

The CAKEWALK

Special 20th Anniversary Edition



The 85 current and former members and their families that celebrated the 20th anniversary of CAEX on Sunday 16 June 2002 at Balwyn Community Centre.

**CAEX Bushwalking Club
Inc**

1982 to 2002

ANNIVERSARY PRESIDENT'S PIECE

CAEX Bushwalking Club was established on 15 June 1982. The new Club was a merger of the CAEEX Bushwalking group with graduates of the summer CAE bushwalking courses held in the City and Doncaster. The CAE courses had been run by John and Roslyn Steel. The new Club had at least 3 central commitments:

- their motto of "Bushwalking for Pleasure";
- leaders had to bring a cake to share at the end of the walk (this tradition had already started with the CAEEX group);
- a determination to keep bureaucracy to a minimum.

35 names appear on the first membership list, dated June 1982. 9 of these people are still members of CAEX today. By December 1983 there were 71 members. The Club's walking man logo appeared in the December 1983 newsletter – designed by Jim Barras.



One of the striking features of these early days is the number of overnight backpacking trips – these significantly outnumbered the day walks. In contrast our 2002 program is all day walks and accommodated weekend trips. It is two years since the Club completed an overnight walk. A reflection on our changing

times and changing membership.

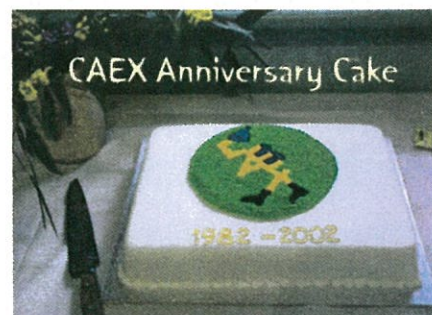
In 1986 the Steel's stopped running the bushwalking courses and CAEX decided to run their own CAE course in the City. The "long course" (8 weeks) proved to be very successful with most of the Spring and autumn courses being heavily booked. CAE persuaded CAEX to offer a second, "short" course of 3 weeks based at Hawthorn Secondary College. Between 1986 and 1998 approximately 1,000 people attended a CAEX course. The courses had a major impact on the Club in providing a steady stream of new members but also providing most members with a common experience and sound set of core bushwalking skills.

The Club's activities, and especially the longer trips, provided another source of shared experiences – both good and bad. These experiences forge strong friendships as you must rely on other members of the party to successfully complete these trips. Everyone in CAEX will have their own tales of fateful or funny trips – whether they were on a day walk, overnight, extended or expedition trip!

While we have much to celebrate, this is also a time to consider the future of CAEX. The 80's and 90's were a time when there were many members with passion, enthusiasm and the opportunity to go walking frequently. Change came as it inevitably does. We still have these qualities but perhaps in different combinations – opportunity (time) seems much scarcer these days!

I am confident that given our history and the strong membership we currently have, that CAEX will continue to offer some wonderful experiences to members for many years to come.

Elaine Towers



CAEX Milestones

FIRST CAEX DAY WALK

11 July 1982 Fraser National Park

FIRST OVERNIGHT WALK

14-15 August 1982 Grampians. Base camp at Buandik Camping and Picnic area

FIRST EXTENDED WALK

Labour Day Weekend, March 1983 to Mt Bogong. Leaders, Chris & Alison Leihy

FIRST EXPEDITION

Feb 1984: Overland Track, Tasmania. Leader Des Burns

CAEX EXPEDITIONS 1982-2002

Listed below are Club expeditions, as recorded in Cakewalk, since 1982. The line between expeditions and extended walks is a little blurry, so the following list may be subject to further revision! Also, not all trips were written up in Cakewalk so it is hard to be sure they all actually happened.

WHEN	WHERE	LEADER
Feb 1984	Tasmania	Wayne Emmins
Sept 1984	Flinders Ranges	David Nicholls
Feb 1985	SW Tasmania	Wayne Emmins
Oct 1985	Budawangs	Michel Zajicek
Nov 1985	Flinders Island	Des Burns
Feb/Mar 1986	New Zealand	Chris Towers
Sept 1986	Flinders Ranges	Des Burns
May/June 1987	Kakadu	David Nicholls & Wayne Emmins
Oct 1988	Outback NSW	Jennie and Ron Lees
Oct 1988	Flinders Ranges	Jane Cairns
Sept/Oct 1989	Western Australia	Jennie and Ron Lees
Oct/Nov 1990	Budawangs	Michel Zajicek
Oct/Nov 1992	Budawangs	Michel Zajicek
March 1992	Genoa River	Jennie Lees
March 1993	Tasmania (Cradle Mtn)	Lynne Johnston
April/May 1994	The Kimberley	Des & Susan Fitzpatrick
Sept/Oct 1995	Flinders Ranges	Fitzpatrick's/Towers
May 1997	Kakadu	Val Wake
Feb 2001	New Zealand	Val Wake

RECURRING EXTENDED WEEKEND TRIPS

January Australia Day long weekend:	Falls Creek
Easter:	From 1984 through most of the 1980's the destination was the Kosciuszko NP but now varies year by year.
Early December	Mt Buller
November Cup Day long weekend:	Mt Hotham

CAEX Celebrates

CAEX celebrated its 20th anniversary on Sunday 20 June 2002 with a party at the Balwyn Community Centre. Below and on the following page are some photographs of current and former members enjoying the celebration.



Thanks to Lynne Johnston for taking these anniversary photos.



20th Anniversary Walk, Fraser National Park Eildon, Sunday 21 July 2002. Lyn Ivory, Michel Zajicek (leader) and Val Wake – photographer Eddy Chan.

CAEX BUSHWALKING CLUB INC.—HONOUR ROLL OF OFFICE BEARERS 1982 TO 2002

YEAR	PRESIDENT	SECRETARY*	TREASURER	COMMITTEE	EDITOR
1982	David Leihy		Rhobyn Walsh		Arlis Kempf
1983	David Leihy		Rhobyn Walsh		Ron Lees
1984	David Nicholls		Chris Towers		Margaret Reid
1985	Margaret Maxwell		Rod Taylor		Ron Lees
1986	Wayne Emmins		Michel Zajicek		
1987	Chris Towers	Elaine Alexander	Arlis Kempf		Gerry Theile
1988	Jennie Lees	Jean Nicholls &	Arnis Stonis &		Elaine & Chris Towers
		Lynne Johnston	Rhobyn Walsh		
1989	Wayne Emmis	Arlis Kempf	Rhobyn Walsh	Miriam Segon & Dennis Wykes	
				Chris Baker & Peter Duffell	
1990	Des Burns	Margaret Maxwell	Peter Adcock & Monica McQuatters	Margaret Maxwell & Monica McQuatters	Jean Nicholls
1991	Lynne Johnston	Miriam Segon	Gill Thomas		Ron & Jennie Lees, Chris & Elaine Towers
				Lynne Johnston	Jean Nicholls & Val Wake
1992	Suzanne Lenne	Val Wake	Mark Barton	Brian Hetherington	Suzanne Lenne & Lynne Johnston
1993	Val Wake	Peter Roberts	Norman Beilby	Mark Barton & Des Fitzpatrick	Susan Fitzpatrick
1994	Leanne Pike	Peter Roberts	Barbara Addie	Des Fitzpatrick & Pat Raco	
1995	Leanne Pike	Des Fitzpatrick	Val Wake	Brad Caulfield & Lino Filisone	Susan Fitzpatrick
1996	Des Fitzpatrick	Lino Filisone	Val Wake	Helen Birch & Brad Caulfield	Keilleigh Booth
1997	Chris Towers	Lino Filisone	Leigh Pike	Chris Baker	Darrell Ross
1998	Chris Towers	Leanne Pike	Susan Fitzpatrick	Lino Filisone & Chris Baker	Darrell Ross
1999	Susan Fitzpatrick	Leanne Pike	Val Wake	Shona Dewar & John McRae	Chris Donald
2000	Susan Fitzpatrick	Val Wake	Lia Albergo	Shona Dewar & Michel Zajicek	Des Fitzpatrick
2001	Elaine Towers	Chris Towers	Lia Albergo	Michel Zajicek & Jennie Epstein	Des Fitzpatrick
2002	Elaine Towers	Chris Towers	Laval Chu	Michel Zajicek & Jennie Epstein	Des Fitzpatrick

The Rock CAEX—members for 20 years!



CAEX Founding Members, 1982 to 2002. L to R: Lynne Johnston, David Nicholls, Jean Nicholls Michel Zajicek (rear) Rosemary Lade (front) Des Burns, Arlis Kempf, Rhobyn Burns, Chris Towers, Margaret Maxwell.

My First Walk With CAEX – 12 December 1982

By Chris Towers

I first started bushwalking in 1979 when a cousin, who was planning to walk the Cradle Mountain – Lake St Clair track in Tasmania, had his walking companion pull out on him. I offered to take his place, despite never having done a single overnight walk and very few day walks either.

After our eight-day walk in February 1980, we did a couple more walks and camping trips together, but my cousin's interest started to wane. In the winter of 1982 I enrolled in and completed a snow camping course run through the CAE. On the last evening of the course a David Leihey from a CAEX Bushwalking Club came along trying to interest us in joining. At this point I had tried a couple of other walking clubs, but was not very impressed as they were not very welcoming to a shy, inexperienced 23 year old on his own! I was keen to keep walking, so decided to put my name on the list.

Over the following three months I received several phone calls from a very persistent David Leihey, telling me about the forthcoming walks and trying to interest me in

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coming along. Finally, as much to keep him off my back I finally agreed to go on a day walk to Mt Strickland (beyond Warburton), led by Rhobyn Walsh (now Burns) and Brian Churchill. The leaders very kindly organised for me to get a lift with a very friendly and obliging family by the name of Nicholls.

My recollections on the day are: of sitting in the back seat of the Nicholls brown Holden Commodore, trying to make polite conversation with David, Jean and Felicity (I don't recall Colin being present); quite pleasant walk with a friendly group of 22 other people, several hills to climb; hearing Rhobyn and Brian telling a story about their pre-walk through snow only a few weeks earlier; Felicity fair complexion and constitution (?) not coping too well with the hot weather with the result of her becoming unwell and finally, the post walk leaders cake and afternoon tea at a pancake restaurant in the main street of Warburton.

My fellow walkers that day, and the Nicholls Family obviously made quite an impact on me because from there on I was hooked. The Nicholls Family and Rhobyn have all been close friends now for 20 years, during which time we have shared so many memorable experiences, and not all of them while walking.

Back then CAEX was a much smaller club than now, with only about 30 members on the list, and not all of them active either. But some things never change. The contrast between the larger established clubs I tried and CAEX were marked, and not just due to their size. Certainly CAEX was much more welcoming and accepting of new members, and I immediately felt comfortable and 'at home' with the group.

This was really bought home to me about 4 years later when on my first Federation Day walk a member of another club was surprised to learn our group was a club group, as they thought we were all the one family!!!!!! 16 years later, another person from another club commented on the death of Ron Lees that she always thought of CAEX as more a family than a club and that with Ron's death the CAEX family had lost a much loved member. To me, these comments really say so much about what the club has meant to many others and me over the past 20 years. The 'family' has grown and contracted over the years, with members joining from diverse cultures, countries, backgrounds and interests. There have been so many shared experiences, countless highs, very few lows, lifelong friendships and lifelong partnerships too. Lets hope there are many more to come.

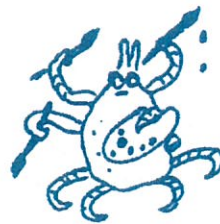


CAEX Kids Page

Some of the kids that attended the anniversary party put their ideas about bushwalking on paper. Samples of their work are included below and elsewhere in this special issue of The Cakewalk.



By Andriana Stoddart



SIGNED
ARTISTIC

CAEX MIXES

Mark & Effie Barton

Des & Rhobyn Burns

Brad & Kelleigh Caulfield

Brian & Sharon Churchill

Shona Dewar & Henry Stork

Margaret Maxwell & Rob Francis

John & Jane McMahon

Colin & Fiona Nicholls

Leigh & Leanne Pike

Peter Roberts & Maureen Robinson

Chris & Elaine Towers

Lyn & Craig Ivory (now not married)



The above 'mixes' occurred as a result of the couples meeting through CAEX. If we have missed any, let us know.

Artwork by Jean Nicholls

CUP CAEX

Sarah Wykes
Katie Wykes
Kathleen Burns
Erin Burns
Alexander Stork
Bryce Nicholls
Darcy Nicholls
Corey Nicholls
David Barton
Travis Barton
Daniel Ivory
Nerida Ivory

These children were born after their parents joined CAEX and/or as a result of the CAEX mixes on the previous page.



By Katie Wykes



Falls Creek Weekend - (Day 2)

Watchbed Creek - Fitzgerald's Hut -Aqueduct

Date: Saturday, 27 January 2001

Leader: Karen Wykes **Reporter:** Sarah Wykes (9 years old)

The most exciting part of the walk was at a big tree where I saw 3 lizards together. I could almost climb the tree even though it was hot and windy. Katie, my younger sister, discovered towards the end of the walk that she had an odd pair of walking boots. We started out okay but ended up so tired towards the end of the walk. I was walking at the front of the group with Susan. There were 12 people in our group and we crossed a big stream once. The walk seemed longer than it looked on the map, and on the way up, I passed Mum, Katie and Michel. We passed two runners at the start of the walk and then we walked to Kelly's and then Fitzgerald's Hut where we had lunch.

CAE Bushwalking Courses

The history and success of CAEX is of course intimately associated with the CAE bushwalking courses. In excess of 1,000 people enrolled in the courses over the 13 years that CAEX club ran courses. Many of the current members came to the club after completing one of the courses. Twenty or so members were involved as tutors at one time or another.

At the time CAEX was established, the courses were being conducted by John & Roslyn Steele, but in 1984, due to business and work commitments the Steele's moved house to

Gippsland and could no longer conduct the courses. As the courses were such an important part of the club, and a key source of new members, a decision was made to approach the CAE with a proposal that CAEX run the courses. The proposal was readily accepted by CAE.

A committee of members was formed to determine the course schedule and content and to identify members with the skills and experience to be course tutors. A nine week schedule for a course designed to develop overnight bushwalking skills was the result.

The first Bushwalking for Pleasure course was advertised for the CAE Autumn 1986 program. There was of course much anticipation (and probably more than a touch of apprehension) as to the number of enrolments. (A majority of the tutors though had other things on their mind – they were on a six week trip to NZ, returning only days before the course started.)

The first course greatly exceeded expectations, with a full enrolment of 25 fronting up the first night and 23 still there on the last night, something of a record at the CAE as there is usually a significant drop-out rate for most courses. The long course as it would later become known, continued until 1998, with enrolment numbers waxing and waning in concert with interest in bushwalking.

Over the 13 years the course ran, the schedule changed little, although the navigation weekend did start as a day only. The content was fine tuned or altered to fit the styles of individual tutors, but essentially stayed the same. David Leihy was the first coordinator, followed by Chris Towers after David moved to Sydney in 1987. Miriam Segon was coordinator in 1990 while Chris & Elaine travelled in northern Australia and Susan Fitzpatrick took over in 1998.

Club members that have participated as tutors include: David Leihy, David Nicholls, Jean Nicholls, Ron Lees, Jennie Lees, Miriam Segon, Jane McMahon, Des Fitzpatrick, Susan Fitzpatrick, Des Burns, Rhobyn Burns, Arlis Kempf, Cate Leslie, Brian Hetherington, Rosemary Lade, Jennie Epstein, Margaret Maxwell, Mark Barton, Effie Barton, Val Wake, Rick Rickard, Lynne Johnston, Chris Towers, Elaine Towers.



CAE Course on the summit of Mt Kooyoora, May 1995

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The "short" Bushwalking Courses

After the success of the first "Long Courses", it was proposed to run a shorter course aimed at Day walking participants. The first course was advertised in the Spring 1987 Course Guide and courses generally ran in Autumn and Spring of each year. David Leihy was the first Coordinator, with Margaret Maxwell becoming Coordinator when David moved to Sydney at the end of 1987.

The course format started with 3 weeks of evening classroom sessions and 3 daywalks. As course costings increased the 3rd daywalk was removed from the program in order to keep costs down for participants.

The short course venues were suburban rather than city-based and ran firstly at the Glen Waverley Secondary College for the first couple of courses and then moved to the Secondary College in Hawthorn which remained a very successful venue.

The name of the Course evolved over the years with changes in CAE marketing emphasis, the original name being "Easywalking" then "Easywalking for Novices", "Bushwalking for Novices" and finally "Bushwalking for Beginners".

Like the Long Course, the Short Course well exceeded the CAE's course retention rates with very small numbers of "drop-outs" over the years and often with full 25+ enrolments. Course evaluations were also very positive.

Several participants from the Short Courses went on to complete the long course, and have become valuable contributors to the Club including involvement in the Courses themselves or as walk leaders.

Club members who have participated as tutors with the Short Course included: David Leihy, Rosemary Lade, Chris Towers, Elaine Towers, Herman Oostindie, David Nicholls, Val Wake, Lynne Johnston, Arlis Kempf, Robyn Walsh, Arnis Stonis, Jennie Lees, Karen Lees and Margaret Maxwell.

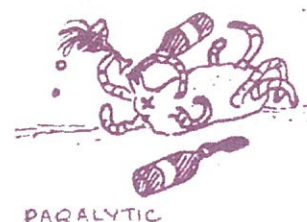


CAEX and the Federation of Victorian Walking Clubs – VICWALK

CAEX affiliated with VICWALK in 1984, and since that time has been a keen and active supporter of its activities.

VICWALK is the peak representative body for bushwalkers in Victoria and undertakes a range of important services for bushwalkers. One of the most important, and of direct impact to us, especially in recent years, has been negotiating insurance cover for clubs. Other services provided by VICWALK that have been actively supported by CAEX include: operating a Search & Rescue Section to provide assistance to Victoria Police in searching for people lost in the bush; a Conservation Committee that represents the interests of bushwalkers with Parks Victoria and other arms of government; promotion of bushwalking as a safe and enjoyable recreational activity.

A Council comprising of delegates from each affiliated club oversees the affairs of VICWALK. The council meets on the



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first Tuesday of each month to discuss issues and set policy. It has been the practice of CAEX that the club president be the delegate although Ron Lees also attended as a delegate for a couple of years when CAEX was entitled to send more than one delegate.

Since 1984, a number of CAEX members have served VICWALK as office bearers or actively participated in VICWALK activities. These include:

- Glenn Major; two terms as Treasurer
- Margaret Maxwell; First CAEX Delegate in 1984, Assistant Secretary from 1987/88 and 1990 to 1997, Police Liaison Officer and member and co-ordinator of peer support group for the Search & Rescue Section, the committee that organised the re-introduction of the Federation Weekends, member of Conservation Section
- Des Burns; Conservation Convenor
- Jennie Lees; active member of the Conservation Section and host of section meetings for a number of years
- Wayne Emmins: terms as Secretary, President and Newsletter Editor (the latter 2 positions after he left CAEX), member of several committees, including the committee that organised the re-introduction of the Federation Weekends
- Ron Lees; member of a committee that revised the Rules of Association and drafted the first set of By-laws
- Chris Towers; one term as Assistant Secretary, Police Liaison Officer, member of a committee that revised the Rules of Association and drafted the first set of By-laws, attending Conservation Section the committee that organised the re-introduction of the Federation Weekends.



Perhaps the most lasting impact CAEX has had on VICWALK concerns the annual Federation Day Walk held each autumn. The walk is hosted by a different club each year and has been a feature of VICWALK for many years. A group of members attended the walk in 1986 and were disappointed to discover that at the conclusion of the various walks on the day, the expected social occasion did not materialise. A small group decided to do something about it and volunteered to organise and lead the 1988 day walk the 'CAEX Way'.



CAEX Members in 'goldfields attire' for the 1988 Federation Daywalk.

As 1988 was the Bi-centenary Year, we chose the historic gold mining towns of Castlemaine/Chewton as the venue. At the conclusion of the walks program many of us dressed up in period garb, and we provided afternoon tea for everyone who attended. Everyone had a great time, getting to know people from other bushwalking clubs and building networks. Since that time, all Federation day walks have concluded with afternoon tea being provided!

The Original CAEX Leaders Cake

Banana Cake Supreme

Way back in July 1980 the graduates of the 1980 CAE Bushwalking classes completed their first post-course walk from the Black Spur to Fernshaws Reserve. At the end of the walk a young red haired lady (name unknown) produced a magnificent banana cake with white frosting. It was consumed by all and has continued as a club tradition ever since—a walk leader being required to bake a cake for all to consume.

It was only some time later when the group thought of forming into a club was the name developed as a pun on cake. Anyway, here is the recipe for this easy to make cake.

Ingredients

170g self raising flour
A pinch of salt
110g butter
110g caster sugar
1/2 teaspoon vanilla essence
2 eggs
3 bananas, mashed with a fork
1 teaspoon bi-carb soda, dissolved in 2 tablespoons of milk

Method

Cream butter, sugar and vanilla essence till light and fluffy. Add eggs and beat. Mix in mashed banana.

Sift flour with salt. Mix sifted ingredients into beaten ingredients alternately with milk and bi-carb soda mix. Blend well.

Pour mixture into baking pan greased with butter. Bake in moderate oven for 45 minutes. Test with skewer before removing from oven. Let cool for 5 minutes before removing from pan.

Banana Frosting

Ingredients

1/2 banana (eat other half)
1 teaspoon lemon juice
45g butter
1 1/2 cups icing sugar

Method

Blend banana and lemon juice to a puree. Add soft butter and mix through. Mix in sifted icing sugar and beat together. Decorate cake with frosting and place in refrigerator.



CAEX Bushwalking Club

20 Years

1982 to 2002



CAEX Logo—Designed by Jim Barras



Special Edition Newsletter by Des Fitzpatrick and Chris Towers
Tics by Jennie Lees