

FOREST



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understories

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Suse carries the baton

Melbourne Forest Racer Susannah King proudly carried the Queen's Baton on its way to the opening of the Melbourne Commonwealth Games last month.

Susannah carried the Baton for approx. 500m around the Tan, not far from where she lives in South Yarra. The Queen's Baton then made its way along the Yarra River into the MCG where it was carried by former Olympians Cathy Freeman, Ron Clarke, Marjorie Jackson-Nelson, and John Landy who presented it to the Queen. Dion, Blair and Margaret got to run alongside for some of the way.



President's Piece

The Commonwealth Games is over, and the cooler weather has arrived, which can mean only one thing. The orienteering season has arrived.

By the time that you read this, you will hopefully be well prepared for the Easter carnival. There has been loads of training options available in relevant terrain, so hopefully all members can turn that into good results next week, and make the most of a 'home' Easter 3 Day carnival. I look forward to gathering as a club at the assembly area at Easter each day.

Outside of competition, our members have also been extremely busy, with Sue Neve, Warren Key, Paul Liggins and Peter Jackson all playing major roles in some of the carnival events. A special thanks to Warren for visiting Bendigo on at least 5 occasions with Tash due to give birth any day now! Paul also has the chief selector role for the Australian WOC team, as does Blair for the JWOC team. Both will be busily scrutinising the results board at Easter.



Please support the club and try to help as much as possible on Sunday 23rd April as we organise the NOL and Victorian Club Relays. Sue will try to talk to you all at Easter to confirm your on the day roles. Please also try to plan to stick around in the afternoon to pick up a handful of controls each. There are also rumours that Carl and David will be singing the national anthem at the end of the briefing before the spectacular mass start. MFR NOL & JNOL team members will be expecting to run the relay competition so check with Bruce for your team allocation. Other members who also wish to run should let Bruce know asap so that he can fit you in a team without impacting Sue's helping roster.

The action doesn't stop after Easter with the inaugural MFR Turkey Traverse on Sunday 21st May. A mass start long distance multi map event based at Quarries Park, and orienteering through Darebin Parklands, Alphington Parklands, Yarra Bend Park and Fairfield Parklands. Bruce will be asking 3 or 4 members to help set a few controls each on a micro map close to their home, as well as some help on the day.

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Finally, it looks like Blair's reign as president of Orienteering Victoria is coming to end, as he is hoping to take on the role of Director of Finance for Orienteering Australia. Please thank him for all of his hard work behind the scenes. Ian Dodd looks like taking over, so this leaves 2 Vice President positions vacant, as well as the Bush O committee chair position. If you have good ideas for orienteering in Victoria and want to make a difference, here is a great opportunity to get involved. If you are even a little bit interested, please have a chat to Blair.

Cheers, Bruce

Wooden Spoon 2005

Congratulations to Susannah for being the best Monday Night Cook in 2005. Here's one of the recipes that got her the coveted spoon.

Chocolate Prune and Pecan Torte

3 egg whites
1 tsp lemon juice
2 tb caster sugar
150g (1.5 cups) pecans, chopped
120g (1 cup) pitted prunes, chopped
120g dark chocolate, grated or chopped

Preheat oven to 180C. Grease a 20cm springform cake tin and line bottom with greaseproof paper. In a medium bowl, beat egg whites and lemon juice until they start to thicken. Gradually add sugar and continue beating until firm and creamy. Fold in pecans, prunes and chocolate

Pour mixture into cake tin and bake in oven for 40-45 minutes. Cool on a wire rack for 10 minutes then loosen springform pan and remove. Cool thoroughly on wire rack. Serve with yoghurt, cream or icecream

Note: oven temperature is uncertain: original recipe said 230C which is probably too high for this cake. Recipe could be doubled if cake tin larger than 20cm or a "higher" cake is desired

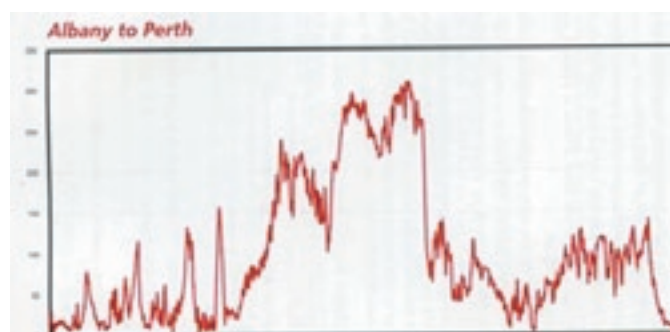
Great WA Bike Ride

'I've been more of a forest rider than forest racer recently' writes Margaret King.

'The Great WA Bike ride, 450 km from Albany to Margaret River, took us through some splendid forests, to spectacular beaches, and then to a sumptuous vineyard for lunch, 5km from the end of the ride'

'This profile covers the seven days of riding; you might understand why my average speed was just under 20, though top speed was 59; couldn't quite make my age(65) and it's getting harder every year!'

Well Done Margaret!



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