Mr O' of Bendigo. His legacy is the strong and innovative club that we are members of today.

Always cheerful, except perhaps when occasionally, but temporarily, lost while orienteering. His infectious enthusiasm for his sport was boundless, and through his efforts many youngsters were introduced to it. Without his input and involvement over 40+ years, Bendigo Orienteers would not be the large and progressive club that it is today. A significant legacy.

Peter Galvin



Peter Creely – in pictures



Peter Creely & other Life Members at a presentation of vintage port – his favourite tippie.

In the June 1987 club newsletter, while camping at Mt Kooyoora prior to an event Peter opined: “Driving with Renny Duckett around the mountain roads is an exciting experience! He has two speeds – stopped and flat out. Shades of Juan Fangio. Took me two ports to recover!

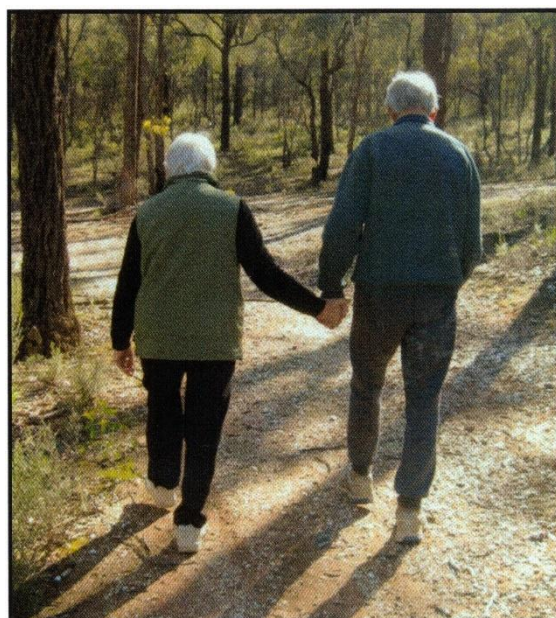
Talking of ports, I had just filled my glass for the first time on Sunday night around the campfire, and went to get a piece of wood for the fire. Got my foot caught and fell over. Didn’t spill a drop! Quite proud of that.”



Space Racers encouraged into orienteering by Peter Creely. Michael Loughnan, Leisha Maggs, Serryn Enjies, Jimmy Cameron & Jack Wigney, Victorian Championships 2013.



Peter Creely, Ted Biggs and Charlie Parker – happy campers at the 1st World Rogaining Championships, Beechworth, 1992.



Margaret & Peter Creely

4 Peaks Race

Many orienteers competed in the 2022 edition of the 4 Peaks Race over the last weekend in January. The 4 alpine peaks being Mt Buffalo, Mt Feathertop, Mt Hotham and Mystic Hill. Our own Clare Brownridge completed all four peaks and finished a very creditable 8th overall in the women's section. The individual times were Mt Buffalo 1:41:43, Mt Feathertop (shortened to Federation Hut because of bad weather) 1:45:36, Mt Hotham 2:36:34 and Mystic Hill 1:27:30. Congratulations Clare on a great run in tough conditions.



Clare Brownridge

Memberships

2022 Bendigo Orienteers memberships are now available via the Eventor website. Cost is \$50 for adults and \$7 for juniors (under 21).

Log into Eventor and select "My Pages > My Memberships"
<https://eventor.orienteering.asn.au/MyPages/Memberships>

Your membership entitles you to 4 copies per year of the "Australian Orienteer" magazine, in March, June, September and December. Please make sure you tick the correct box when choosing your Orienteering Victoria membership category. If you select POSTED, you will receive your copies by mail. If you select ONLINE, you can access the magazine via this link: <https://orienteering.asn.au/index.php/magazine/>

When renewing your membership, please check that your contact details are correct, particularly your

email address, mobile phone number, and emergency contact. Note that you must include a PHONE NUMBER in the Emergency Contact box (not just "My Mum"). To review your details, log into Eventor, and click on "My Pages". Check through the information in your profile, and update as necessary.

Course setters wanted

Bendigo Event Calendar 2022 – call for course setters
2022 Calendar: <http://bendigo-orienteers.com.au/wordpress/fixture/>

A new event option for 2022 is 'Course Setters Choice', and is aimed at encouraging first time/new course setters to have a go. Support will be provided in setting courses and you can choose any course format – the traditional Bendigo Bush format (5 courses), score event, scatter event or some variation that takes your fancy.

Only four events require setters in the first half of the year:

April 23 - Course Setters Choice - Ironstone Hill

May 5 - Bendigo Bush 5 - Kooyoora

June 11 - Course Setters Choice - Mandurang Coolibah

June 25 - Bendigo Bush 9 - Pilchers Bridge Central

If you are interested in the Course Setters Choice option or setting courses at any of these events please contact president@bendigo-orienteers.com.au or phone Craig Feuerherdt on 0438050074.

2022 AGM

At the December Committee Meeting it was decided to rename the Fowl & Fizz event the 'Peter Creely Memorial Fowl & Fizz' event in recognition of Peter's contribution to Bendigo Orienteers. To save waste please BYO plate and eating utensils.

Details are on Eventor and pre-entry is required:
<https://eventor.orienteering.asn.au/Events/Show/16927>

Please enter "AGM only" class if you are only coming for the AGM so we can ensure there is sufficient catering. The AGM will be conducted after the event beginning at 8:45am. The annual financial statements, minutes of the previous AGM, agenda of the AGM and descriptions of the committee positions in the Club Responsibilities document have been sent to all members.

If you are interested in joining the committee and would like further information please contact: president@bendigo-orienteers.com.au or phone Craig Feuerherdt on 0438050074

House sitter wanted

If anyone is considering going to the 2022 Easter Carnival (or other travel over Easter), and would like a bit more motivation to go - and someone to house sit over that period - I am looking for a place that can accommodate 4 adults (including two overseas visitors) and 2 tiny children for a few days, preferably vaguely central.

Please contact James Robertson at mr.robertson88@gmail.com if you think you might be able to help.

Christmas 5 Days 2021 - Alison Radford

(A 5 day competition where your best 4 days count to your overall result)

Tony and Alison set off on Christmas Day, destination NSW Southern Highlands and then New Year in Jindabyne in the Snowy Mountains. The weather started warm to hot but rain was forecast for most of the Christmas week. First night we camped in the reaches of the upper Murray (Mt Granya), an area we have visited twice before – the first time we left hurriedly during a tremendous storm, the second time we left due to bush fires getting closer, and this time managed a walk to a dried-up waterfall. Next morning, we crossed the Murray into NSW at the Wymah Punt (the furthest upstream ferry). This year the water in the Hume Dam was many meters higher than the usual almost-dry crossing.



Wymah Punt

(Supplied)

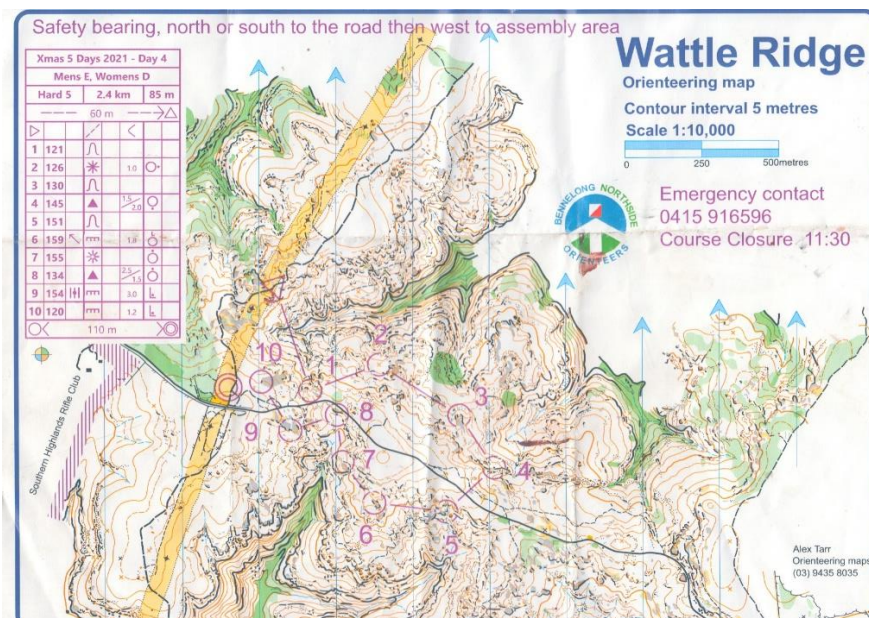
The O was centered around Mittagong. We both entered “Hard 5” courses recommended for the

young and over-65s. Course lengths were all under 3km. Day 1 was a bush sprint in the early evening on the edge of town, with lots of confusing mountain bike tracks and head high grass. All the other events started early (8-9.30am). Day 2 (long) was a bush event in the Belanglo State Forest (an area we first visited in 1976 for the Australian Championships), with rocks and thick regrowth after the bushfires two years ago. The wild flowers (especially orchids) were prolific. Day 3 (middle) was in the Penrose State Forest using a road stop on the Hume Highway for parking. It seems to be used for a number of sporting events, with a timetable of orienteering, bicycling etc. It was another area where it paid to keep well away from anything remotely green on the map. Day 4 (middle) at Wattle Ridge (just north of Mittagong) was advertised as the highlight location for the week. Before the bushfires, it would have been a complex rocky sandstone area with intricate gullies either side of a flattish ridge. The vegetation regrowth added another dimension with low visibility (especially if you were under 2m in height), with wet rock after rain and competitors trying to decide which rock shelf they were on.

With luck, skill and judgement we both managed to “win” the 5-day competition, despite missing the last day which was north towards Sydney, Alison by 3 points and Tony by 2 points. Alison won 1 day with 2 seconds and 1 third, Tony had 3 1sts and an also ran. Many thanks to the organisers and the other 300 odd competitors.

Instead of Day 5 we went to Canberra and the Jeffrey Smart exhibition (do visit if you are in the Capital) and New Year with old (long term and aging) friends in a ski lodge outside Jindabyne. The unwanted excitement heading south was blowing the rear offside tyre on the Hume Highway and having to replace the wheel centimeters away from traffic passing at 110kph! Much of the tyre ended up somewhere in the central reservation. New tyres were fitted in Goulburn while we had a good lunch in the Paragon café.

Now back home to the heat, wet and the question of whether we should replace the 75 year old roof which leaks in heavy rain. And a season of local O events!!!!



Xmas 5 Days map, Day 4 Wattle Ridge

The non-trainer's training schedule – Peter Galvin

B is for **Base** period of the non-training program, which usually runs from January 1 to December 31 each year.

E is for **Energy**, the conservation of which is a feature of non-training programs, and for **Expensive**, which is not a feature of the same.

N is for **Non-specific** training, which is unfortunately often confused with specific training. The latter is to be encouraged at all times, and can take various forms: e.g. bending the elbow (often confused with carbohydrate loading, which is a form of the former....)

D is for **Diaper**, from which training problems (as in toilet training) first emerge. Scheduling short sitting can provide a solution, but can lead to compulsive (s)training in later years.

I is for **Injury**, the time available during which this can occur being minimised by regular non-training, and for Impact of layoff time due to above, which is reduced since training time is not forfeited.

G is for non-training **Gear**, which does not need to be specially bought (see **E** for **Expensive**), which, being whatever you normally wear, allows you to non-train (see also **I** for) inconspicuously.

O is for **Old** age and **Office** hours, during both of which non-training can continue unabated, and for **October**, when trainers feel **Obliged** to peak under pressure, while non-trainers can continue pleasantly plateauing.

C is for **Competition**, the 'raison d'être' of a trainer's life (see also **U** for **Ulcer**), and for **Capability**, within which non-trainers know they always are, thereby being always **Content**.

L is for **Lazy**, which non-trainers are often thought of as being, when in fact they are **Lactic**-acid prone persons.

U is for **Unusually** fit, which trainers are always trying to be, and for **Usually** unfit, which non-trainers always are without trying.

B See aBove.

Peter Galvin, February 1987
(Top Vic. Non-trainers' trainer)