



Victorian Climbing Club Newsletter August 2020

ARGUS

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The VCC is based in Naarm / Melbourne. We acknowledge the Traditional Owners of the land, the Boon Wurrung and Woiwurrung peoples of the Kulin Nation. We also acknowledge the Traditional Owners of the lands throughout Australia on which we climb. We recognise sovereignty was never ceded, and pay our respects to your Elders, past, present and emerging.



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ARGUS

Editor/Designer

Leigh Hopkinson

Submissions

Send your submissions to argueditor@vicclimb.org.au. Deadline is the 15th of each month. A big thank you to all of this month's contributors!

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Back Issues

For a selection of previous Argus issues, please follow this link: <https://webarchive.nla.gov.au/tep/129542>

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Front Cover

With a little help from your friends

Photo: Peter Upton

Inside Cover

Spotted in Brunswick

Photo: Naomi Bailey

EDITORIAL



Dear Members,

These strange times persist. I read a quote in *Alpinist* that sums up what's been on my mind: 'Everyone wants to know when this will end,' Devi Sridhar, chair of global public health at the University of Edinburgh, told *Atlantic* journalist Ed Yong. 'The right question is: how do we continue?'

As I sit in the time-warp that's 2020—and there's been a lot of sitting (my favourite climbing pants no longer fit) but paradoxically not a lot of time—I've been pondering issues such as the push to change route names at Nowra and elsewhere. I'm in awe of Dr Teagan Westendorf for having the guts to call these route names for what they are and to demand change (p22). Like many climbers, I've clocked the racist, sexist and homophobic names and have been ashamed, but have done nothing about it (other than try to send). This is a conversation I'm glad we're having and I hope will result in considered action. Let's keep it alive.

I've also been thinking about reconciliation. I know I have a lot to learn in this space and am reminded by Florence Seow (p14) of the importance of being curious, of listening and of confronting what makes me uncomfortable. I'm also reminded that in order to redress power imbalances, the one with the power often needs to give something up. I wonder what this might look like to us as climbers and as Australians. I know many of us are grappling with these considerations as we learn and grow and try to find a way forward.

Thank you to everyone who made the time to contribute this month. I hope you're all keeping safe and well out there, and that there's climbing, vicarious or actual.

Leigh

GREETINGS FROM THE PRESIDENT

Many of you might know that the VCC looks after three climbing walls in metropolitan Melbourne: 1) at Wilson Ave, Brunswick; 2) at Footscray under the Hopkins Bridge, along the Maribyrnong River Trail; and 3) at Burnley, alongside the Yarra under the freeway.



With the advent of COVID-19 restrictions a few months ago, holds had to be taken down on some of these walls. Then, when it appeared that we were emerging from the clutches of the pandemic and restrictions were easing, our setters were able to reset the walls for a 'return to play'. But now, with lockdown 2.0, holds have had to be taken off again. No point bitchin'... we do what we can do, and will let you know of any new developments.

So too with planned club trips. We have had to hit the 'pause' button, but have decided to gear up in readiness for when we can resume. This has included a reappraisal of the protocols for trip participants and for trip leaders. As has happened in the past, we will consider subsidising those trip leaders who would like to update their first aid qualifications (depending on the cost and timing).

On the access front, there have been two key developments.

Firstly, as mentioned in the last *Argus*, Parks Victoria and the Barengi Gadjin Land Council have had their request for an interim protection order granted for a cultural heritage site known as Dyurrite 1 (the Brain Death Boulder, located immediately beside Declaration Crag at Mt Arapiles). It seems that the Minister for Aboriginal Affairs has noted the suggestions from us and others for any exclusion zones to be proportionate to the size of the heritage site and not require exclusions from large surrounding areas. The interim protection order that has been granted is for 183 square metres.

The VCC has subsequently written to the Minister for Aboriginal Affairs and cc-ed the BGLC, giving credit where it is due, acknowledging the proportionate response (at least, in terms of the area of exclusion, if not the size of potential fines) and articulating the hope that protection of cultural

heritage at any other such sites at Dyurrite/Arapiles or at Gariwerd/Grampians might be of this nature and not the sort of huge area climbing prohibitions embodied in the Grampians SPAs. See the letter to the Minister on the following page (and on our website).

Secondly, Parks Victoria has been granted an extension of time for their submission of the draft Grampians Landscape Management Plan (GLMP) to the Minister for Energy, Environment and Climate Change. The deadline for this submission was to have been 30 June, but is now thought to be the end of August. The Minister will then consider the draft, allow time for public consultation, then a new version will be crafted and resubmitted. See the detail in the official announcement [here](#).

That time for public consultation will be very important for the climbing community to read what is proposed and to evaluate the extent to which climbers' views have—or haven't—been considered. It will also be critical for the VCC (the Committee and also individual members) and for members of the broader climbing community to make well-considered submissions in response to the draft GLMP.

The VCC Committee has taken the opportunity provided by the announcement of a postponed submission of the draft GLMP to write to the Minister for Energy, Environment and Climate Change to raise a number of concerns.

This is far less complimentary to Parks Victoria's management, documenting as it does an extensive litany of PV mistakes, false statistics, false attributions of harm, and evidence of it misleading the Minister in its justifications for excluding climbing from 550 square kilometres of the Grampians National Park. It exhorts the Minister to make directions to PV as she is authorised to do. (We will not put the letter on our website just yet, but will do so in the next few weeks.)

Unprecedented times indeed. And not just because of COVID-19!

Kevin Lindorff



Victorian Climbing Club
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1st July 2020

Gabrielle Williams
Minister for Aboriginal Affairs
C/O Aboriginal Victoria
GPO Box 2392
Melbourne Victoria 3001
By email: aboriginal.heritage@dpc.vic.gov.au
cc: jason.borg@parks.vic.org.au
cc: michael@bglc.com.au
cc: stuart.harradine@bglc.com.au

Dear Ms Williams,

Thank you for your correspondence dated 10th June, informing us of the interim protection declaration that you have made for Dyurrite 1 Aboriginal Place at Taylors Rock /Declaration Crag at Mount Arapiles/ Dyurrite.

I am writing to you as President of the Victorian Climbing Club and as a resident of Natimuk (located close to Mount Arapiles- Toooan State Park). I believe that the majority of climbers and locals are very happy that cultural heritage has been 'rediscovered' at the Dyurrite 1 site and are keen to have it appropriately protected and celebrated. They understand that the Wotjobaluk Traditional Owners have deep connections to Dyurrite that date back tens of thousands of years. They also understand the critical need for cultural heritage to be protected from possible harm and acknowledge that they may have unwittingly contributed to such harm over the years.

Where there has been some anxiety among climbers and locals, it has not related to the need to protect cultural heritage. Rather, it has related to what particular management options, out of many available, might be chosen. This concern has emerged as a result of Parks Victoria's recent management decision to prohibit climbers from over 550 square kilometres of the nearby Gariwerd / Grampians National Park, ostensibly to protect the geographically small sites where cultural heritage has been identified.

The VCC has always respectfully maintained that there are alternative ways of providing robust protection – both of cultural heritage and of environmentally sensitive sites - without recourse to huge exclusion zones. These alternative ways include fine-grained cliff-sector by cliff-sector assessments and subsequent development of cliff-sector- appropriate management strategies. Such approaches have been used very successfully elsewhere in Australia (including elsewhere at Dyurrite/Mount Arapiles) and overseas to provide

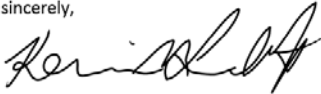
strong cultural heritage protection that has not required prohibitions of recreational users from vast expanses of territory.

Hence, we are heartened that this first interim protection order – for Dyurrite 1 – excludes public access from the relatively geographically small area where the Cultural Heritage has been identified without the need to keep people away from larger tracts of land in this part of the Park. We note that a ‘low-key’, low-level log perimeter has already been constructed and this seems appropriate.

We look forward to some interpretative signage that helps visitors learn about and be able to celebrate the significance of the cultural heritage at this site. As you may be aware, this approach is already established in this Park, as evidenced by a small site near a section of cliff-line called the Plaque Area. The site has been respected by Park users for decades and the small interpretative sign there has been appreciated by myriads of visitors.

We hope that this approach continues to be followed by Parks Victoria and Traditional Owners when considering the protection of other local cultural heritage sites within the Park and we congratulate all parties on recent steps in this regard.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Kevin Lindorff', written in a cursive style.

Kevin Lindorff
President,
Victorian Climbing Club

UPDATES—AROUND THE WORLD BOULDER



On 10 July, a member of the public contacted Parks Victoria after identifying possible Aboriginal cultural heritage at Around the World Boulder in the Mount Arapiles – Toon State Park. Temporary barriers and signage were installed that day.

On 13 July, Parks Victoria’s Chief Area Ranger for Wimmera, Zoe Wilkinson, said in an email that ‘staff from Parks Victoria and Barngi Gadjin Land Council visited the location today and we’ll soon have some formal information to share about what is present at the boulder and the next steps. In the meantime, we’re asking that people observe the temporary signage and stay behind the barriers.’

UPDATES—DRAFT GMLP

On 9 July, Parks Victoria announced an extension in its submission of the draft Greater Gariwerd (Grampians) Land Management Plan.

PV said in an email that ‘the draft plan was initially scheduled to be submitted to the Minister for Energy, Environment and Climate Change for review by June 2020. Due to current circumstances and the need to ensure adequate time for review of key aspects of the plan, the draft plan is now expected to be submitted later in the year. The aim is that the draft plan will still be released for further public feedback in late 2020. We will keep stakeholders and the community updated about the release date.’

MEMBERSHIP



Welcome to new and returning members

James Barnard
John Barton
Benjamin Fraser
Luke Harden & Annabell Bachem
Daniella Iljon
Tzvia Iljon
Victoria Jakobsson
Simon Madden
Alec McKaskill
Simon Mentz
Brook Reynolds
Stuart Wales
Andy Walker

Celebrating our life members

Bill & Cheryl Andrews
Tony Brotherton
Peter Canning
Rupert Freeman
Geoff Gledhill
Peter Jackson
Keith Lockwood
Jacqui Middleton
David Mitchell
Stan Mizon
Clive Parker
Barry Revill
Iain Sedgman
Tracey Skinner
Simon Todman
Michelle Tusch
Peter Watling
Peter Watson
Ben Wright

Life members in memoriam

Chris Baxter
Michael Stone



Blue Mountains Tourism is currently conducting a survey to assist with adventure tourism development in the Blue Mountains region and would appreciate our support. Click on this [link](#) to take part.



DJURITE / ARAPILES IN LATE JUNE & EARLY JULY

Above: a bluebird day for the Organ Pipes. Photo: Rob Bannwart

Below: Hywel heading up Pebbles (22) with Ben on belay. Photo: Anthony Claxton





Above left: Lou on Golden Fleece (18); above right: the Bard. Below left: Huey Wall from the bottom of Dante's Inferno; below right: sun's out, gun's out—Rafa on Checkmate (18).
Photos: Peter Upton, Rob Bannwart





Above left: shiny new crag boot; above right: Rafa social distancing. Below left: setting up at the Pines; below right: campfire sugar highs.
Photos: Peter Upton





Above left: Leigh on the fourth pitch of the Shroud (10); above right: Anthony making light work of Jen's Roof (18). Below: Ben and Nic on the Organ Pipes.

Photos: Peter Upton, Hywel Rowlands



RECONCILIATION AND THE OUTDOORS

The deaths of George Floyd, Breonna Taylor, Ahmaud Aubrey and so many others have shown the world in stark relief the lethal impact of systemic racism. The international support and outrage expressed for these unjustifiable deaths in news and social media have led to the creation and sharing of content on how to be actively anti-racist.

This international conversation has also been a prompt for us in Australia to reassess how the racism in which we might be complicit impacts Aboriginal people in all areas of their lives.

In the wake of National Reconciliation Week, climbers have an opportunity to walk the talk. We can do anti-racist work by embarking on a journey of reconciliation. This is crucial for putting into practice the value of anti-racism and respecting the rights of the Traditional Owners whose landscapes we climb in. The chart illustrates what a reconciliation-led path might look like for climbers.

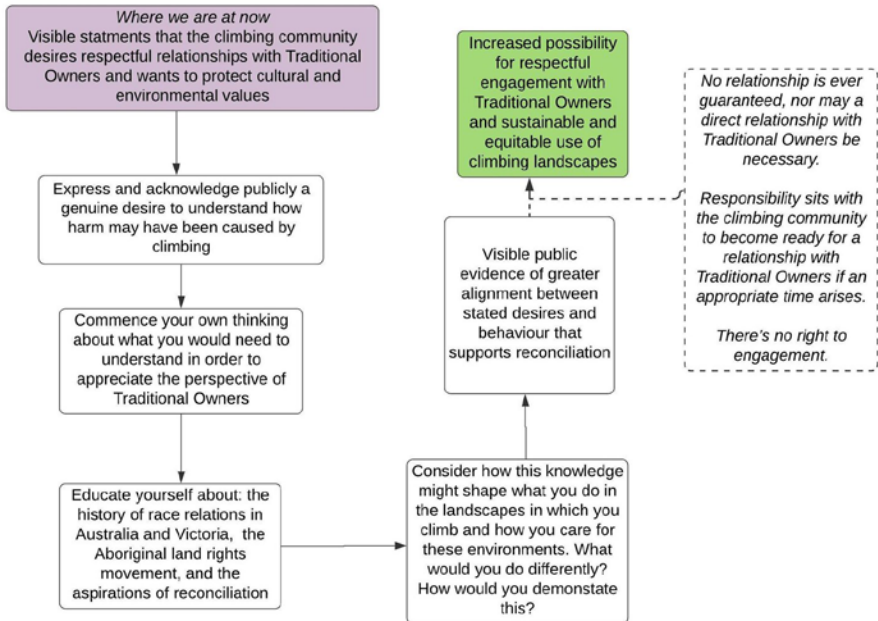
We begin by reflecting on why and how our efforts to build respectful relationships with Traditional Owners have been hampered in the past. We do this with curiosity and with the knowledge that we may confront painful things and vulnerable places in ourselves. With fresh eyes, we take stock of our assumptions and perspectives, and their limitations. We acknowledge what we don't yet know or understand. We consider what we might need to know in order to see from the perspective of Traditional Owners. We educate ourselves on the history of land rights in Australia, Australian race relations and the significance of reconciliation. As a beginning, you might look at Clare Land's *Decolonising Solidarity* (Zed Books Limited, 2015) and Sarah Maddison's *Beyond White Guilt: The Real Challenge for Black-White Relations in Australia* (Allen and Unwin, 2011).

We think about what reconciliation might mean for climbing so that we don't continue, even inadvertently, to disempower Traditional Owners through our actions and words.

What practices and expectations can be discarded, and what can be carried forward? What can be done differently? What can you do in your sphere of influence that puts into practice all you've learned?

'You don't have to see the whole staircase, just take the first step.'
—Martin Luther King

The path of reconciliation



This article by Florence Seow first appeared in the Climbing QT's Quarterly. Thanks Florence and Riley for permission to republish.

Resources

Gariwerd Wimmera Reconciliation Network
www.facebook.com/gwrn.org.au/

Reconciliation Australia
www.reconciliation.org.au/

An Environmental History of the Grampians
Benjamin Wilkie

Buddy Check

During Melbourne's first stage 3 lockdown, climber and content producer Amelia Caddy started a podcast called Buddy Check. It features long-form conversations with local climbers about their life experiences, such as overcoming addiction, coping with isolation in India, and creating sculpture for a living.

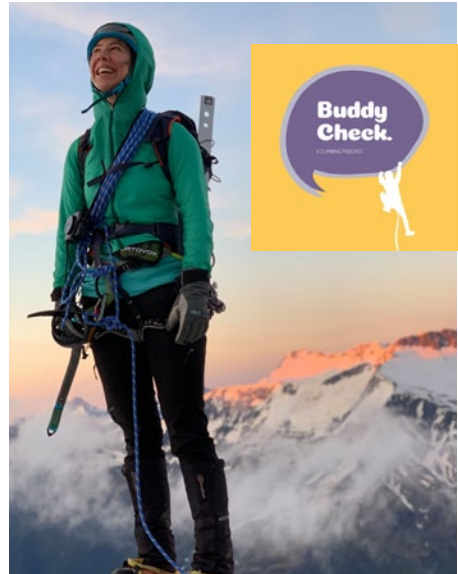
In early July, we spoke with Amelia about her inspiration for Buddy Check, the process of putting it together and her longer-term vision for it. As well as climbing (of course) and walking the PCT.

What prompted you to start the podcast?

I'd been thinking about starting a climbing podcast for a little while, because my background's in journalism and I've worked in radio and I love podcasts. I wanted to start something that focused on climbers, but wasn't necessarily about climbing. One day shortly after the COVID restrictions came in, I was driving and started wondering how everyone in the climbing community was doing and where they were...

How did you choose the people you interviewed? Also people have been really candid with you. Why is this, do you think?

First and foremost, these were people I already knew or had inter-



Atop Mt French in NZ. Photo: Eva Lowkeyta

acted with in the climbing community. I'd always thought that they were really interesting and there was more to their stories than I knew. I just reached out and asked if they were willing to chat.

With Janne (Janne Le, episode 1: addiction, climbing and mum-life) we talked a lot before and after the interview about whether she was comfortable putting all that out into the public domain. Part of the candidness comes from building trust and making people feel comfortable. These are their stories to share and I never take it for granted that they're willing to tell them to me; it's a privilege, really. I let them know that I'll give them the interview to listen to before it's published, and they're free to tell me if there's anything they'd like taken out. That puts people at ease. It's just a conversation.

Where did the name *Buddy Check* come from? Is it about checking up on your buddies during COVID-19?

That's exactly where the name came from. It took me so long to decide on the name! I came up with it weeks after the first interview, which I had all edited and ready to go but couldn't release because I didn't have a name... I was sitting in the car driving somewhere with my flatmate and I was playing around with ideas of what I wanted the podcast to achieve and I just wanted meaning in the name, I look for meaning in everything. *Buddy Check* is about taking the time to check in on people in our community. So drawing on that idea.

It sounds like things come to you when you're driving?

Definitely—I've always valued long drives as time to process and be alone with my thoughts. I grew up commuting between Canberra and the far south coast—my mum lived in Canberra, my dad on the far south coast, so it was about a three-hour drive.

What has lockdown looked like for you?

I've been pretty lucky in that I work for a not-for-profit conservation organisation and I've managed to keep my job and my hours. In some ways I've really enjoyed the respite that the lockdown has allowed me. I love connecting with people, but I've always needed alone time to recharge and reset—I'm quite introverted in that way.

Also I've finally started hangboarding. And we've built a little woody in our basement, which has been a nice project. The hardest part wasn't the construction, it was trying to find holds as everywhere had run out.

Do you have a longer-term vision for *Buddy Check*?

It's been playing on my mind lately as things have started to open up again. Most of the feedback has been positive and it seems like people want me to keep going. I'm interviewing to Jim (Jim Boyd, a regular at North Walls) this afternoon. I sat down and made a list of all the people I want to talk to and there are about seven on there so I'm not stopping anytime soon!

You've got a background as a radio reporter as well as a TV producer. Has this helped with putting a podcast together?

From a tech point of view it helps to have knowledge of software and recording. Initially I found it frustrating trying to create good quality audio—not knowing how long the podcast would continue for, I had to weigh the cost of new equipment with ease and accessibility. Eventually, I just had to accept that Zoom was the most useful way to do the interviews and it wasn't going to be radio quality.

It's also been useful to have a background where I've been trained in interviewing and conversation. I'm a bit out of practice and it's been good to revisit that art—and it is an art. I'm at the point now where it'd be

really nice to do the interviews face-to-face once restrictions lift. While video calls are good, you do miss out on some body language and non-verbal cues—it's a different environment. I don't have the right recording equipment yet, but when I do I'd like to be able to sit down with people and have a conversation over a cup of tea.

What podcasts have inspired you?

I listen to a lot of podcasts, all different ones. I really love the format of Mina and Hazel's new podcast, *The Curious Climber*. They're both British climbers, both women, talking to other women in the climbing community. *The Nugget* is a great podcast to come out of America. I'm attracted to those long-form conversations where you can really get into the nitty-gritty of a topic.

I read that you'd walked the PCT. How did this come about?

I did the PCT in 2015. I'd graduated from uni in 2013 and worked for the ABC for a year and felt like I really needed a break. It was actually my stepdad who put the idea into my head—he'd spent a lot of time in the States when he was younger. I'd never heard of long distance hiking at that point and I was like, 'What, people walk for that long?!

When I started doing research I was blown away by the diversity of the landscapes that the PCT passes through. The first 750 miles are desert, including the Mojave and Joshua Tree, which a lot of climbers will be

familiar with. Then you go up into the Sierras and then into Oregon, where it's just pine forest for hundreds of miles interspersed with big old volcanoes like Mount Hood and the Three Sisters, then the Northern Cascades of Washington, where you're back into big mountain country. It took us just over four months to hike it from Mexico to Canada in the end.

And as a writer did you want to write about your experiences? Was it complicated by the knowledge that Cheryl Strayed had already written a very popular book about the PCT?

At the time, I didn't feel like I had any particularly unique perspective on the Trail to offer. When I was on the Trail I made a conscious decision that I didn't want to write anything more than my blog posts, as I wanted to be in the moment and not put pressure on myself in terms of deadlines.

For the first year back I had really bad culture shock, which is really common for people who have walked the PCT. You have this very simple lifestyle in which your only possessions are those that you carry on your back, and your only worries are where to sleep and get water next. To go straight from that back into a modern materialistic lifestyle is really hard—it makes you question a lot of things.

With all the research you'd done, where you prepared for the culture shock?

No, I don't think I was. I'd probably read from people's blogs that they'd

struggled with life after the Trail, but I don't think anyone went into details. Readjustment for me was a really gradual process. When I initially got back I'd already lined up a 3-month internship at *Australian Geographic* in Sydney. Then my partner at the time got a job in Tasmania so we moved down there for a year. Tassie was incredible, I'd move back down there in a heartbeat, but there are no jobs...

How did you come to climbing?

I started climbing in 2012, when a friend of mine asked me to go to the local climbing gym in Wollongong with them (I did uni in Wollongong). My Dad had passed away that summer from leukaemia and I think there was something about the meditative element of climbing—how there's no room in your mind for anything else when you're on the wall—that really captured me and gave me a respite from the grief. And I was really lucky that a whole heap of my friends got into climbing around the same time, so there was always someone to go climbing with.

Wollongong is actually a great place to get into climbing. You've got Nowra and Point Perp an hour away, the Blue Mountains are two hours away, then there's Mt Kiera and the Escarpment just five minutes away. I went from Wollongong to Hobart, so I joke that I've been pretty spoiled so far in my climbing life. Now I'm back to driving three, three-and-a-half hours to the Grampians...

Where do you like to go climbing?

I miss the Victoria Range. We've been climbing around Van Diemen's Land and the northern Grampians lately though, and Arapiles.

Have the Grampians bans had an impact on your wanting to draw our climbing community together?

Subconsciously I think that probably played into it. The Melbourne climbing community is huge and it's only getting bigger. There are lots of big, important issues being discussed right now—like the Grampians bans and changing route names—and it feels like those issues have exposed some fractures in our community. I think conversations offer us a way to bring the humanity back into those discussions; they remind us that there are real people, with real emotions being affected.

Is there anything you'd like to add?

I'm still curious to get feedback from people about *Buddy Check*. It's hard when you don't have physical contact with your audience to get a gauge on whether they're enjoying what you're putting out there, and COVID has exacerbated that. So any feedback you might have for me: positive, negative, constructive, I'd love to hear it.

You can get in touch with Amelia via [email](#) and listen to *Buddy Check* [here](#). Amelia is aiming to produce one podcast every fortnight or so.

TUNE IN

When you've exhausted all episodes of *Buddy Check*, here are some more climbing podcasts to keep you company on those drives to and from the crag (or the journey from kitchen to bedroom).

While many of our go-tos include the likes of *the Enormocast*, *Jam Crack* and *the Sharp End*, it can be refreshing to mix it up and listen to stories about people and places closer to home...

1. Baffle Days

Legendary Australian climbing duo Amanda Watts and Tom O'Halloran started *Baffle Days* in 2018 after a desire for more home-grown climbing stories from 'old-school legends and modern-day heroes'. They chat training, nutrition, psychology and much more, with climbers such as Lee Cossey, Andrea Hah and Stuart Wyithe.



2. The Layback

The second Ozzie offering, also circa 2018. Victorian climbers will be familiar with many of the guests on Jackson Allan's podcast: Kim Carrigan, Andy Pollitt, Neil Monteith, David Reeve, Olivia Page and Simon Carter. There's a solid mix of new and old to learn from. Jackson also films the podcasts and puts them up on youtube.



3. The Curious Climber

British climbers Hazel Findlay and Mina Leslie-Wujastyk team up for long-form conversations about 'topics that interest them', not just climbing. Their first episode back in December 2019 with Beth Rodden was about motherhood, honesty, vulnerability and body image. Since then guests have discussed grief, racism, disability, and a range of other topics.



4. The Nugget

Host Steven Dimmett started *The Nugget* as a desire to improve himself as a climber, to extract 'nuggets' of wisdom from the experts. He's a bit prolific, churning out some 28 in-depth episodes since February (and simultaneously turning the chats into a book). Guests include Paige Claassen and Mikey Schaefer. Oh and Steven also sells camping mugs.



5. Powerband Podcast

A shout-out to the Kiwi climbers across the ditch. *Powerband Podcast* recounts stories from Kiwi climbers, alpinists, photographers and all-round legends with dry, Conchords-esque humour. After listening to several episodes I still couldn't work out who the self-effacing host was. Guests include Isaac Buckley, Jono Clarke and Erica Gatland.



ROUTE NAMES—ANOTHER PERSPECTIVE

Dr Teagan Westendorf wrote about her call to change the obscene route names at crags in Nowra and elsewhere in *Vertical Life*. Thanks for permission to republish.

Trigger warning—violence/sexual assault/homophobia/racism

Being a woman, I feel the violence and threat of route names referencing rape and violence against women. Routes like Rape Machine, Rape and Carnage, Violently Silence Me, Slut's Have no Honour (and many other 'slut' references. Being a 'slut' implies that a woman has no worth, and so can be used at will by others for sexual gratification.)

Joking about violence normalises it and makes it sound like acceptable behaviour, which in the right scenario then enables and even incites it against actual people. Rape occurs at a truly astronomic rate in Australia.^[1] Anyone who has survived rape or knows a friend or family member who has been a victim of rape knows the unbearable weight and cost of that trauma to the survivor and the people who love them for years to come.

These names also always remind me of the three young women who were raped and murdered in my part of Melbourne in the past few years, whose injuries were so severe that the police banned media crew from the site and refused to disclose the cause of death. Ten thousand locals turned out at the vigil for Eurydice Dixon. I used to work with her sister, this makes me think of how my life would be over if this happened to my sister. I feel physically assaulted with grief and anger hearing these route names and the blatant disregard they show for women.

If you think this qualifies as a 'funny joke' then you need to admit you do not care about women's lives, pain and trauma. The same equation and effects apply for racist, homophobic and transphobic names. I only explain the violence against women example first because that is the personal position I speak from, not because it matters more than these other examples.

I feel challenged and uncomfortable by the privilege I experience as white, straight and able-bodied person, and angry at the lack of it I experience with regard to gender—i.e. those names about sluts, rape, and violence against women truly make me feel sick unsafe and unwelcome. They offer no 'learning opportunity', they just hurt me. And while I cannot truly understand the hurt of others who experience disadvantage where I experience privilege (e.g. race) I can empathise and trust that the hurt that they feel is real.

Names with references to rape and violence against women, people of colour and LGBTQI+ people need to be changed immediately.

This is not a question of having an 'adult's filter' as some have suggested. Women, people of colour and LGBTQI+ people say they do not feel safe or enjoy this. Given the effect of discursive violence on mental health and the capacity of it to incite physical violence, we are not safe while these names remain. Being an ally to people of colour and the LGBTQI+ community, I am equally concerned for the effect of racist, homophobic and transphobic names such as Flogging A Dead Faggot, Faggot, KKK Bitch, Trigger N****, Brother In A Body Bag, and Cheesy Afro Box.

It is hard to appreciate a context in which names these names were ever not offensive. These names reference serious, explicit acts of violence against women, people of colour and LGBTQI+ folk. As [Rob LeBreton](#) has rightly said, they can even promote violence. These are groups who have already survived and in many cases died from this kind of violence in real life. There is no possible justification for these names to remain unchanged.

If your route's name meant something else in the context of when you named it, you need to understand that does not undo the meaning it has to people who do not know that context and might not experience your privilege. Context does not undo the common meaning of the words you use. You have used words that imply something you didn't mean, and no one is condemning you for it, but the effect of what you didn't mean is real and needs to be undone now. For example, the first ascensionist of 'Violently Silence Me' has explained that the name is not about violence against women but was a joke about his inability to shut up at the crag. But it has an entirely different meaning if you belong to a group who have to worry about getting raped and murdered while walking home on a dark empty street (this happened to Jill Meagher on my street).

Another reason I want to see this change is the potential for catastrophic effect. Parks Victoria has carried out a very effective and unfair smear campaign against climbers by labelling the entire Victorian climbing community as racist. During this time of local Government pursuing important and landmark Treaty legislation with Aboriginal Victorians, it has proven incredibly difficult to even talk about this issue. The mainstream publication of these names would indict us as a community in the eyes of the state government, media, Traditional Owners and broader community to an extent that we would not recover from and that I shudder to think about. If you're not sure about these names, perhaps think about how comfortable you are with that scenario and what that would look like to non-climbers who have no

concern with the history by which a piece of rock was named by a person who doesn't own it.

I am not calling for a lynch mob to attack first ascentionists. What we need is accountability, which does not have to include punishment. What it does require though is change.

'Accountability says, "you caused harm and are still deserving of care." With accountability, we can acknowledge that we caused harm, make amends and stop cycles of harm from occurring. We do this by being in community with others who will hold us accountable.

Accountability can look like being called out, having a conversation where harm is named and amends are requested... With accountability, no punishment is required. Instead, we move towards repairing and healing.

...If someone took the time to name the harm you've caused, that's the kindest thing they can do for both you and them. The very act of naming the behavior demonstrates belief in your capacity to hear what they're saying and learn from it'.

This brilliant quote comes from @margeaux.feldman.

The strategy I proposed in my original post advocates that:

1) The community calls on the first ascentionists (FAs) who named these climbs to rename them with a non-violent name suitable to the community we are today and want to be in future. This call is made in the spirit of the 'caring' accountability described above, which aims to stop cycles of harm and allow communal and individual healing, rather than the aim being punishment.

2) The FAs change the names accordingly to whatever they choose. In doing so, they show true, inclusive leadership and make a hugely valuable contribution to the Australian climbing community: participating in the process of consultation and education that LeBreton also advocates, by which harms are rectified and we all learn and grow as a community.

If you know of or encounter a violent name, please consider reaching out to the FA to explain the violence and request a positive name change. If you can't find who to contact or how, try contacting The Crag requesting this info so you can make contact. If you are ignored, met with refusal or negativity, talk to your community members (fellow climbers, trusted mentors) and find a way to resolve this. There are plenty of brilliant, inspiring community leaders,

I'm sure you can think of someone to message for guidance, even if it's a cold-call on social media. I found people I looked up to very receptive to this when I started publicising my post. People do care and they will help you if you are hurting.

Only two reasons have been voiced to me not to change the names. Firstly, that some names are from Black American musicians' lyrics. What black musicians say in no way equates to what white people can say or can name a climb. As a white person I won't lecture on this, go read Kendrick Lamar on why white folk can't sing N**** even when he does. Again this helps us understand where these names came from, but it does not justify leaving them unchanged.

Second, people have been citing the context of the '80s and '90s political climate as being amenable to these names. I appreciate that as another explanation for how the naming occurred, especially if we add to that 1) the social pressure to 'say something crazy/naughty' as per the flavour of Nowra names, and 2) sometimes we mess up and make a bad decision. However, I think it's also fair to say that these names did not just become offensive, oppressive and violent in the last few years. They were having the same effect of intimidating, upsetting and excluding the minority groups in question back then as they do today. It's a factor worth considering when thinking about why historically there have been less people from these groups developing routes and climbing in general.

These names alienate anyone who feels the weight and violence of their meaning, and also people who may not be personally impacted by them but want to be part of a climbing community that accepts all people and makes everyone feel safe, regardless of their race, gender, sexuality etc.

There has been significant support for the call to change the violent names of Australian routes and boulders in Nowra and beyond. This issue clearly means a lot to us. These conversations are challenging to have at a community level, and we are all learning and growing in the process, which is often a painful process.

We can celebrate the histories we are proud of, while also creating more equitable futures for all climbers. Thank you so much to all the community leaders, businesses and individual climbers who supported this call so we can have this conversation and make this change.

Dr Teagan Westendorf

Dave Focken on Chancery Lane (18)



CLIMBING IN VICTORIA IN LATE WINTER

Fingers crossed that by the time you're reading this, stage 3 restrictions will have eased and we can all head outdoors for a climb again. (Ed: I'm being optimistic. You might have to save this one up for next year.)

Where to go climbing in Victoria in late winter, especially when you're being mindful of social distancing and trying not to all descend on the same crag, i.e. Araps? We asked fellow VCC members for some suggestions. In no particular order...

Black Ian's Rocks, North West Grampians / Gariwerd

Hywel Rowlands

A beautiful place to hang out in winter with its northern facades that soak up the sun and a good variety of climbing, including some of the best cracks in Victoria. Crack classics such as Objection Sustained (18), Subpoena (17) and Chancery Lane (18) truly put Black Ian's Rock on the map. But there are plenty of easier trad climbs that will delight and thuggish sports climbs that will trash and humble.

Two of my personal favourites at the crag are Malicious Intent (21) with its tricky finish and the unlikely looking roof of Partially Not Guilty (20).

Robert Bannwart

Black Ian's Rocks is an ideal winter crag. The north-facing, single-pitch cliff catches the sun from early morning to late afternoon. If you want to learn how to climb cracks, Black Ian's has a great selection of steep quality cracks in the 17/18 range. Unfortunately for beginners there aren't many climbs in the lower grades and the crag shines from 17/18 up.

Camping is allowed five minutes walk below the crag on private bushland. It is a pleasant little spot but the facilities are basic with a drop toilet, water tank and small shelter. The

landowner asks for a small fee for camping, so please use the honesty box to pay.

Enjoy your crack climbing on a beautiful sunny winter's day!

www.thecrag.com/climbing/australia/grampians/black-ians-rocks



*Peter getting ready to head up Subpoena (17)
Beware of the beehive near the top*

Watchmen Wall, Mt Difficult Range, Northern Grampians / Gariwerd

Michael O'Reilly

Watchmen Wall has gorgeous orange rock, shortish sport routes and sunshine till mid-afternoon. Best of all, it's a five-minute walk-in and it's an almost unknown crag next door to the ever-popular Cave Cliff / Wave Wall. You'll almost certainly have this to yourselves at any time of the year.

This crag is suited to climbers who climb in the low-to-mid 20s. But my 2016 route, Loiterer Left Hand Variant (19), gives the hope of a tick to the not-as-strong. Just read the route description on theCrag before tying in or you'll end up with a z-pulley or rope drag or both! Steve Chapman's Swatch Out (24) is the best route here, although Josef Goding's Doctor Manhattan (22) is a fabulous wander, just tough to onsight.

www.thecrag.com/climbing/australia/grampians/ne-mt-zero-range/area/143163129



Michael on the FA of the bouldery Loiterer (22)

The Main Wall, Main Group, Mt Beckworth

Rafa Andreollo

Mt Beckworth definitely offers some of the best granite climbing in the

state. If you're interested in slabs and cracks, don't mind a few run-out carrots and want to escape from the crowds, this will be your next favourite winter crag. The Main Wall is only a short and steep hike up from the parking lot and most of the climbs face the sun all day, making this ideal for winter.

The routes there are a mix of sport (on carrot bolts) and trad, which usually can be top-roped by walking around to the top. I recommend Afternoons (11), which can be easily spotted from the car park, as a warm-up to get used to the style, and The Quartz Route (16), which is the all-time classic and seems to have gained a grade on thecrag.

www.thecrag.com/climbing/australia/mount-beckworth/area/13069963

If you're interested in bouldering, Beckworth offers good options in the <V5 range—check out the VCC guide for some inspiration: <https://vicclimb.org.au/wp-content/uploads/2015/12/Beckworth-Bouldering2.pdf>

The Main Slab, Wabbit Wocks, Mt Alexander / Lianyuk

Leigh Hopkinson

Mt Alexander is known for its slab and crack climbing on skin-grating granite. It has two main crags on offer—Dog Rocks and Wabbit Wocks. Dog Rocks is beside the summit road

(and more exposed to the wind), while Wabbit Wocks is a 30-minute walk-in on the Harcourt side.

Consequently, WW gets less traffic and you'll be warmed up and ready to get into it by the time you arrive.

WW is mostly north facing, so it gets plenty of sun on a fine winter's day, with solid views over the local shire. The Main Slab has a bunch of short trad routes in the mid-to-high teens, plus one or two sports climbs (some bolted, some spartan carrots).

Climbs like Bedbug (13) are great for dialling in fist-jamming and The Thin Edge of the Wedgie (16) for perfecting slab. The Main Slab's an easy walk off, so top-roping is always an option.

www.thecrag.com/climbing/australia/mt-alexander/area/12004843



Rafa inspecting Carpal Tunnel (23) with the diagonal flake of Bed Bug (13) in the distance

Big Hill and Mt Hope

Matt Brooks

Head north! Big Hill—1.5 hours north of Melbourne, easy access off the Hume, faces north and is partially sheltered from the wind. Mixture of grades, some easy sport climbs and some nails cracks to keep you entertained. Plus a fantastic view.

<https://www.thecrag.com/climbing/australia/granite-highlands/big-hill>

Mt Hope—approximately an hour north of Bendigo, a very large granite dome rising out of the dead flat wheat plains and scrub. Faces north and has a mix of trad and sport spread over the main crag and surrounding areas. Little campsite directly below the main wall.

www.thecrag.com/climbing/australia/mt-hope



Tracey Martens on Cut Throat Crack (19) Big Hill

You Yangs

Ben Wright

Some of the closest climbing to Melbourne, the You Yangs is in a bit of a rain shadow so can stay drier when other places are wet. Lots of choice with many outcrops of mostly coarse-grained granite making up slabs and walls.

For winter, Royalty Walls are good being north facing with a short walk-in. Low-to-mid grades with a mix of trad and bolts, easy to set up top ropes. Next on the list, with some harder routes, would be Gravel Pit Tor, although being at the top of a hill it can be more windy. Worth a mention are Flinders Peak Slabs—east facing to catch morning sun although you have to abseil in and climb out—and Urinal Wall, which faces north-west but as the name suggests tends to be wet after rain.



Cameron does disco: hands-free top-roping games at Urinal Wall

www.thecrag.com/climbing/australia/the-you-yangs

Blazed Rock and Crocodile Rock, Halls Gap, Grampians/Gariwerd

Steve Toal

Blazed Rock near Halls Gap is a great place to be on a sunny, cool morning. Only 10 minutes from Halls Gap, it has a short pleasant walk-in and some of the best rock anywhere. Shade in the afternoon, though, so get going early!

If you have a late start, or just want to keep climbing, Crocodile Rock on the Halls Gap side of the same range gets the afternoon sun.

www.thecrag.com/climbing/australia/grampians/halls-gap-area



*Steve leading the ** Grumpy (13) Blazed Rock*

Centurion Walls, Grampians/ Gariwerd

Phil Neville

Centurion Walls is a perfect winter crag, bathing in sun for most of the day, though some of the routes can seep after heavy rain. Access is via a pretty cruisy 15-minute walk-in.

There's a variety of sport routes on offer, mostly between grades 20–27, all on beautiful sculpted orange rock.

Classics of the crag include Left Hand Black (23), named after the unique patterns on the rock, Centrifugal Force (24), Winged Corpse (26) and the absolutely classic looking, all-trad Desert Crack (27).

www.thecrag.com/climbing/australia/grampians/north-grampians/area/12976909

Kitten Wall, the Watchtower Face, Arapiles/Djurite

Peter Upton

The Watchtower faces are known for their superb slab and face climbing, but the upper Kitten Wall is renowned for crack climbing. Kitten Wall is mostly north facing, so it gets sun pretty much all day during winter.

The classic approach is via a warm-up route on the right Watchtower face. Kitten Wall offers a concentrated area of some of the exceptionally

fine crack climbs that Arapiles has to offer.

Try a variety of jamming techniques on Manx (14), Siamese Crack (15) and the Claw (18). If you have had your fill of cracks and are looking for some light entertainment, head left for Feeling the Ceiling (21) for a laugh or two (more laughs are had if you are short like me). All climbs are serviced by convenient rap anchors or it's a walk-off left.

www.thecrag.com/climbing/australia/arapiles/kitten-wall-area/area/11972449



Photo: [Ed Dunens](#)



Turning Points

Giovanni Da Rin Betta recalls trad climbing for the first time at Arapiles.

After a long time of climbing in the gym, it's finally going to happen: the opportunity to touch real rock at Arapiles. I replay the stories my friend Walter told me about all the different routes, about how the most popular climbing mount in Australia was created through the eras.

The lead-up to the trip is a whirlwind of emotions, both fear and excitement.

The day comes. Walter and I approach the crag, and we drop our heavy backpacks. I look up, left and right. The Organ Pipes stand out in vertical lines, reaching up until they touch the sky.

Again, fear and excitement flow back and forth as I see myself climbing. I visualise losing my grip, taking a fall. I let the thought go. Then the moment comes. I put my hands on the rock, palms open, and I ask Mother Nature to protect me—because I respect and protect her, because climbing is another way to enjoy and be part of the beauty she gives to all human beings.

Left and right hands set, one solid foot on the rock and off I go, leaving the ground, climbing up towards the sky. The unfamiliar gear is very heavy, it gets in the way sometimes. My heart rate increases. I focus on my breath, and soon I'm in the zone.

I don't remember the sequence, I never do, because my mind and my thoughts are walking along together, holding themselves strong, and nothing else gets in the way. I'm living that moment, diving into a space of freedom, purely meditative.

It's myself and the rock. I feel the warmth and the coldness of it, the little vibrations, the shapes on each side of my hands, and I stop. Look at it: look at the colours that jam onto each other, that flow one into the next.

I don't ask myself a lot questions; I let my intuition move my muscles. I take my time to find the right spot where a cam can fit safely, where a nut can slide



Hands on Rock: Gio setting off on his first trad lead, the Horn Piece (13) on the Organ Pipes at Arapiles

in tight and snug. I move up to the next step, the gear lighter but the rope heavier until I reach the top. I tick my first route, a grade 13. I turn around, and a yellow, never-ending horizon opens up in front of me.

I sit down, catch my breath and enjoy that mystic feeling of calm and thrill throughout my soul. My mind is going through the process of setting the anchor. It takes forever—I finally manage to build it. Not long after, Walter joins me at the top, gives me all the feedback I need to know. We sit down and we look at the breathtaking view right in front of us.

That first lead was a mixture of enthusiasm, passion, fear, intuition and gut feeling, all of which nourished my soul, and instilled new confidence in myself, in who I am. I fought the fear that was in me, that showed up in front me, that I had to deal with. I overcame it. And in the end, it was pure magic.

The World Beneath Their Feet by Scott Ellsworth

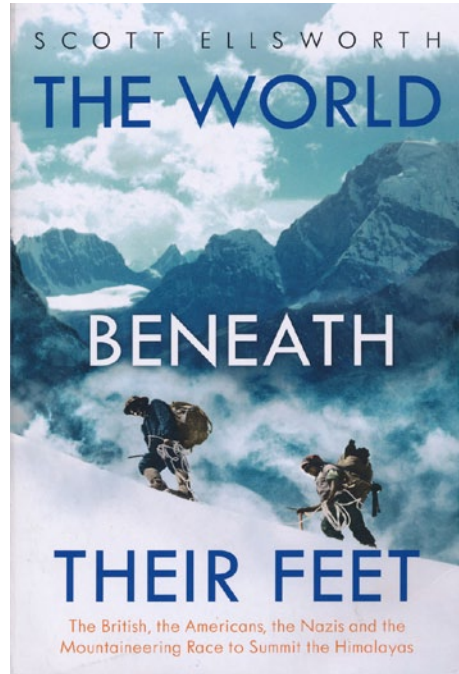
Published by John Murray, 2020

Reviewed by Paul Caffyn

I found this title on a last-minute book-buying mission before lockdown. It details the era of mountaineering in the Himalayas between 1931 and 1953, with a deadly race between several nations to first ascend the highest mountains in the world. Scott Ellsworth backgrounds the politics behind the Himalayan expeditions, delving into personal letters and diaries, mountaineering club journals, books and Sherpa interviews to lift his story way above other sanitised accounts.

Although I have a fair number of those historical accounts, this book provides a refreshing new view of their highlights and lowlights. It starts with news of a 1931 German expedition to attempt Kanchenjunga, which ruffled a few feathers at the Alpine Club HQ in London for, up to that year, mountaineering in the Himalayas had been very much the exclusive domain of British climbers, especially Everest, which was still awaiting a first ascent.

Then year-by-year from 1931 to 1939, Ellsworth traces the various expeditions which 'race' to conquer the unclimbed 8,000 metre peaks, with a gap for the war years, before the 1950–53 climbs are described. Britain had laid claim to Mt Everest following their three early 1920s expeditions, while other big nations



laid siege to 'their' mountains; the Americans to K2, the French to Annapurna and the Germans to Nanga Parbat.

Ellsworth contrasts expedition styles, from the big budget—tons of supplies carried to base camps by hundreds of porters, no expense spared—to minimalist budget trips. A classic example of the latter in 1934 was the first reconnaissance, by Eric Shipton, Bill Tilman and three Sherpas, up a deep gorge known as Rishi Nala, to gain access to the Nanda Devi Sanctuary. Passang, Kusang and Ang Tharkay were provided with 'Everest-style windproof suits' as well as a mix of other miscellaneous items that Shipton had bludged from friends or found buried in the back of his

closet. Tilman and Shipton each spent £143.10 on that wee trip while the Everest expedition of 1933 spent £11,000. That 1934 Nanda Devi Sanctuary mission was really the first when the broad class gap between porters and sahibs began to fray at the edges, with Sherpas no longer treated as load carrying servants but ‘fellow mountaineers and companions’.

A chapter titled ‘Yogis and Yak Meat’ relates the amazing story of Maurice Wilson, an Englishman with no prior flying or climbing experience, who decided to fly out to India and make a first ascent of Mt Everest—solo. He purchased a 2nd-hand Tiger Moth in 1933, learned to fly, and navigated by just map, watch and compass all the way to India—while having to dodge the British authorities, who were determined to stop him. Disguised as a Tibetan monk, he slipped out of Darjeeling by night and trekked with four Sherpas into Tibet where he eventually reached the East Rongbuk Glacier and the base camp site used by the 1920s British expeditions. Maurice Wilson made three attempts to reach North Col—his body was found the following year along with his diary. Frank Smythe is quoted as writing, ‘It wasn’t mountaineering, yet it was magnificent.’

One of the most compelling chapters, ‘The New Emersonians’, is of a 1932 American expedition to climb a remote peak in western China which, according to stories

written for *National Geographic*, was possibly higher than Everest. Starting out as a nine-person team, their travel to the mountain was caught up in the Japanese invasion of Manchuria and fraught with transport difficulties. The team was winnowed down to four before they finally gained permission to attempt the climb. On 28 October 1932, Terris Moore and Dick Burdsall topped out on Minya Konka, the second-highest mountain ever climbed. An outstanding achievement by a party of four college boys from eastern USA.

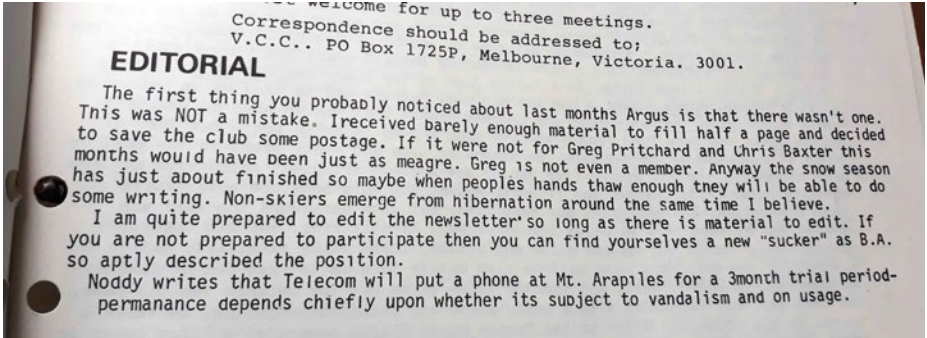
The last two chapters provide the background and leadership controversy involved with the successful 1953 Everest expedition, and describe the corker morning when Ed and Tenzing stepped onto the summit of Everest.

I found not only the political chicanery behind choice of expedition leaders and choice of climbers intriguing, particularly with Germany in the 1930s, but also the politics festering in the background, again with Germany and some shocking stories in the lead up to WW2.

For an insight into the golden age of mountaineering in the Himalayas, this book is a bit of a treasure trove. (The downside of the trade paperback edition is that it is devoid of photographs and includes just one basic map.)



to the August / September '85 issue of the *Argus*. (Ed: Not at this stage yet!)



GOAT OF THE MONTH!



August's goats come to you courtesy of the *Hindustan Times*. After a tiger tested positive for COVID-19 in the US, A. Venkateshwara Rao, a resident of Kallur Mandal, covered his goats' muzzles with masks in a bid to protect them. With no land for farming, his livelihood is totally dependent on the goats.

NEW ROUTES AND BETA

Mt Arapiles

King Rat Area—White Mice Walls

Orchid Lane 40m 12

Starts midway between Dud Day Afternoon and Ddark Ddigit.

1. 20m—Bridge the corner immediately right of the main arete.
2. 20m—Up the wall to the line of overhangs, step right and finish up the corner on the arete.

First ascent: Keith Lockwood, Kieran Loughran, alternate leads, 3.6.20

Western Side—Deep South

The following four climbs are on the lower-most outcrop, immediately downhill from the outcrop featuring Oldies But Boldies and Doodad. About a two-minute hike from the road!

Quarantine Station 12m 2

Takes the front of the buttress, which forms the downhill prow of the outcrop.

First ascent: Keith Lockwood, Per-Ola Dalheim, 2.3.20

Herd Immunity 12m 8

A few metres up and right from QS is a clean pale wall. Herd Immunity starts in the gulch on the left side of this wall. Trend up right to vague arete, then up wall to a juggy finale.

First ascent: Keith Lockwood, Lee Anice, 25.2.20

Virus Crisis 12m 9

Starts a bit right of HI. Climb left-trending ramp, then step right and climb wall and headwall.

First ascent: Keith Lockwood, Norm Booth, Kieran Loughran, 29.2.20

Pandemic 12m 10

Starts on right edge of the pale wall. Up a few moves, step left and up nice clean wall.

First ascent: Keith Lockwood, Norm Booth, Kieran Loughran, 29.2.20



YOUNG CLIFFHANGERS

Eight powerful insights from world-famous climbers

It can be a steep learning curve for young climbers. Climbing—particularly competition climbing—may force many climbers to deal with issues earlier than they usually would: performance stress, self-image insecurities, adapting to change, dealing with peer pressure, figuring out how to deal with fear.

On the other hand, these experiences are part of life. Climbing gives our young climbers a safe, supportive environment in which to explore. With older climbers, coaches and strong climbing role models to look up to, young climbers have a wonderful opportunity to tackle many of life's challenges early on. And by doing that, they gain incredible life skills.

This month I want to share helpful, often unusual insights from eight world-famous climbers who started climbing when they were young.

These are great tips that can help our young climbers thrive as climbers—and as adults.

Cynthia Marinakos

Learn from your climbs: Wolfgang Gullich

'In climbing you are always faced with new problems in which you must perform using intuitive movements, and then later analyse them to figure out why they work, and then learn from them.'—Wolfgang Gullich

About Gullich

Started climbing at 13. Gullich was a German rockclimber, known for being one of the greatest sport climbers of his generation and pushing the boundaries of climbing grades. He invented the modern training technique of campus boarding to prepare his fingers for the gruelling overhung crimps. He was the first man to climb 8b (5.13d), 8b+ (5.14a), 8c (5.14b) and 9a (5.14d).

Have fun and work hard: Ashima Shiraishi

'If you don't remember to have fun, you will get stressed and doubt yourself. I want to help to inspire others to do what they love to do and to really work for it.'—Ashima Shiraishi in *Gear Junkie*



Ashima Shiraisha. Photo: Great Big Story

About Shiraishi

Started climbing at 6. At 13, Shiraishi became the second female and the youngest person to climb a sport route with a difficulty grade of 9a/9a+ (5.14d/5.15a). In 2016, she made the second ascent of the Horizon in Mount Hiei, Japan (rated V15 on the Hueco scale), and became the first female climber to climb the grade.

Don't confuse emotion with fear: Steph Davis

'Intensity is what you came for; don't irrationally try to run away from it. You never know what's going to

happen, even in the next second. Every decision you've made was the best one you could have made at the time: remember that when bad things happen.'—Steph Davis on her website

About Davis

Started climbing at 18. Davis was the second woman to free climb El Capitan (Yosemite, US) in one day, the first woman to free climb the Salathé Wall, also in Yosemite, and the first woman to free solo The Diamond on Long's Peak (Rocky Mountains, US).

Embrace discomfort as an opportunity for growth: Alex Honnold

'If there's one thing I've learned from climbing over the years is that to improve in any way you have to get outside your comfort zone. For me that normally means climbing new styles or trying intimidating routes but sometimes getting outside of my comfort zone means having hard conversations or thinking about things that I would rather ignore...'
—Alex Honnold on his Instagram account

About Honnold

Started climbing at 5. He's known for big wall free soloing and he's the speed record holder on The Nose of El Capitan. Honnold's 2017 accomplishment of free soloing El Capitan, in Yosemite, is seen as one of the greatest athletic achievements of all time.

Work with what you were born with: Lynn Hill

'Being petite has made me a better climber because I have to be creative. My sequences are often dramatically different than what's "crag-approved." I've learned not to even attempt to simply follow the chalk trail.'—Lynn Hill in *Climbing* magazine

About Hill

Started climbing at 14. Hill is famous for making the first free ascent of the difficult sheer rock face of The Nose on El Capitan in Yosemite, and for repeating it the next year in less than 24 hours. She has been described as both one of the best female climbers in the world and one of the best climbers of all time.

It's okay to talk about body insecurities: Beth Rodden

'For the longest time, I feared that talking about body image issues was taboo or seen as a "problem." That I might be seen as damaged goods or jeopardise my career. At times it's been nerve-wracking to open up about things, but for the most part it's been liberating.

'It's my hope that the more we talk about it, the more compassion we can have for our bodies, setting a healthy, strong example for future generations.

I keep reminding myself that I'm the most fulfilled when I can accept

myself where I am.'— Rodden on her Instagram account

About Rodden

Started climbing at 14. In 2000, Rodden put up the first free ascent of Lurking Fear with Tommy Caldwell, marking El Capitan's second first free ascent by a woman. With Lurking Fear and her 2005 free ascent of The Nose, she became the first woman to free climb two routes on El Capitan. In October 2005 she free-climbed The Optimist, becoming the first American woman to redpoint 5.14b.



Adam Ondra. Photo: Wikipedia

Find a good partner: Adam Ondra

'Climbing is very complex and there are so many different aspects that you need to learn. When you climb

and train with somebody else, it brings a unique opportunity to learn from the others. On top of that, it is so much more motivating.’—Adam Ondra on his Instagram account.

About Ondra

Started climbing at 6. Ondra was the first person to climb 9b+ and 9c routes and win both Lead and Bouldering World Cups and Championships.

Do your best every moment: Jain Kim

‘Being number one is not my goal. My aim is to do my best in every moment... I want to enjoy and perform to my maximum at every competition.’—Kim in IFSC Athlete’s Interview.

About Kim

Started climbing at 12. Kim has won 3 World Cups, 1 World Championship and 14 Asian Championships. In 2014, she redpointed her first routes graded beyond 8b+ in Arco, Italy: Bibita Biologica (8c) and Reini’s Vibes (8c/8c+).

Climbing is life

It’s not enough to focus on simply climbing, just as it’s not healthy to focus solely on school. To help our kids thrive as adult climbers—and as adults—we’ve got to help them find a balance.

More than any time before, our young climbers have an awesome

choice of people to share their unique climbing journeys with. Climbers who aren’t afraid to share their falls, learning and insecurities—as well as their ascents. Veteran climbers from their gyms. Coaches. Their peers. And climbing greats who offer useful climbing and life tips:

- Learn from your climbs: Wolfgang Gullich
- Have fun and work hard: Ashima Shiraishi
- Don’t confuse emotion with fear: Steph Davis
- Embrace discomfort as an opportunity for growth: Alex Honnold
- Work with what you were born with: Lynn Hill
- It’s okay to talk about body insecurities: Beth Rodden
- Find a good partner: Adam Ondra
- Do your best every moment: Jain Kim

Want to help a young climber? Share these insights with them. Support them. Love them. Help them love themselves. And help them climb on.

VCC SUPPORTERS

*The following climbing gyms offer VCC members concession entry
Discounts are also usually available on memberships and 10-visit passes
Some of the gyms offer discounts in their gear shops*

Bayside Rock Carrum Downs
www.baysiderock.com.au



Cliffhanger Altona North
www.cliffhanger.com.au



Gravity Worx Coburg
www.gravityworx.com.au



Hardrock CBD
www.hardrock.com.au



Hardrock Nunawading
www.hardrock.com.au



The Lactic Factory Abbotsford
www.thelacticfactory.com.au



Northside Boulders Brunswick
www.northsideboulders.com



Northside Boulders Northcote
www.northsideboulders.com



North Walls Brunswick
www.northwalls.com.au



The Rock Adventure Centre
Geelong
www.rockadventures.com.au



Urban Climb
Collingwood
www.urbanclimb.com



La Roca
Oakleigh
www.laroca.com.au



*Please support these gyms as they support the VCC and Cliffcare
Show your VCC Membership Card to obtain discounts*

VCC SUPPORTERS

*The following retailers offer discounts to VCC members
These discounts are usually 10% off RRP or 'non-sale' prices
Contact individual retailers for more details and specials*

Bogong Equipment
Melbourne CBD
www.bogong.com.au



The Wilderness Shop
Box Hill
www.wildernessshop.com.au



Arapiles Mountain Shop
Natimuk VIC
Phone: (03) 53871529



Climbing Anchors
Online Store Coffs Harbour, QLD
www.climbinganchors.com.au
Contact Steve for 10% discount



Rock Hardware
Online Store Bendigo, VIC
www.rockhardware.com.au
Contact Steve for 20% discount



Open Spaces Publishing
Online Store Natimuk VIC
www.osp.com.au
Contact OSP for 15% discount



BJR Climbing Equipment
Online Store Blackheath, NSW
www.bigjohn.com.au
10% discount, including resoles



Mosaic Myotherapy
Coburg & Richmond Clinics
www.mosaicmyotherapy.com.au
\$10 off all appointments and rehab equipment & supplies



Other retailers may offer a discount to VCC members. Show your VCC membership card and ask!

*Please support these retailers as they support the VCC and Cliffcare
Show your VCC Membership Card to obtain discounts
Call the online retailers before ordering*



Shadow climbing
Photo: Peter Upton