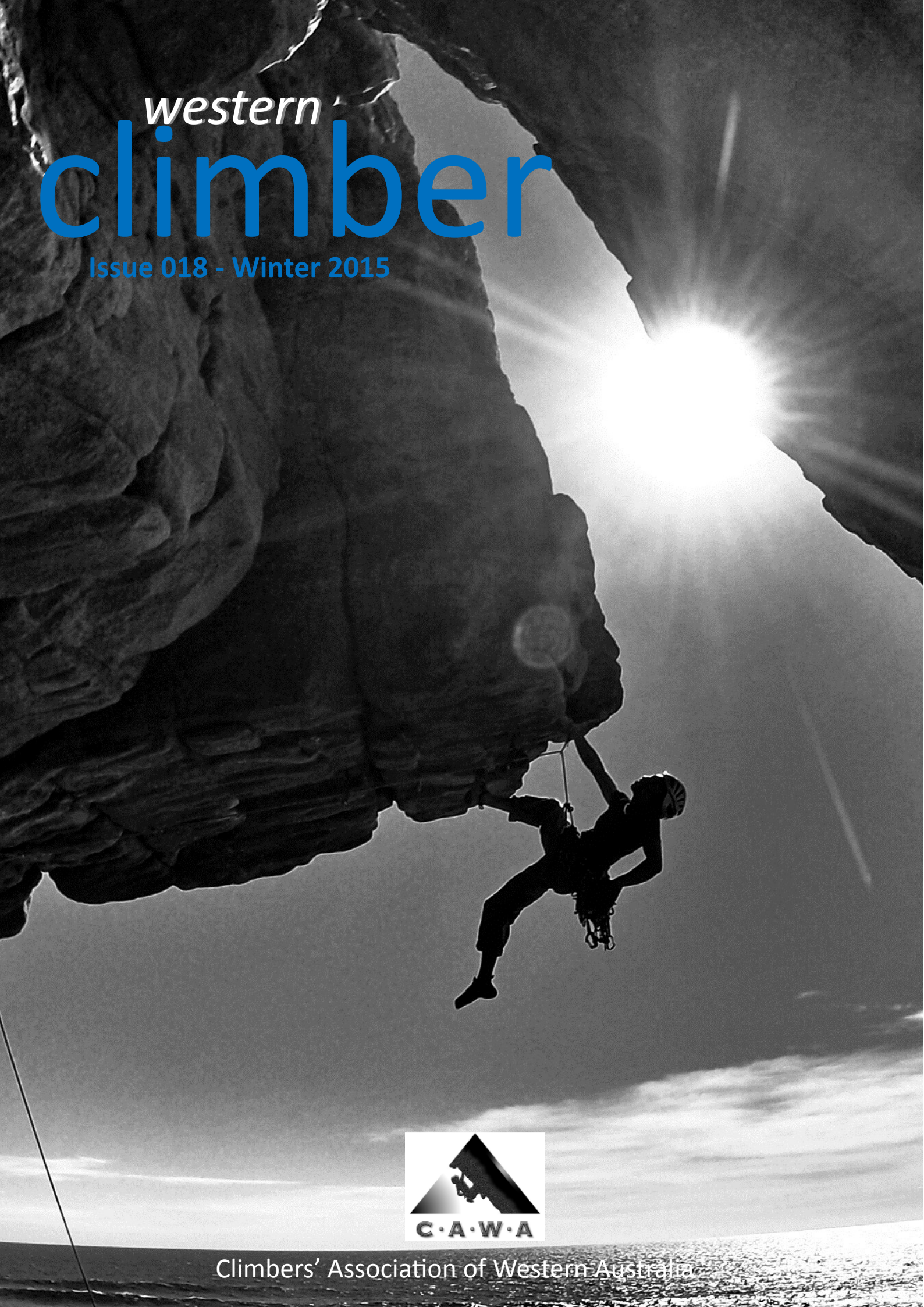


western climber

Issue 018 - Winter 2015

C·A·W·A

Climbers' Association of Western Australia

CAWA website

Vwww.climberswa.asn.au

Visit the website for more CAWA information, keep up to date with activities and send us your feedback.

*** GET INVOLVED WITH CAWA***

We are always looking for volunteers and helping hands. Please contact cawa@climberswa.asn.au if you would like to get involved and contribute to the WA climbing community.

C·A·W·A

The **Climbers' Association of Western Australia** was formed in 1968 and incorporated in August 1979. CAWA's purpose is to promote and develop climbing, especially in WA, and to promote and protect the interests of climbers in WA.

The management of CAWA is conducted by a committee. Any matters that should be brought to the attention of the committee should be addressed to the CAWA Secretary.

The views expressed in this magazine are not necessarily those of the editor or of the committee. The contents of this magazine are subject to copyright and are not to be reproduced without permission of CAWA.

Western Climber is the magazine of CAWA and relies on contributions from its members. All submissions are welcome! If you have any photographs or articles you would like to submit to the Western Climber, please send them with full details to editor@climberswa.asn.au.

For the next issue of Western Climber, all submissions must be made by 30th September 2015. We welcome all climbing related material - trip reports, new routes, technical, safety, equipment, book/DVD reviews, crag information and climbing gossip. We love photos of locations around the world as well as WA and most of all, people having fun climbing!

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warning

Climbing is an inherently dangerous activity. Please give careful consideration and seek expert training before attempting any climbing activities. Undertaking them without proper training, experience, skill, regard to safety, and equipment could result in serious injury or death.

Material included here is intended as a source of information only and has not necessarily been tested. No endorsement is implied by provision of this information.

It is your responsibility to ensure that this information is used only after appropriate professional instruction.

Message from the Editor

Editor: Kate Swain Email: editor@climberswa.asn.au

While it has been a slightly longer wait between editions than normal, I hope that you find this bumper winter issue more than makes up for it. CAWA has been busy, and as you will soon see, so have our members. We have had a jam-packed AGM in February, where we held another very successful photo comp, we have also held three clinics run by Hazel Findlay. However, we have also seen some tumultuous times. I am very sad to say goodbye to my partner in crime, fellow Western Climber editor Mandy Bowler. Mandy has done an amazing job with the layout, formatting and general pizazz you find in this magazine, not to mention some of her very memorable photography. After two fabulous years of her hard work and wonderful ideas, I would like to thank Mandy for all her generosity and effort. I would also like to extend an invitation to anyone else who may like to take on keeping up the high standard that Mandy has left behind and work with me in putting future issues together. If you would like to be involved, please contact us via email at cawa@climberswa.asn.au.

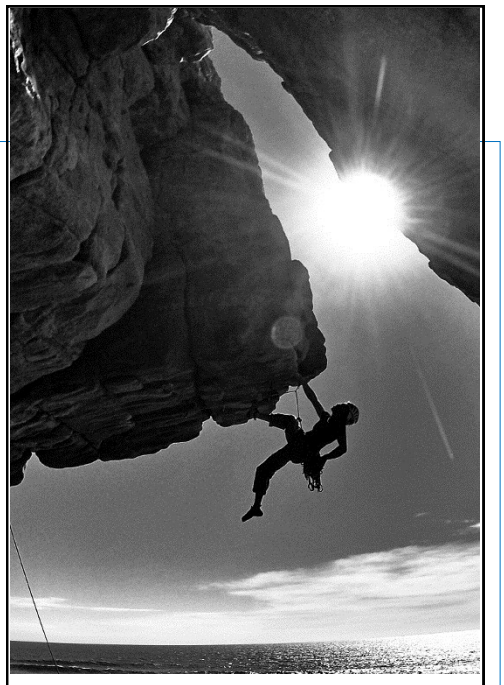
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Western Climber

Kate Swain kates@climberswa.asn.au



Cover photo:
Brian Tan *leading the classic KGB (26) on a perfect sunny day at Wilyabrup. One of the CAWA Photo Comp winning photos.*
Photo by Peter Zhang

Contents page photo:
Peter Thomas on the Vinatzer Route (350m, V, 11 pitches), Third Sella Tower, Dolomites, Italy.
Photo by Ross Weiter

President's Report

Welcome to the New CAWA Year!



It's been a pretty hectic but successful twelve months or so. We've achieved a lot with a small committee, who all deserve a big pat on the back. I didn't write a long presidential monologue for the AGM, instead presenting a slideshow with photos of ticks, chipmunks and poutine. Hazel Findlay's talk was well received and the photo competition was a huge success. Thanks must go to all of those involved in assisting with not only the AGM but the general workings of the association: my committee; Mandy Bowler and Kate Swain (Western Climber); Ross Weiter (guide book distribution) and the climbing gyms. My friends have also provided invaluable support, for which I am very grateful.

Okay, so what did we do during the last year?

In terms of climbing activities, the usual trips took place. Kalbarri (June) and Wilyabrup (November) probably attracted the most people but Albany (Xmas – New Year) was also heaps of fun (report following). The campground at Peak Charles has been 'beautified' beyond recognition, resulting in designated sites and considerably less space, with some of us heading instead for a random patch of scrub. We finally managed to run a trip to Mt Frankland and get reasonable weather this March long weekend just gone. Late last year saw a day trip to Wellington Dam for the first time and as it's the most attractive quarry that we have access to, complete with free gas BBQs, we'll definitely do it again.

Overall, gym crashes have been well attended, though a dip was seen during the coldest months. As a result, we decided to run them every two months but with so many new members coming on board and looking for climbing buddies, we have gone back to monthly during the warmer weather and will do them less often over winter. The last gym crash prior to the AGM, held at Rockface in January, was probably the biggest one I've ever been to with roughly thirty people rocking up. I would encourage everyone to come along and meet some new people, especially newer members looking to find regular partners. For the 'oldies', it's just a good opportunity to get together and talk about all of our collective injuries.

One of our most significant achievements has been obtaining insurance cover for training and coaching, for the first time in CAWA's history. We have struggled with this many times in the past, knowing that members wanted training but not being able to provide it due to liability issues. This enabled us to run a technique clinic in November and bring Hazel Findlay out to share her skills. The plan this year is to run more CAWA coaching and training sessions. I suspect the next one we are planning, transitioning from indoors to outdoors safely, will be very popular. There will also be a knot night, where we run through the common knots and their application. We are seeing serious problems with climbers learning indoors and then heading outdoors without undertaking any training and more importantly, completely oblivious to their lack of knowledge and skills. Whilst this is not a new issue, the scale on which it is occurring definitely is, because of the number of people entering the sport and the manner in which they do so. Rather than an apprenticeship commenced outdoors, the majority start indoors in climbing gyms.

Last June we engaged an outside provider to run a basic rescue and first aid course. Even though we hope we won't need these skills, it's important to know how to do a cliff rescue and administer first aid that could be life

saving. So often we climb in remote locations and yet most climbers are totally unprepared to deal with even the most basic emergencies. I also attended an intense wilderness first aid course which equips you with a range of skills, including coordinating an emergency response as well as advanced first aid. I would strongly recommend that anyone spending time outdoors in remote (more than one hour from definitive help) areas considers this type of training. It is possible that we will be able put together a specifically tailored version incorporating cliff rescue, so watch this space.

Our last training activity for the year was with Hazel Findlay, who ran three coaching clinics for us: general/sport, trad and women's specific. It was a mix of outdoor and indoor, covering both the physical and mental aspects of climbing. It was great to see people's confidence improve with challenges like falling, an important thing to practise regularly (in a safe and appropriate way).

Organising social events for climbers is a bit like herding cats. But we keep trying and last year's winter dinner was held at The Oxford Hotel, where we had a lovely fire and plenty of food. We are about to start organising this year's one, likely to be scheduled for July. The annual CAWA Xmas BBQ took place at Point Walter as usual. There was more interest in slacklines than bouldering, which kept the masses entertained until food was served. It was great to see many of the new faces in climbing that I have come to know, as well as some of the old faithfuls.

However, CAWA is not a social club. We are the peak body for the sport in WA. So while I wish it was all just about having fun, my role is also to report on the serious stuff and increase general awareness about the issues impacting on our sport.

One of CAWA's main objectives is to maintain and promote access to climbing locations. The land we climb on is generally managed by Department of Parks and Wildlife (DPaW) and sometimes by other government agencies or private owners. A considerable amount of effort has gone into building these relationships. Last year CAWA submitted comments on the Draft Kalbarri National Park Management Plan, which were well received. Climbing is an accepted recreational activity in this park. However, it is always important to make our presence felt as stakeholders so we are not forgotten. One suggestion made was to develop campsites within the park. Providing such facilities would encourage climbers to camp up above rather than down in the gorge, as currently the main alternative is driving into Kalbarri. Given that DPaW would prefer that we didn't camp at The Promenade, this seems like a reasonable solution. And as we head into Kalbarri season, I need to remind everyone that it would be appreciated if you do not camp in the gorge on long weekends (the June one in particular), that you use the designated tourist track to access the gorge and adhere to 'leave no trace' practices. Every time we disrespect the environment (as one group of climbers did last year) and management policies, it increases the risk of threat to future climbing access. Imagine the ramifications if you or a tourist following you down the old access track has an accident. Camping in the gorge does require registration with the rangers.

In the late 1990s there was a hard battle fought and won to maintain climbing access to Wallcliffe. Since that time, it appears that a local government by law has been passed stating that climbing is not allowed without written approval. CAWA was not consulted for input and it is unclear exactly when this came into effect. The rock face and cave is now also listed as an Aboriginal site of significance and protected under the Aboriginal Heritage Act 1972. The act states that it is an offence to excavate, destroy, damage, conceal or in any way alter an Aboriginal site in a manner not sanctioned by relevant custom. So there are two separate issues, the latter being a far more complex one to address. While we can't force people to stay away, CAWA strongly advises that climbing activities at this crag cease until further notice. Keep an eye on the website for updates. Consider that our behaviour in this regard will impact significantly on any negotiations. Please do note that part of our previous agreement was that no new fixed protection was to be placed.

Mountain and Stathams quarries in Perth operate under a booking system for all users. Unfortunately we lost the ability to make quarry bookings on weekends, due to some climbers abusing the system. Phoning the duty officer at 5 am while standing at the gate was never going to win friends and in spite of requests not to do so, it continued to occur. It is now only likely to change with the introduction of fees at some point in the future as

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the number of users increase and management becomes more labour intensive. We have also seen a huge increase in climbers sharing the gate code instead of making bookings. There is restricted access with a gate and a lock as well as signage clearly stating that you need to make bookings at the entry to both quarries (I have advised DPaW that the signage needs to be updated to reflect weekday only bookings). Many of the offenders know very well that we need to book and should be encouraging responsible practices rather than engaging in behaviour that serves only to harm the sport and reputation of climbers. It is extremely frustrating to be faced with such selfish and short-sighted behaviour whilst giving so many hours as an unpaid volunteer for my sport. This type of behaviour seriously hampers my ability to negotiate with the land managers and is, quite frankly, embarrassing.

While I appreciate that there are many who understand and are doing the right thing, I feel that those who aren't really need a good spanking. As I said at the AGM, climbing isn't a team sport, but if we don't work as a team, then we can expect the whole thing to fall in a hole at some point.

This leads me to another serious topic: succession. We have seen significant growth in membership, with the 2015 member year ending on a record high (30th June) - 200 memberships with a total of 256 members. This is fantastic but we still struggle to fill all ten committee positions, leaving a small group of people working hard for the members and sport as a whole. This is a common issue for all associations but my concern is that when I step down, there will not be an appropriately experienced person to take over. I make no promises about how long I will stay on the committee, this being my sixth year. Ideally, a person taking on the president's role is already on the committee being groomed for the position and absorbing all of the relevant information, as there is a lot of CAWA history necessary to the job. A solid understanding of climbing in WA is particularly important. So if you are up for the challenge, want to acquire some new skills and make a difference to your sport, please get in touch. We still also need to fill some committee positions and would love to hear from people willing to give some of their time. We need your help!

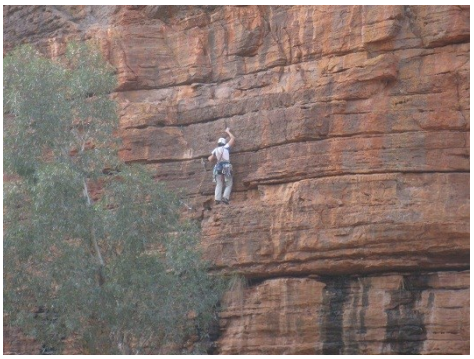
We are in a stable position financially, largely thanks to our Perth Rock Climbing Guide. However, in the future, we may not have a guide book to rely on and so even though we have money in the bank, it's wise to be prudent about how we spend it. I'm also a fan of using other people's money wherever possible. By that I mean accessing government grants, free training and sponsorship. However, these opportunities are more limited than they used to be. Costs of running the association increase each year and if we want to ensure that we can afford things like the insurance cover required to run training, then we must identify new income streams. We've just released the latest CAWA t-shirt so that will help things along.

The constitution, bless its little archaic socks, desperately needs updating and simplifying. But this is a big job and one that it isn't realistic to undertake without a full committee on board to take care of all the other jobs.

The year ahead will be filled with lots of CAWA activities and administrative fun, hopefully with a bit more climbing (for me) than last year. As always, please feel free to email us with any feedback or suggestions.

I look forward to seeing you out climbing and at the upcoming CAWA events.

Dena Rao, **CAWA President**





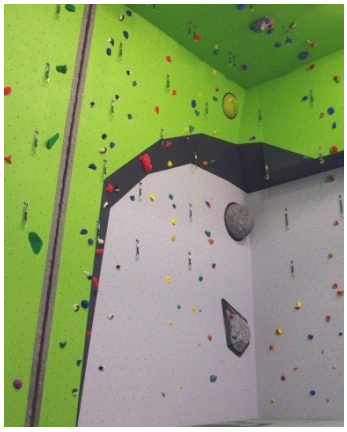
Dena Rao, CAWA President at (L to R): Kalbarri, Frenchman's Cap and Frenchman's Cap in the Monashee Mtns (Canada).

Climbing Gym Locations



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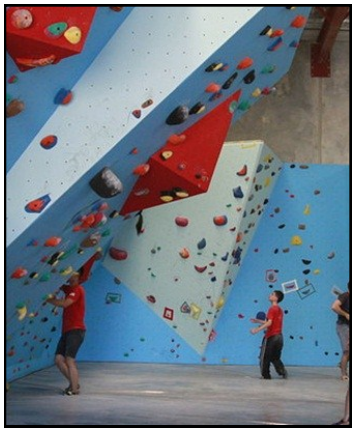
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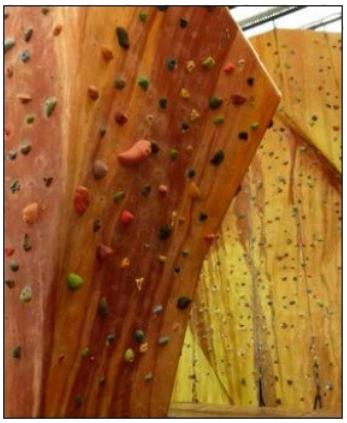
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The Annual General Meeting (AGM) this year was once again a great success. Headlining the evening was a presentation by Black Diamond sponsored climber Hazel Findlay, brought to Australia all the way from the UK. The presentation was a climax to the three courses Hazel had run for CAWA members over the preceding weekend.

The night started with the AGM formalities, which went smoothly. A quorum was reached though joint effort of the CAWA members present and those who'd wished they could make it but had to send in a proxy form instead. A new committee consisting of the members listed on page 4 were voted in, and many thanks given to those committee members who served a great job in 2014 and had to retire. Quite a few committee members stayed on however, and are continuing to do a great job. CAWA being a volunteer organisation is run on people's great intent and willingness to help, with many hands making light work. Dena hosted the evening and was voted in President once again, though we may be unlucky enough to lose her skills and talent next year. But lets not dwell on what might be.

What was, includes new CAWA t-shirts, which were launched on the night. These can be bought at all CAWA gym crashes and CAWA trips and events, if you missed out on purchasing one on the night.

The Annual AGM Photo Competition was held once again, and there was a marked step change in entries compared to previous years. Photos were presented of many of our favourite and often photographed locations, but with new and invigorating flare. Many classic crags were presented in creatively different ways, with fish eye lenses, panoramic pictures, or just from a new and unique angle. It reignited the feeling of excitement for many areas and made it feel like there were still many new things to see, learn and do at crags that had started to feel old. Photos tell a thousand words, and with

new technology, new access to fresh ideas through online media and just new people with new ideas, the competition was a resounding success, even for those who missed out on a prize. Thanks to all those who entered and we look forward to seeing the entries for next year!

Hazel's presentation was also presenting some new perspectives, but not what you would expect. Hazel, first introduced to use through the short documentary 'Spice Girl' in the Banff Mountain Film Festival 2 years ago, is known for her bravery to run it out, take risks on small gear and not be afraid of rotten and breaking rock. Here she gave us a sneak peek into what allows her to achieve bold, and sometimes dangerous routes. The key message was that we aren't born bold. There's no such thing as a bold gene and some people have it and most of us don't. You need to work at it. She gave us some tips of how to learn to both recognise and then how to make decisions to keep things within your control when you climb. She also was able to articulate the decisions that we make all the time but don't realise we're even making them. She told us what to look for to recognise and control fear, and learn how to practise good techniques, body language and breathing to master the intimidating and scary.

Some of these techniques are described in the following pages where CAWA members present their learnings from the three clinics that Hazel held: sport climbing, trad climbing and a women's specific climbing clinic.

Thanks very much to all those who attended and made the CAWA AGM another great night to remember. Special thanks also goes to Basha Stasak and Mark Weatherill for helping get the presentation on Hazel's Apple computer to work and to Kylie for taking numbers and names at the door and particularly Dena, who made the who night possible.


















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Bad hair day
Happy face

Trad Climbing Clinic

With Hazel Findlay



Text by Kate Bailue | Photos by Mandy Bowler

In late February I had the fantastic opportunity to attend a trad coaching clinic run by Hazel Findlay. I was slightly apprehensive (since I'd only just started leading trad this year) but also very excited to be gaining some training with one of the best female trad climbers out there!

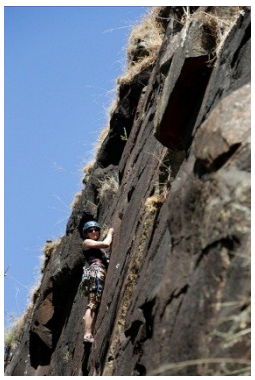
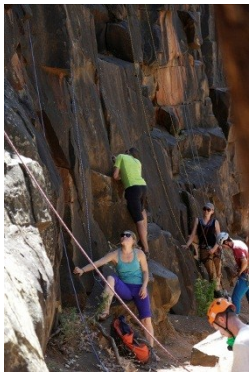
We all arrived at Churchman's Brook bright and early, to be greeted by the bright and happy Hazel. The coaching session was initiated by her asking us a series of questions aimed at identifying our strengths and weaknesses. Hazel then reviewed our answers and got straight to work providing us with exercises we could do to help work on our weaknesses. For me it was about practicing gear placements and falling on them. Under the safety of a top-rope, we took turns in placing gear and falling on it, each time placing something we thought was more marginal than the last to see if it would hold in a fall. It helped me to realise with my own placements, that a lot more will hold under a fall than I thought, and what to think about if they don't! I encourage all trad climbers to do try this.

Other practical advice I got out the day included how to arrange my gear on my harness, how to "seat" nuts, and to learn to use them sideways and some good tips on how to set up some different types of anchors, including using the climbing rope alone. But for me, the thing that I was really wanting was some inside knowledge of the mental aspect of trad climbing. I soon realised that there is no real secret to it. Hazel wasn't born being totally unafraid of scary and runout routes, she is no more super human than the next person. Her great insight was, you just need to practise being mentally calm, learn to recognise stress in yourself and where you hold it (do you over-grip and get pumped out, do you get Elvis leg etc.) and practise relaxing. Learn to recognise you are over-gripping and relax your shoulders, or for Elvis leg, drop your heal, and learn to control your fears in order to make good decisions based on sensible choices. She suggested breaking the climb down into decision points. Climb to a point and from there make a decision. Are you going up, or are you going down?

It's ok to retreat if you don't feel right, as the consequences could be nasty,. Don't second guess yourself. And if you decide to commit, then commit fully and focus your effort on climbing and not second guessing your decision, otherwise you are much more likely to fall off.

She gave us a lot of food for thought! Overall though I am extremely appreciative of the opportunity to be coached by Hazel. She is an inspiring young women who I am sure is mentor not only to me but many other female trad climbers out there. Special thanks to Dena and the rest of the CAWA committee for making this possible.



Sport Climbing Clinic

With Hazel Findlay

Words and pictures by Megan Smith

The first of the Hazel Findlay clinics was focused on general climbing technique, primarily as it applied to sport climbing. We started the day at Rockface, learning and practising effective warm ups and how to rest properly on the wall. It was surprisingly difficult to rest, and soon the walls were scattered with people draped in pretty awkward positions trying to get comfortable.



We then moved onto falls practise, which was the focus of the day. Hazel's message for us was that we needed to be able to fall well, and be unafraid of falling, in order to become better climbers. We practiced falls on either lead or top rope at Rockface, before heading to Statham's Quarry in the afternoon to keep practicing outdoors. We climbed Real Life Ambition and Chain Reaction as sport climbs with a back-up top rope, and each went through a series of increasingly bigger falls, working towards a mid-move fall with lots of slack in the system. I discovered that I don't mind falling so much as belaying someone who's falling, so it was great to have the opportunity to practice getting into a good belaying position and being ready for the climber to fall at any time.

Hazel provided us with lots of useful information and reminders of good climbing technique throughout the day, such as choosing our foot placement with purpose, which leads to quiet feet. She emphasised that to keep improving our climbing, we need to keep climbing grades that we're going to fall off from - if you don't fall at all during any of your sessions during the week, you're climbing grades that are too easy! It was a really informative and fun day, with plenty of time to practice what we were being taught.

AGM Photo Competition Winners



Climbing in WA





Previous Page: 1st place. Emmanuelle Paradis on Charlie's Pillar (5.9), Optimator Wall, Indian Creek, Utah. | **Peter Zhang**
Top: 1st place. Brian Tan on K.G.B. (26), Wilyabrup. | **Peter Zhang**
Left: 2nd place. Brian Tan cheered on by Rob Crowder on K.G.B. (26), Wilyabrup, | **Peter Zhang**
Right: 3rd place. Remi Vignals on Karma (24) Castle Rock, Porongorups | **Chris Kavazos**

Climbing Everywhere Else

Every year at the AGM we hold a photo competition. There are two main categories, *Climbing in WA*, to celebrate the wonderful rock we have at home, and *Climbing Everywhere Else*, to celebrate the tradition of travel and exploring and experiencing new places, ethics, rock types and new experiences. Occasionally there are other categories, this year an additional three were held: *Best Climbing Outfit*; *Best Bum Shot* and *Best Action Shot*. Here you see the cream of the crop, but it was a stiff competition. Thanks to all those who entered, we hoped you had fun taking the pictures and we look forward to your stunning entries next year.

See page 33 for the other category winners.



Top: 2nd place. Lucie Leduc on Stolen Chimney, Fisher Towers, Utah, | **Peter Zhang**
Right: 3rd place. Adam Straw on Sacred Site (18), Moai, Tasman Peninsula , Tasmania | **Rmi Vignals**

Escape Your Fishbowl



Author: Peter Zhang | Photos: Peter Zhang and others

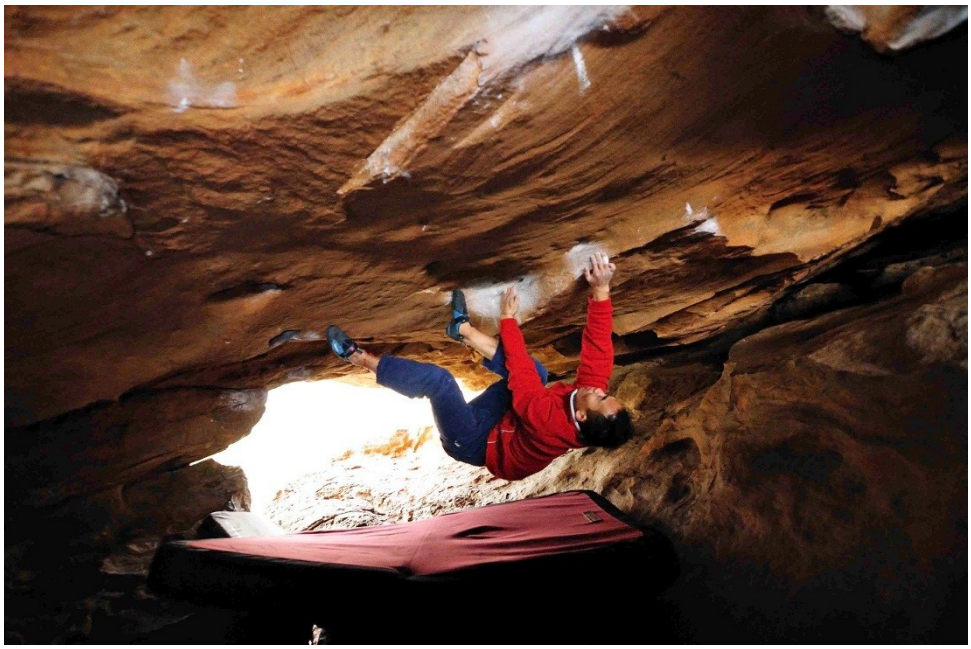
If you were to ask me how I got addicted to bouldering, I'd put it down to three words: 'bromance', 'free' and 'TAKE!!!'. It all started back in my uni days, in Melbourne, 2007 when a friend suggested that we should go climbing at a local gym as an excuse to hang out. Great, I thought to myself, anything was better than ten-pin bowling. We had fun times top-roping and going forward, I managed to convince my best mate Yi to go climbing with me. We started going to the local climbing gym once every two months or so just to top-rope. The intimidating man roars and shirtless, muscular men ensured that we'd never venture too close towards the bouldering cave despite our curiosity.



Yi Zhao at the Burnley Bouldering Wall, Melbourne

A few months later, a friend who's a keen cyclist mentioned that that there was a free outdoor climbing wall by the Yarra River. As a uni student (and even today), the word FREE is like your royal flush in poker: it trumps all and nothing else matters. One Saturday night, after we'd finished slaving away at our part-time jobs, we went on a mission to find this free climbing wall.

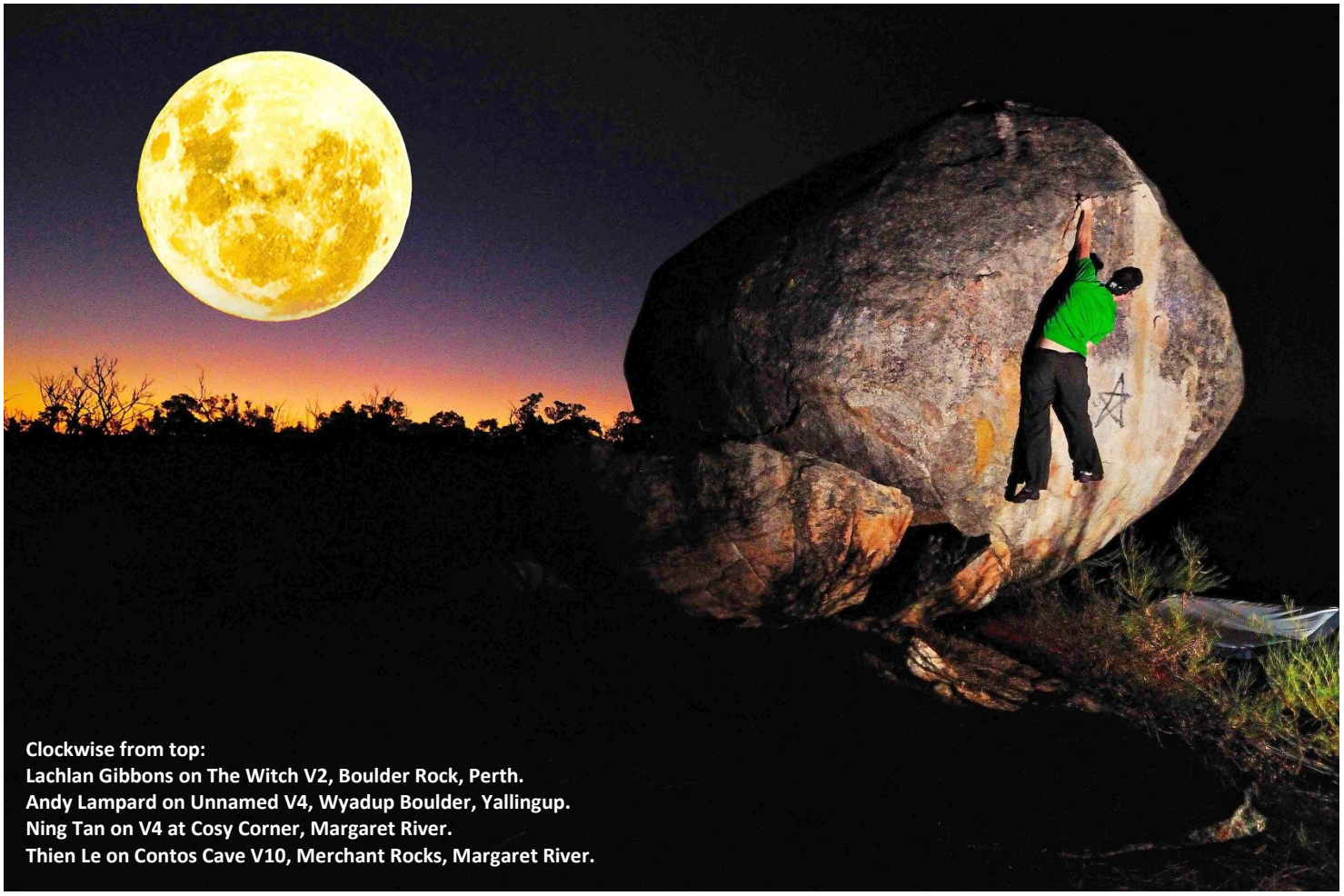
What we discovered is the Burnley Bouldering Wall. There are three walls; one vertical, one at 30 degrees and one a 45 degree wall. There was a mix of traverses that spanned the length of each of the three walls as well as up problems. I still remember how excited we were as we walked along the footpath and caught our first glimpse of the colourful holds. I'm pretty sure we broke out into a sprint and jumped up and down excited like little girls. I mean seriously, how can you say no to FREE?! Back in those days, only the vertical wall was lit by floodlight at night whilst the other two walls remained in the dark. So we stuck to the vertical wall and thugged our way through all the traverses without too much trouble except for one: "the black 18". It had this funky move where you had to drop down and match your hands before pivoting your body to move onto the next hold. It was definitely unthuggable despite our best shirtless efforts.



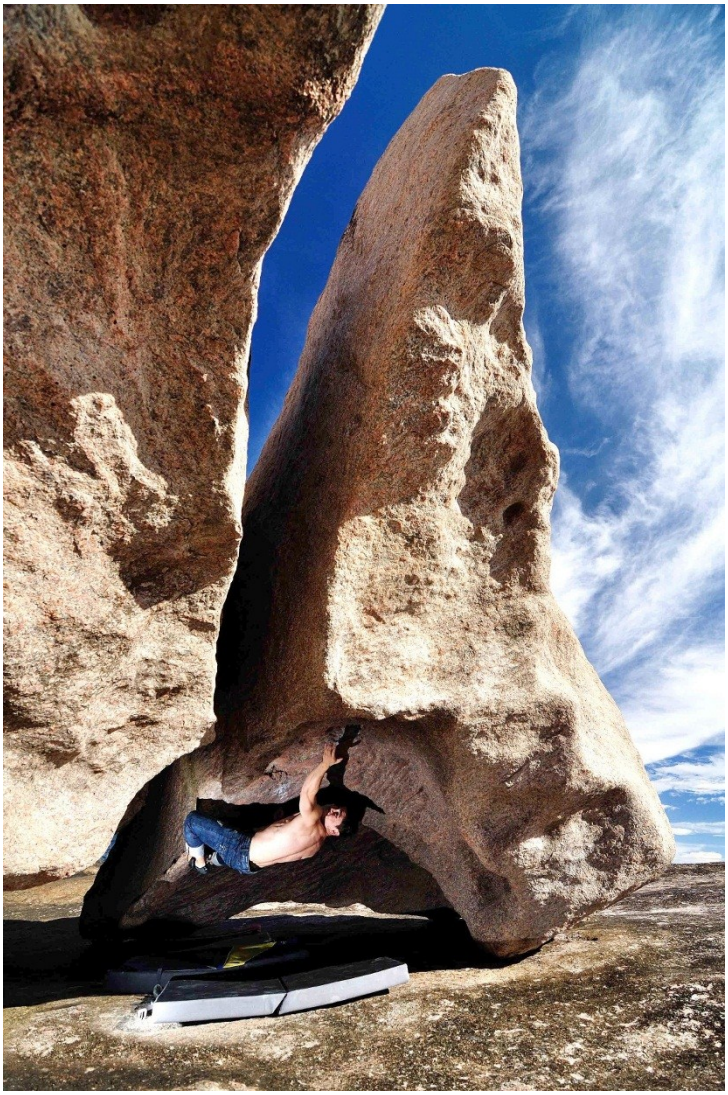
Peter Zhang on Ztreem Cool V8, Hollow Mountain Cave, Grampians | Photo by Yi Zhao

We spent a solid two hours just trying to figure out how to do that one move. Okay I lied, I'm pretty sure we'd spent most of that time talking about the hot chicks we met at uni. Nevertheless, it was about 10pm when Yi goes "hey why don't you try twisting your body and knee this way" [Yi demonstrates what we now call a drop knee]. So I gave the move a go and did it. I didn't even bother finishing the rest of the problem, I came down and we started high fiving each other left, right and center. The next day we went straight to the outdoor gear shop and bought matching climbing shoes.

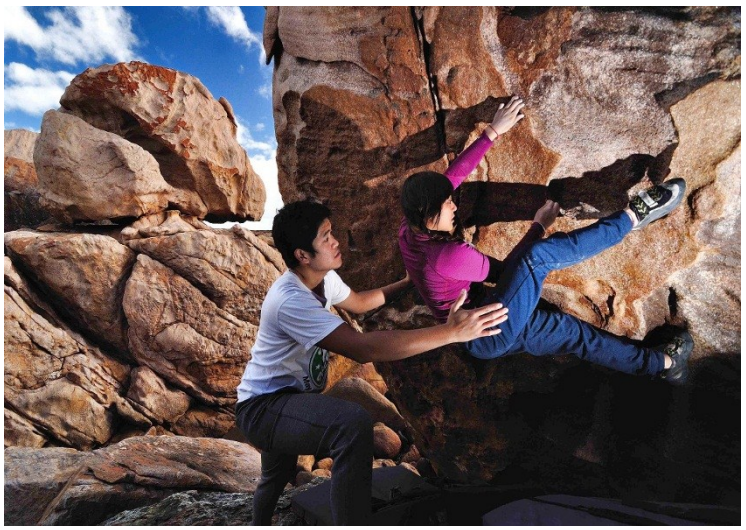
It wasn't long before we started going to the local climbing gym once every two weeks. (Note that this frequency was not governed by our lack of interest, but the time it took for our forearms to recover from the pump). We'd go in, do a few top-ropes and then get on the bouldering wall. After a month or so, we realised that we'd spend more time screaming "TAKE!!" than actually climbing and we actually preferred the social and problem-solving aspect of bouldering. So that was the



Clockwise from top:
Lachlan Gibbons on The Witch V2, Boulder Rock, Perth.
Andy Lampard on Unnamed V4, Wyadup Boulder, Yallingup.
Ning Tan on V4 at Cosy Corner, Margaret River.
Thien Le on Contos Cave V10, Merchant Rocks, Margaret River.







end of the ropes and the beginning of our bouldering addiction.

The addiction lead to the purchase of my first boulder pad, the "Metolius Cheap Bastard" which took me ages to save up for despite it being on sale. This lead us outdoors and we started to explore the bouldering in the Grampians National Park, just four hours drive from Melbourne. There were well known problems at a number of established areas like Hollow Mountain Cave and Andersons.

I successfully made it through uni whilst at the same time, trying to squeeze in as many trips to the Grampians as I could. I even took a job one summer at a rural gold mine, located an hour away from the Grampians, just so I could make regular trips after work in order to boulder as much as I could.

After graduation, I got a job in Perth and made the move. I still remember the first week I arrived, it was unbelievably hot, thanks to the epic 40 degree heat wave and I remember feeling super lethargic. A bit like a slug that just inhaled a bowl of Fettuccini Carbonara from Ciao Italia. I went to one of the climbing gyms and was lucky enough to meet Brian Tan who took me out weekend after weekend to different classic bouldering areas around Perth. This fed my addition and I got hooked even more.

He took me to great areas such as Boulder Rock, the Pipelines, Kalamunda and Millers. The exploration of new areas seemed endless and the send train was never ending.

Then, one weekend, Brian invited me along to a climbing trip down at Margaret River. There was a group of about ten or so people, all of which were going sport climbing at Bob's Hollow. I was pretty reluctant to get on a rope and embarrass myself in front of the ladies, so instead I managed to convince my newly acquired friend Ning Tan to save me from the potential embarrassment and join me in some bouldering shenanigans. We spent the weekend checking out the boulders at Whaleback and Contos, which introduced me to the wealth and variety of bouldering around Margaret River.

Following that trip, we then spent uncountable weekends driving down to Contos Campground on a Friday night to explore the different bouldering areas in the region. There's an abundance of boulders down south with super cool features and textures that you just don't find around Perth. Every car park turnoff along Contos Road has quality bouldering and something for everyone from three-star V4s, classic V10s to epic high-balls. It was jackpot!

But then in 2013 I started to lose focus on bouldering; I felt like the bouldering areas and problems had been exhausted, so to quell the low, I got back on a rope. I even tried my hand at expensive soloing known to many as trad climbing, swimming up the splitter cracks of Indian Creek, Utah and closer to home at the intimidating sea cliffs of West Cape Howe.

However, I have definitely missed the bromance and the psych that comes along with bouldering so I've decided it's time to get back on the bandwagon and it's definitely an exciting time to get back into it. Over the past few years, a number of bouldering mini-guides have been released unlocking mythical areas such as Candy Andy's Candyland, Eric Friis' Contos and Cosy Corner and Jay Girdlestone's Kamikaze and Winjan.

However, what really gets my palms sweaty is the fact that a lot of "old" areas and boulders that don't yet have mini-guides have recently been getting heaps of action such as Copper Rocks, Moses Rocks and Redgate. At the same time there's still first ascents being put up in both "old" and "new" areas such as Andy Lampard's "Wookie and the Mad Hatter" (V9) at the Meltdown Boulders and Tyrone Clement's "Fricticious" (V7) at Avon Valley.

It's so rad that folks continue to explore and develop new areas, put up amazing problems and share them to inspire others to get out and start their own story.

I wise man once said to me, "a fish can only get as big as the fish bowl". So if you haven't already, start planning your next weekend and check out some of the amazing bouldering that Western Australia has to offer and find your addiction.

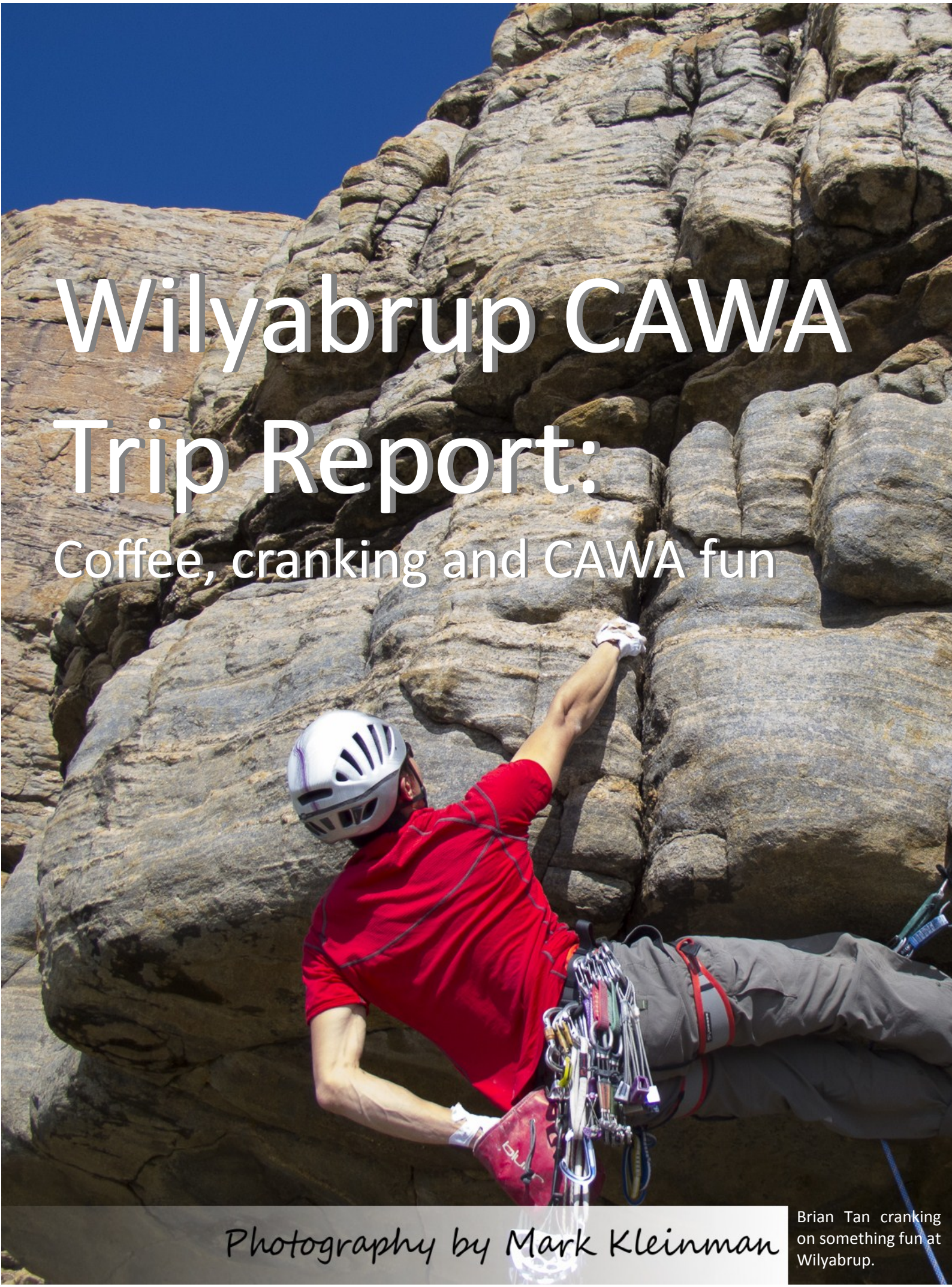
Have fun folks!



Ning Tan on Man Status V3, Copper Rocks, Dunsborough

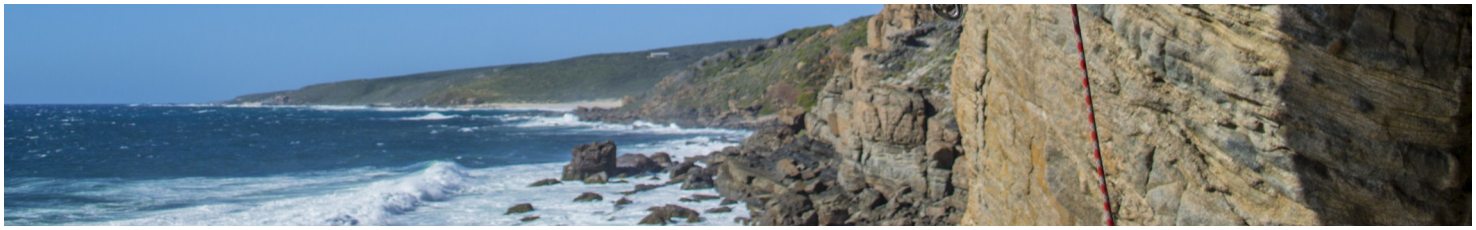
Wilyabrup CAWA Trip Report:

Coffee, cranking and CAWA fun



Photography by Mark Kleinman

Brian Tan cranking on something fun at Wilyabrup.



CAWA's trip to Wilyabrup trip in November, is great opportunity to meet new climbers and discuss the joys of climbing on real rock. Not that plastic stuff in the gyms.

Friday afternoon. After a long day watching the clock the moment finally arrived when it got to 3pm and I was out the door. Heading down Murray St to the Freeway South on-ramp pausing briefly to pick-up a lost lonely looking guy on the street corner who just happened to be Tony Brebner. Fancy meeting him there!

Now straight onto the freeway south. Another short detour to stop at a secret location (Tony's house) and transfer my gear into Tony's car for the long trip to Gracetown Caravan Park in the beautiful south-west of WA.

We did have a brief fuel stop and driver change in Bunbury at the Shell service station. As we got closer we did notice the threatening look of the clouds, nahhh we thought not another wet Willies trip. Then it started to rain, Now at this point I started having serious flashbacks. Water running down the cliff face, four wet and dirty climbers hiding in the cave watching the water pool on the ground after two stubborn hours admitting defeat and heading to the nearest indoor gym. No! Not again!!

Thankfully that did not happen. We arrived at the caravan park in very light drizzle around 6pm. After paying our dues and getting a map from the office, I noticed it was not our usual CAWA campsite. We drove towards a different, nicer campsite, though there was no CAWA banner hoisted. Dena had opted for the low profile approach which is her call. I am personally a bit more brash.

We were greeted by Dena (hello hello hello!) now this is a quite different campsite, admittedly it did cost a little bit more a night ($1) but I figure it was worth it, this one has grass, well maybe calling it grass is being generous! But whatever it was it wasn't sand. A definite improvement from the sand pit of previous years. Thanks Hamish & Dena. We also had power too but as far as I can recall no-one made use of it.

We met some new climbers (new to me anyway) Basha, Ann, Li, Tim just to name a few. Enthusiastic fit indoor climbers very keen to learn the ways of outdoor climbing. I did meet other climbers but my flakey memory doesn't serve me very well so please accept my apologies for not including your names.

There were a few old hands there too, these are the climbers who we all watch when they climb. Brian, Remi, Geza, Peter..... It was great to see that they all enjoyed a good laugh whilst climbing.

So we quickly put up our tents and got organized. At this point the fine rain had restarted and it was still worrying me.

Food was on the cards as I was starving, so we all headed over to the kitchen to get some dinner. Looking around, the most interesting meal being prepared was by the 'new kids'. I call them kids, but they weren't really, they were just new (to CAWA). Massive platefuls of food! He he he...

I met Remi's mum who was quite shy, I assume it's because she did not speak English. But she seemed to be having a great time the next day trekking around the Wilyabrup cliff on Saturday. Maybe she was asking herself where the rest of it was, given the quality and volume of rock in France. :-)

As we got closer we did notice the threatening look of the clouds, 'nahhh' we thought not another wet Willies trip.

Saturday began with the kookaburra chorus at 5am, people staggered out in dribs and drabs. Ate breakfast and after a briefing we headed out to the cliff.

Dena setup top ropes on the beginners wall for the 'new kids'. We put up some top ropes too and the climbing was on. I am not going to give you blow by blow descriptions on who climbed what 'cause that's just boring. All the new kids had fun, and the old farts had fun too.

Hope got a hell a lot of traffic. Stainless Steel got some good attention. One For The Road (secret hold?) also had plenty of action.

Weather was fantastic. People were friendly and helpful. Overall a great day. Peter Zhang and Brian were having fun as the photos show.

Dinner on Saturday was the usual (dare I say traditional



Right: Unknown climbers enjoying themselves
Photo: Mark Kleinman

Below: Setting up top-ropes
Photo: Dena Rao

Photography by Mark Kleinman

for Tony and I) trip to Settlers Tavern for some grub. Food was good, had a great time chatting with Anne, Basha, Li and Tim. Some CAWA hardcore's stayed at the campsite and relaxed by the fire. When we got back we had to sort out some equipment queries as misplaced gear needed to be returned.

Sunday was another non-wet day, the kookaburra wakeup call came and got us all going. Breakfast was filling and hit the spot. Tony missed out on his coffee due to some technical issues which was a significant problem for him. We packed up our tents and gear for the trip back via another go at Willys.

To be honest the weather at Wilyabrup was very obliging with cool sea breezes and clear skies, a great result. Tony and I went down and helped setup a top rope on Stainless Steel for the 'new kids'. I could then sit back and watch them play. I did see an awesome lead on Stainless Steel, watching this skinny guy crank his way to the top. Just amazing. He looked slim and I thought this would be an interesting climb but he just started and kept going and going and going.

Tony and I headed off by 11am and we had to stop at the Yallingup Coffee Roasting Company for an emergency beverage. I was getting worried Tony might collapse from coffee withdrawal. Hours later (driver change included) we were back in Perth and facing the prospect of going back to work tomorrow. Just depressing.

I will always have great memories of my Wilyabrup trips. Highly recommended for all CAWA members. Attendees : Me, Tony, Jacob, Dena, Peter Z, Brian, Remi, Basha, Anne, Rob, John.... sorry if I missed you off the list.

(Surnames have been excluded to protect the innocent. Mind you I don't think anyone was very innocent on that trip, except maybe Jacob).

Clockwise from below: Brian and Peter Z. gearing up for another trad extravaganza. | Tony a-okaying the morning heart-starter for the 5am wakeup. | Socialising at dinner with some of the many CAWA members, and Presidents past and present. **All photos Mark Kleinman.**









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Book Review

Snakes in the Jungle

Special Operations in War & Business

By Jim Truscott

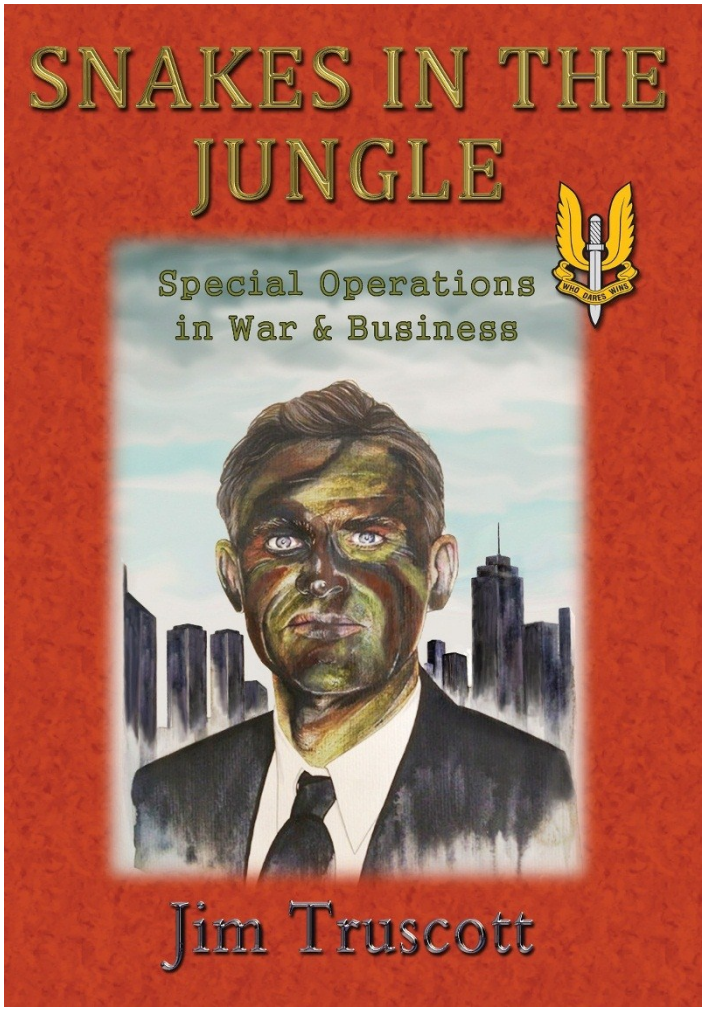
Book review by Neil Gledhill

Jim Truscott's autobiography 'Snakes in the Jungle' provides an insight into the motivation and achievements of one of Western Australian rock climbing's biggest and most passionate contributors.

"Whilst the title 'Snakes in the Jungle' can sometimes be associated with evil, in the eyes of the Chinese someone called a Taipan in business is one highly regarded as a top-class operator or entrepreneur and this is a description that fits Jim perfectly. Often considered unconventional, Jim possesses a typical Special Forces style of thinking with a very considered and positive attitude and the ability to think laterally, weighing up all the options in any circumstances." Bruce Parker, CEO, HMG, Nason Group

Jim has done hundreds of first ascents in Western Australian climbing; from the most southern tip, to the Pilbara and beyond in the north. Some are barely boulder problems and some are 100's of metres long. The routes span urban backyards, rotting quarries, parrot bush infested boulder hills and majestic southern granite monoliths. The routes are in every style; delicate, slabby, easy, desperate, over-graded, under-graded, three star classics and utter abominations. The one thing they all shove in your face is Jim's passion for climbing new routes. This has been Jim's greatest contribution to Western Australian climbing. In a community often jaded with the state's lack of rock opportunities, Jim's skill and hard work in finding, doing and promoting new routes is unmatched.

Jim's autobiography reveals that rock climbing is just one facet of this highly motivated and thinking man. 'Snakes in the Jungle' shows how Jim's interest in the risk taking side of outdoor fun was



Front Cover of Jim's Autobiography.

instigated and developed. Perhaps it is not surprising that Jim pursued a military career, no doubt a considered choice to provide ample opportunities for fun in the sun and to keep his mind working with engineering and leadership challenges. As Jim's military career develops, so does his "instinct for dissent". The text is no Andy McNabb or Tom Clancy machine gun narrative. In fact Jim probably undersells the risk, tension and achievement of some of his military adventures. More



Standing on the summit of Aconcagua. | Jim Truscott Collection

time is spent dwelling on his contributions to military doctrine during his time with various military units including the SAS.

Importantly, many of Jim's roles show him strongly assimilating with the natives. Whether they be indigenous Australians, Indonesian commandos, East Timorese Falantil guerrillas or tribesman from Borneo, Jim's affinity and interest for their culture is often evident. He learns their language, their skills and their history. These local communities very frequently respect Jim's involvement and he is held in high regard. Often the conduit for these relationships is Jim's exploration of Australian military history. He re-enacts significant voyages from Operation Rimau, travels through Borneo and visits Australian battle fields in Vietnam and Europe.

"It is strange that the seven 'D' delights of mountaineering – death, danger, disease, deprivation, disharmony, disunity and despair do not include the preceding paperwork" Jim Truscott.

Jim's military career has him dodging paperwork intensive roles whilst receiving his fair share of bollockings attracted by his 'instinct for dissent'. Clearly the threat of yet more paperwork did not dissuade Jim from pursing an admirable mountaineering career, each adventure often flush with the 7 'D' delights. Highlights would be four seasons in New Zealand and trips to Balls Pyramid, Carstensz Pyramid, Broad Peak, Aconcagua, Nandi Devi East and Australia's 1988 Everest expedition.

"It was just our luck Ganesh had a human body, but at times the head of an angry elephant as we were soon to learn" Jim Truscott.

Having achieved considerable success in the hills, cliffs and jungle's, the later part of the book deals with Jim's boardroom and corporate adventures. His Special Forces mind still longing for stimulation and challenge, Jim embarks on a journey into the business world.

Whilst the title 'Snakes in the Jungle' can sometimes be associated with evil, in the eyes of the Chinese, someone called a Taipan in business is one highly regarded as a top-class operator or entrepreneur

"I recall the utmost desire to punch a senior manager from a large public company in the face" Jim Truscott.

Unsurprisingly, Jim faces some slightly different challenges. He attacks these with typical vigour and he has the scars to prove it. This section of the book perhaps reflects Jim's character even better than the stories of climbing and soldiering. His mind is tested, his will is tested and he doesn't always succeed. Yet again, the passion for what he believes comes through and ultimately leads to success.

It's satisfying to see how Jim has managed to har-



Lester Cornall, Cocky Bedford and Jim on an early expedition to the Himilaya. | Jim Truscott Collection

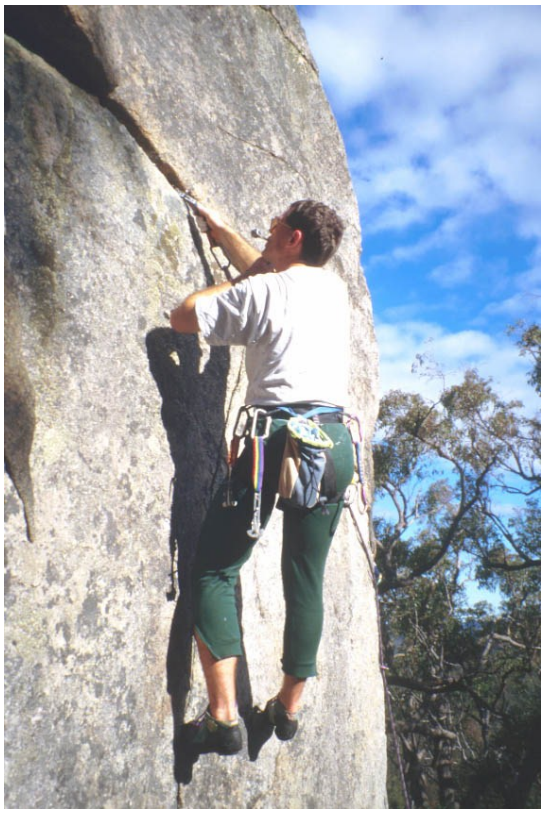
For those of us who spend too much time in front of our computers, 'Snakes in the Jungle' might just help focus your outdoor climbing or Special Forces skills on business success

ness the lessons from his soldiering skills and countless outdoor adventures into developing a post military career.

For those of us who spend too much time in front of our computers, 'Snakes in the Jungle' might just help focus your outdoor climbing or Special Forces skills on business success; or not. Worst case, it will motivate you to get out there, have an adventure and do something with passion!







This page clockwise from right:
Jin Truscott skiing off the summit of East Carstenz Top-pens.
Jim load carrying, very early in the morning.
Jim with Chris White on the summit of Nanda Devi East.
Mike Hindmarsh and Jim on the summit of Aconcagua.

All photos: Jim Truscott Collection









Bottom of opposite page:
Top left: Chapter One—Rick Moor and Jim Truscott standing on the summit.
Bottom left: Chapter Two—Discussing the way ahead at Camp One on Ganesh IV.
Bottom right: Chapter Ten—Climbing the grade-19 No Wonder Mallory Didn't Make It, Perth Hills.

Wellington Dam

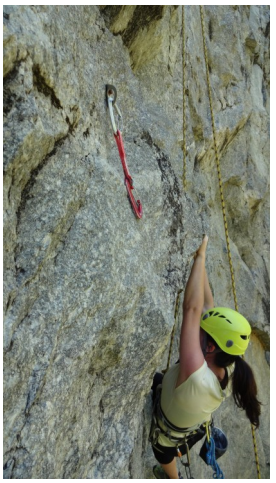
CAWA Trip Report By Hamish Carrad

On the first Saturday of November CAWA ran a trip to Wellington Dam in the picturesque Wellington National Park 200km south of Perth. The Wellington Dam crag is an old granite quarry in a park-like setting with vertical climbs starting from a flat grassy base with shady trees, BBQs and picnic tables just metres from the carpark. Wellington Dam is a great venue with some good climbing in a different style to other quarries near Perth.

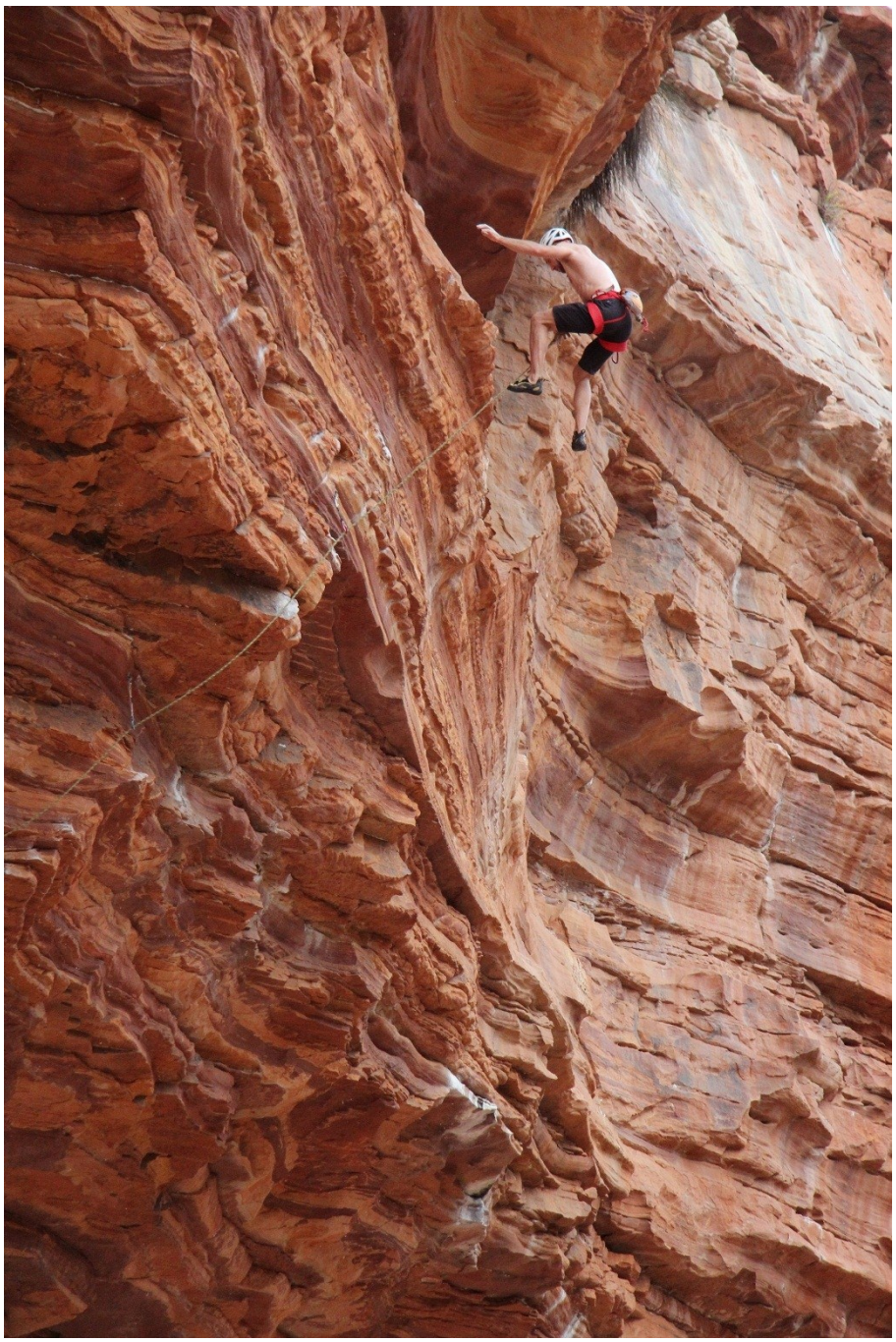
The weather was perfect and there was a good turnout with a few new faces. Most people just came down for the day but a few stayed the night to continue climbing or go mountain biking on the Sunday. Everyone had a great time, so hopefully we can make it a regular event.











Left: Winning photo of the *Best Action Shot*: Remi Vignals back jumping to clean It's Not Rocket Surgery (26), Kalbarri. | **Brian Tan**

Below: Winning photo of the *Best Climbing Outfit*: Gesa Graser with chicken hat in Arapiles, VIC. | **Brian Tan**

Bottom: Winning photo of the *Best Bum Shot*: Brian Tan on Freebies (26), Walcliffe, Margaret River. | **Delphine Chabanne**







A unique experience: Neil Gledhill and Conrad Slee on a 5 pitch, 160m, 6a up a dam wall in Switzerland. Photo: Kate Swain

UPCOMING EVENTS



Photo: Tim Dove at Eaglestone Rock | Photo: Peter Thomas

August

Fri 28th - Sun 30th	CAWA Trip	Eaglestone Rock

September

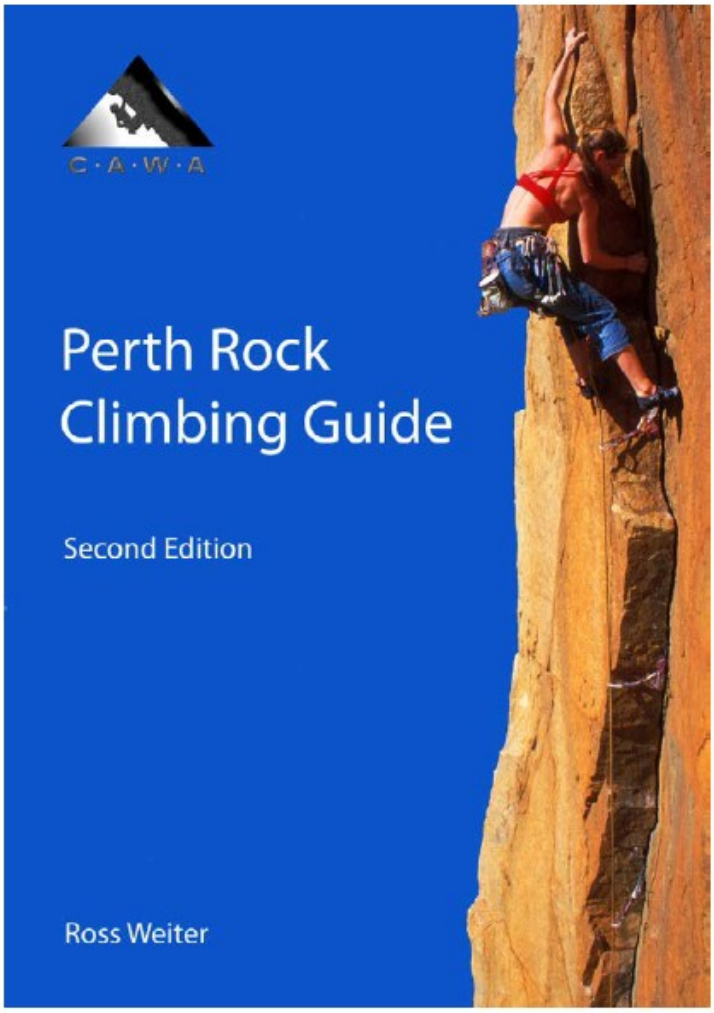
Thu 10th	Gym Crash	Urban Ascent
Fri 25th - Mon 28th	CAWA Trip	Mt Frankland

October

Tue 13th	Gym Crash	The Hangout

November

Thu 12th	Gym Crash	City Summit



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