

Newsletter Highlights

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Annual General Meeting - 1997

The Annual General Meeting will be held at 2:30pm on Saturday 26 April 1997, after the NSW Championships.

All committee position are up for election. The current committee members are ...

President	Peter Watterson
Vice President	Stephen Castle
Secretary	Marnie Holmes
Treasurer	Tony Maloney
Newsletter Editor	Trevor Gollan
Calendar Organiser	Alan Mansfield
Membership Secretary	Graeme Cooper
Publicity	Julian Ledger
Equipment	John Keats
Committee	Anne Francis David Sigley Debbie Cox Sue Clarke

Coming Events

NSW Champs 25-26 April

Rollie Burford has selected a special site between Oberon and Goulburn, an area of high country, very open forest and some big hills (Rollie chooses the word "physical") We can expect terrain similar to Jaunter 1991 (except it won't be snow in April!) and last years Upside Down at Rydal.

The full moon coincides with the Anzac Day weekend, hence the rogaine will start at 1pm on Friday 25th and you can opt to stay over on Saturday night to recover prior to travelling home on Sunday Bus transport will also be available.

24 Hour Relay 3-4 May

The 1997 TAB 24-hour relay is to be staged again at the Sydney International Athletic Centre, Homebush Bay, from 12 noon on Saturday 3rd May to 12 noon Sunday 4th May Team entry is open to individuals 16 years and older Team entry fee is \$400, covering registration of 20 runners plus team supporters.

There's entertainment throughout the weekend, a good excuse to keep fit and support the Australian Olympic Team Fund How about 20 rogainers interested in entering a NSWRA team?

Metrogaine 25 May

Metrogaine '95 presented the lower Lane Cove and Parramatta Rivers. This year Sue Karle is taking us up the creek to the top of the Lane Cove River. The course will be an even mix of cityscape, with Q&A controls, and bushland, with standard flags.

The Metrogaine is a fun day, (perhaps the true Socialgaine?) easy to access, and good for introducing new people to Rogaining. Sue has responded to the increasing popularity of the event by introducing a new age category for over-70's.

Paddy Pallin 15 June

Following the big success of recent years, your trusty organising team have located another excellent area - this time down south, somewhere between Wilton and Bargo.

The 1st Waitara Scouts will again be handling the catering, guaranteeing a magnificent feed on the Saturday night and on the Sunday after the event Paddy Pallin will be giving away quality prizes (eg boots) to the winners as well as those lucky enough to be pulled out of the shoe box by Robert Pallin.

To top it of we will be having a Bush Dance on the Saturday night - at no extra expense to you.

Come along and join in the fun!

Mountains

"Mountains should be climbed with as little effort as possible and without desire. The reality of your own nature should determine the speed if you become restless, speed up If you become winded slow down You climb the mountain in on equilibrium between restlessness and exhaustion Then, when you re no longer thinking ahead, each footstep isn' t just a means to an end but a unique event in itself This leaf has jagged edges This rock looks loose From this place the snow is less visible, even though closer These are things you should notice anyway To live only for some future goal is shallow it s the sides of the mountain which sustain life, not the top Here's where things grow.

But of course, without the top you can't have any sides It s the top that defines the sides So on we go ... we have a long way . no hurry .. just one step after the next . with a little Chautauqua for entertainment ... Mental reflection is so much more interesting than TV it's a shame more people don't switch over to it. They probably think what they hear is unimportant but it never is."

Robert M Pirsig,
Zen and the Art of Motorcycle Maintenance