

Dear Parents

During civics this past Thursday 2 November, Warwick Richter interviewed seven Grade 11s who are “Epic Old Boys”...(Tim Sharples, Marco de Nysschen, Alizwa Ngcwangu, Matt van Westenbrugge, Campbell Reyburn, Hector Orrell and Scott Jeffery).

Here follows a rough summary of the discussion and you will note that some boys contradict each other and some of the views expressed don't necessarily tally with what we have told the boys...

So what was most challenging about Epic?

- One group could not find water on day one of their staff hike – ate late as a result.
- You can't run away from the people you don't get along with
- A boy who did not hydrate properly and this resulted in the group battling to carry him for the last part of the hike.
- Soft sand in the cycling component
- 24 hour solo

No one mentioned: Heavy back pack; Sleeping outside; Walking distances; Fitness; Mental challenge; change of diet on hikes

So what was best about Epic?

- 24 hour solo
- Elizabethfontein concert (Krakadouw only....)
- Best steak ever after 24 hour solo
- Only yourselves, no teachers and no parents
- Waterbase
- Solo hike

Biggest fear?

- Snakes
- Heights
- Getting badly injured
- Not being a 'jock' therefore not strong but it was the total opposite

Packing

- Game, sweets (wine gums and jelly beans particularly) ie snacks
- Lightest bag was 15 kg and heaviest was 25 kg (way too heavy, by the way – should aim for no more than 15 kg with water)

Feet

- Use talcum powder
- Thin pair and thick pair of socks
- Take only 3 pairs of socks
- Use cotton fibre shirts (cooler)
- Use long sleeve shirts and longs
- Take thermals

Hot tips?

- Put the slowest hiker at the front
- Don't cheat – one group was caught last year and spent a day which should have been at waterbase, walking 18 km...another group said they got away with it but still feel guilty
- Keep your sleeping bag dry (pack it in a black plastic bag)
- Support your friends
- Don't worry – some “sporty jocks” broke down....

Metaphorical Packing

- Tolerance
- Perseverance
- Good attitude
- Care for each other
- Mental toughness
- Respect for others and yourself and the environment

A couple of other things:

1. Please see the web page: <http://college.bishops.org.za/epic/Documents.aspx> . On it you will find info about the last night, the Epic groups, the different rotations etc
2. Dads letters are due tomorrow - Monday 6 November. Please get in touch with Liz King if you know you are going to have problems making tomorrow or Tuesday. lking@bishops.org.za . Please label the letters fully – your son's first name and surname and his group with colour (eg Apex Red).
3. Some boys have not yet collected their food boxes from Mr Court in G2. These are due back on Thursday 9 November.
4. The Epic Seminar starts tomorrow morning with refreshments at the Frank Reid between 7.30 and 8.00 am. I've asked house directors to take the roll call. Unless there is a good reason, the upcoming week is compulsory for all those going on Epic. Please liaise with your son's house director if there is any reason for absenteeism.

Kind regards

Graham

A reminder of dates:

- Monday 6 November – Letter from dad/father figure (details on the website)
- Monday 6 November to Friday 10 November – A two day Epic Seminar followed by a two day First Aid course and a practice hike and bag check. (Details have been sent out)
- Sunday 12 November at 6.30 pm – Blessing of Boots Service
- Monday 13 November – a free day unless the bag check registered a 'fail'!
- Tuesday 14 November – depart for Epic (meet at the Astro at 5.30 am)
- Tuesday 28 November to Wednesday 29 November – Dads/father figure join sons for the last night. Details and directions on the website.
- Wednesday 29 November – Last day of Epic

You can find copies of previous letters, documents relating to Epic as well as other details on our website: <http://college.bishops.org.za/epic/default.aspx>.