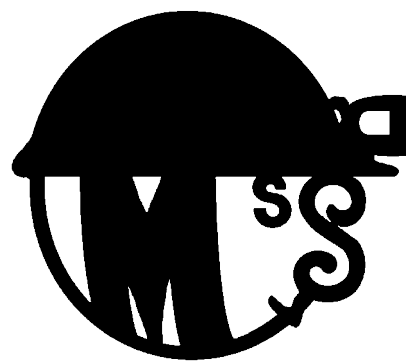


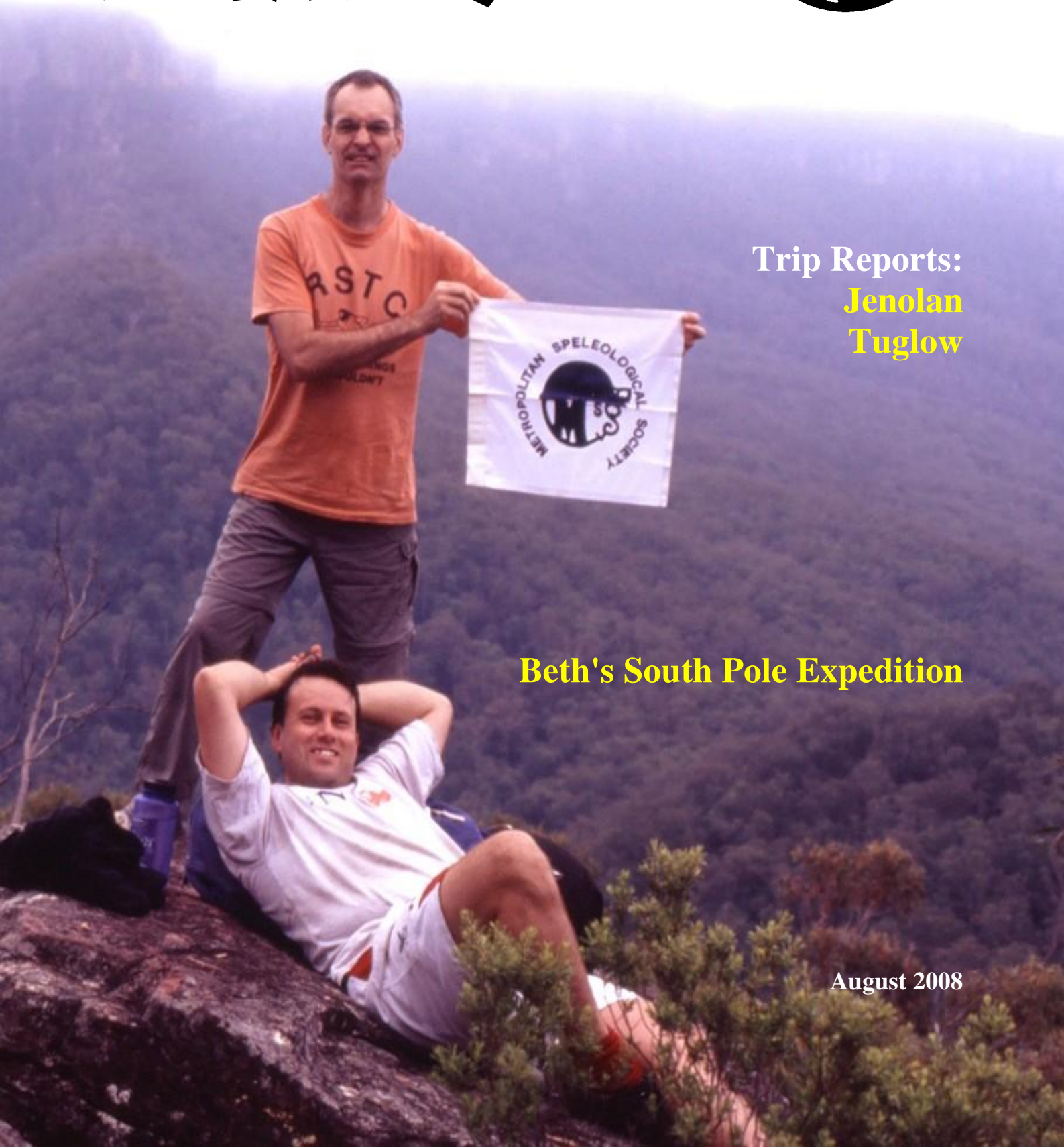
NEWSLETTER MONTHLY



Trip Reports:
Jenolan
Tuglow

Beth's South Pole Expedition

August 2008



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Cover Shot:

Dave proudly flies the club flag on Mt Solitary, while Rod takes it easy.

Photo by Bob Horn

**NEWSLETTER OF THE METROPOLITAN SPELEOLOGICAL SOCIETY INC.
P.O. Box 178, THORNLEIGH, NSW, 2120**

Last Meeting

Last meeting didn't quite go according to plan. Due to situations beyond our control, the meeting wasn't able to go ahead. To make up for it, the next meeting will be the best meeting for the entire month!

Next Meeting

Date: 15th September, 2008
Time: 7.30 pm
Venue: Baden Powell Scout Camp
Pomona Street, Pennant Hills

Quote of the Month

“F@#&!!!!” - Rod and Rob were quite taken aback by Jim's language in Tuglow.

Announcements

Brett has bet Dave that he will quit smoking. There is a bottle of Mead and lamb shanks in it. If Brett doesn't touch another smoke before the November Jenolan trip, Dave will be buying the Mead and lamb shanks. Otherwise Brett will supply them.

Trip Reports

Jenolan - 2nd - 3rd August, 2008

Participants: Brett Pilcher, Stephanie Pilcher, Derek, Deb Harding, Rod Smith (TL).

Rob called me Friday afternoon to give me the news, he was unwell and wouldn't be coming to Jenolan. It was up to me to lead the trip. No worries, I'm up for it!

I threw the gear in the car and hit the road. First stop was the Bonwick's to get the key for the Cavers Cottage. By the time I got there the wind was howling, and it only got worse. Driving along the Jenolan Rd I was wondering how strong the wind would need to be to blow the car off the road. Obviously it didn't get that strong. I was most surprised not to see a tree or large branch down on the road somewhere on the way.

The next morning the wind had died and it was looking like a great winter's day. Brett, Steph and Derek arrived with all their gear, including the slow-cooker, just in time for me to walk down to the guide's office to get the keys. The plan was to meet Deb and get a lift with her back to the hut. Halfway down the hill my phone picked up some reception, and I received a message from Deb saying her alarm hadn't gone off. I called her back and convinced her that we'd all be fine with waiting if she still wanted to come up. She said she'd be in the car within half an hour.

I walked back up to the cottage and found the fire going. Brett must have known we wouldn't be going underground for a while. No-one was disappointed at the prospect of sitting around and chatting while we waited for Deb to arrive.

A couple of hours later I headed back down the hill. Halfway down my phone rang. There had been a truck accident at Blackheath and Deb was only just turning off the Great Western Highway. I walked back up to the cottage. I was getting plenty of exercise!

The third attempt and I only had to wait a couple of minutes for Deb to show up. We drove back up to the cottage and started making preparations to go underground, starting with having lunch. Soon we were on our way to Aladin.



Derek and Brett, “the Hard Men”, in Alladin
Photo: Rod Smith

We got to the cave entrance, suited up, and went inside. I turned to the group and asked, "Who's leading?"

Derek was enthusiastic, but my preference was for someone who had been in the cave before, so Brett took the lead. He had no problem finding his way through the cave, and helping Deb as he went. In no time at all we were checking out the pretty's at the bottom of the cave. After Derek and Deb had had a good look around we made our way back out.

We were only underground for about an hour, but it was a great introduction for Derek and Deb.



Deb in her nice white overalls
Photo: Rod Smith

The fire was still going when we arrived back at the cottage. Deb stuck around for a while, but left before dark, she was off to Melbourne the next day. The rest of us enjoyed some fabulous Chicken Cacciatore from the slow-cooker.

Sunday morning I decided to drive down to get the Mammoth key. We got a much earlier start with the plan to be back at the cottage for a late lunch. Brett said he enjoyed the caving much more when he was leading, so I was happy for him to take point again.

We had to show Derek the mammoth squeeze, so we headed there first. Brett and I had already decided we weren't even going to attempt it, but Steph was quite happy to go through, and Derek was happy to give it a go. While they made their way through the squeeze, Brett and I headed for the rock-pile.

I confidently lead the way, and took a wrong turn. I crawled into a hole that was slowly getting smaller, and we agreed that I was going the wrong way. Brett went looking for the right way while I struggled to get back out of the hole. Brett managed to find the way through the rock-pile; I knew putting him in the lead was a good idea!

We got out of the rock-pile to find Steph and Derek had been waiting for us for about ten minutes. We heard about the struggle Derek had while watching Steph glide through the squeeze.

We made good time on the rest of the trip down to Lower River. We all felt that the river was flowing a bit more than usual, but certainly nothing to concern us.

After a short break we turned and headed for the surface. On the way we took a detour into Oolite Chamber. We didn't have enough light to do it justice. The next detour I didn't participate in as the crawl was getting smaller and it wasn't the way we wanted to go.

Steph decided it would be easier for her to go back through the squeeze rather than the rock-pile, so she went that way while the rest of us went up through rock-pile. I was quite happy to wait by the jug-handle while Brett went to fetch Steph. Apparently he found her hanging about a foot off the ground and losing her grip.

After that it was lunch, pack up, drop off keys and go home.

Thanks for a great trip guys!

Rod.

Tuglow – 30th - 31st August, 2008

Party: Robert Clyne, Rod Smith, Jim Crockett (TL)

This had been a very hectic week for me with a lot of personal issues going on. But I was still very keen to go caving and nothing was going to stop me. Brett and Stephanie had pulled out of the trip earlier in the week due to the flu but we still had the minimum number to run the trip.

I went up with Rod very early Saturday morning and we had to stop a couple of times to load up on caffeine as Rod was having some trouble staying awake. That made us a little bit late at the rendezvous point with Rob. He made it a little bit easier for us by waiting at the turn off to the Kowmung River trail. Here we transferred all our gear into Rob's Hilux and headed off. We made the carpark at about 9.45am and we at the cave entrance at 10.30am.



"I know what I'm doing I think!?"
Photo: Jim Crockett

We were planning to go via the "Hard Persons Route" to get down to the main river passages. We soon had the first 10m pitch rigged and descended to the head of the main 50m "Pitch of Oblivion". Rod did a nice job with the rigging with a Y belay at the head and tie back to the rope from the first pitch. Rod descended and found some potential rub points about a third the way down and decided upon a rebelay at this point as we were only using 9mm rope so had some concerns. Just as he was about to descend further he felt something fall off his rack but was not sure exactly what it was.

We all made the bottom of the pitch OK and found it was one of Rob's krabs that had fallen off. Which would have to be discarded. We started to explore in the upstream direction initially in the water but after 30m found some upper dry ledges that continued upstream. We got to the point where we thought there should be a way up to the "Knights Knobbly Knob" chamber but could not find any obvious way up. Rod scouted around and found a possible route involving some airy climbing. This led to almost directly to under the Knobbly Knob formation and the visitors book.

We were the first group to sign the new book which had only been placed there 3 weeks ago.



Rob heading down the Pitch of Oblivion
Photo: Jim Crockett

We did some exploring in the large chamber and found the "Singing Shaws" from where we continued upstream and expecting to find a way down to the river passage as we could clearly hear the waterfalls. We did eventually see the river but it was only accessible via a large drop which had 2 brand new ringbolts recently placed. But we had no gear to descend. We then found our way back to KKK and started to explore other routes to get down to the river but could not find an obvious one so ended up going down the same way we had come up near the base of the Knights Knobbly Knob formation. From there we went downstream back towards the bottom of the pitch. On the way I was negotiating some ledges when suddenly my knee twisted and I screamed an obscenity in pain, and was in agony for a few minutes. I had somehow inflamed an old injury, one which had not given me any trouble for 10 years or so. I was able to hobble back to the pitch in a little bit of pain and start the prussick first. The crook knee did not give me too much trouble on the prussick as most of the work was done with the other leg, but I had to take it easy. After a lot of sweating and crossing of the rebelay I finally made the top. Rob and Rod soon followed me up. The next pitch was relatively easy and we made the entrance just on dark. We were back at the car at about 6.30pm and would have been in the cave for about 7 hours.

It was then back to the Boyd River Campsite for food, fire and rest. There were only 2 other people camping there but they did not join us in front of the warm fireplace. Dinner was delicious and in Rod's case unpronounceable "Lamb Bourgon ??" We were all fairly tired, sore and in my case in a fair bit of pain with my injured knee after it had cooled down. So we got to bed fairly early. We all awoke the next day to light rain and very overcast conditions typical of Kanangra. So we were lucky we had the shelter as we could enjoy breakfast in comfort. We all decided there was nothing going to happen today and so left the campsite very early and I was back home at 11.30am.

All over an excellent trip was had by all.

Jim





**THE BIPOLAR
EXPEDITION**
UNDERSTANDING THE EXTREMES

I am raising awareness and research money for **Bipolar Disorder** by trekking to the **South Pole**
(as well as other activities)
Donations to help are welcome

THEBIPOLAREXPEDITION is

- an incredible not-for-profit initiative developed by young Australians
- aimed at building a new awareness about the issues facing people with Bipolar Disorder through our creative activities/events
- as well as raise funds to give grants for vital research into the causes and more effective diagnosis.
- partnered with the Australian Rotary Health Research Fund and the Black Dog Institute

Our activities include:

- **Expedition:** to North Pole (April 09) and South Pole (November 09). Extremes of the earth to reflect the extremes of the Bipolar experience.
- **Documentary:** about the journey (nationwide and possibly international exposure) for awareness raising purpose.
- **Other:** Cruise, fundraising events such as bbq's, auction's and balls, and workplace education programmes.

How YOU can support:

- **Donate.** <http://www.gofundraise.com.au/bethbipolarexpedition>
- (As a registered charity, donations in Australia over \$2 are tax deductible)
- Spread the word about our expedition and what we hope to achieve

Thank you in advance for your help!
Beth Little

Email me if you want more details littlebeth78@hotmail.com.
We also have a website www.bipolarexpedition.org

We are also looking for corporate sponsorship - if you know an organisation interested they could contact t.silk@uq.edu.au for more details.

Future Trips

Welcome to the new look future trips section. Anyone with artistic abilities are welcome to submit their own icons for any of the categories here, and/or any other categories. If we use your icon then you'll have to be prepared to accept the praise and admiration from your fellow club members. Send your icons, or any other feedback, to roderick_smith@hotmail.com.

Legend:

Activity



Caving



Canyoning



Diving



Hiking



Abseiling



Cycling



Horse Riding



Kayaking



Climbing



Skiing

Grade



Easy



Easy/Medium



Medium



Medium/Hard



Hard



Extreme

Accommodation



Camping



Cottage













Extras






































Kites



Camp Ovens

Where	When	Activity	Grade	Trip Leader	Accommodation (if applicable)	Additional Costs	Let Trip Leader Know By:	No. of Spots Left
Snowy Mountains	13 th - 14 th Sep	 or Snow Shoeing		Dave Stuckey 0414 590 305 stuckedl@cba.com.au		Hire of gear, if required	9 th Sep	
Other Info:								
Lindfield Rocks	21 st Sep		Instructional	Johan Verhagen 4758 9811 johan.verhagen@sydneywater.com.au			17 th Sep	
Other Info:								
Narrowneck or somewhere similar	27 th - 28 th Sep			Graham Boyles 0414 200 718 graham_boyles@yahoo.com.au			23 rd Sep	
Other Info:								
Pierces Pass and Dogface	11 th - 12 th Oct			Rod Smith 0438 444 262 roderick_smith@hotmail.com (that's 2 underscores)			7 th Oct	
Other Info: 200m abseils. Massive exposure!!								
Gooches Crater	25 th - 26 th Oct			Brett & Steph Pilcher Brett 0412 049 099 brettpilch@hotmail.com Steph 0423 526 288 skeeling@iinet.net.au	Camp Cave		21 st Oct	
Other Info:								

Where	When	Activity	Grade	Trip Leader	Accommodation (if applicable)	Additional Costs	Let Trip Leader Know By:	No. of Spots Left
Jenolan	1 st - 2 nd Nov			TBA		\$5 Hut fee	29 th Oct	12
Other Info:								
Little Big Hole and Daylight Tunnel	15 th Nov	 		Rob Clyne 0409 033 224 caver@people.net.au			11 th Nov	
Other Info:								
Malaita Point	16 th Nov		Instructional	Johan Verhagen 4758 9811 johan.verhagen@sydneywater.com.au			11 th Nov	
Other Info:								
Danae Brook	6 th Dec			Johan Verhagen 4758 9811 johan.verhagen@sydneywater.com.au			N/A*	Trip Full*
Other Info: * If enough other people are interested, we will run a second trip on the same day								
Xmas Party	6 th Dec	Eat, drink and be merry		Johan Verhagen 4758 9811 johan.verhagen@sydneywater.com.au			2 nd Dec	
Other Info: 								

Where	When	Activity	Grade	Trip Leader	Accommodation (if applicable)	Additional Costs	Let Trip Leader Know By:	No. of Spots Left
Wollangambe	26 th Dec			TBA			19 th Dec	
Other Info:								
Claustral	27 th Dec			TBA			19 th Dec	
Other Info:								
Dargans	28 th Dec			TBA			19 th Dec	
Other Info:								
New Zealand – Routeburn trail	Jan 2009			Johan Verhagen 4758 9811 johan.verhagen@sydneywater.com.au		Hut fees, flights	20th Jun	
Other Info: This needs to be booked and paid for, specifically the huts on the walk, thus the early notice required. Gourmet eating. 								
Kites over Kosci	24 th - 26 th Jan			Johan Verhagen 4758 9811 johan.verhagen@sydneywater.com.au			20 th Jan	
Other Info: 								
Alcatraz	TBA			John Gray 0427 876 679 john.gray@sydneywater.com.au			TBA	

Where	When	Activity	Grade	Trip Leader	Accommodation (if applicable)	Additional Costs	Let Trip Leader Know By:	No. of Spots Left
Other Info:								