

# *Benalla Bushwalking Club*

*Newsletter*

*Issue 1 March 2023*



## **President's Report**

*Welcome to a new year of walking in the beautiful areas in which we visit.*

*We are all members of the Club for numerous reasons; primarily for our love of the outdoors.*

*Walking with nature soothes our souls, nourishes our well-being, and provides many physical and health benefits. To be a member of a group provides the additional benefits of social connectedness, camaraderie, lasting friendships and personal growth.*

*To enhance the future of our Club and to expand on the benefits of bushwalking it would be great if more members could offer themselves as walk leaders or co-leaders. It is planned to run leadership training throughout the year and experienced leaders will always offer themselves to be mentors.*

*If anyone has any suggestions for future walks or overnight hikes/camps please speak to a Committee member.*

*Enjoy the year ahead.*

**Wendy Baker. President. Benalla Bushwalking Club.**

### **Welcome to new members**

**Alison Ward**

**Aubrey Maughan**

**Jan Day**

**President: Wendy Baker 0429 780 179    Secretary: Gill Sydes 0419 585 996**

**Walks Co-ordinator: Brian Watson 0407 300 922**

## Your Committee for 2023

<b>President:</b>	Wendy Baker	0429 780 179
<b>Vice-President:</b>	Gary MacDonald	0421 052 367
<b>Secretary:</b>	Gill Sydes	0419 585 996
<b>Ass. Secretary</b>	Annie Gibbs	0431 022 349
<b>Treasurer:</b>	Brian Watson	0407 300 922

### Committee members:

Trevor Smith	0417 598 346	Annie Gibbs	0431 022 349
Bev Thornell	0428 270 334	James Flynn	0413 945 671

### Committee Responsibilities

<b>Walks Program:</b>	Brian Watson	Gary MacDonald	Gill Sydes
<b>Guest speakers:</b>	Bev Thornell	Wendy Baker	
<b>Maps &amp; Gear loan:</b>	Gill Sydes		
<b>Public Officer:</b>	Gill Sydes		
<b>Registrar:</b>	Gill Sydes		
<b>Publicity:</b>	Bev Thornell		
<b>Library/Archivist:</b>	Doug Kneen		
<b>Newsletter:</b>	Trevor Smith		
<b>Webmaster:</b>	Trevor Smith		
<b>Mid-week walks</b>	Wendy Baker	Annie Gibbs	

**Membership subscriptions are now due. Take advantage of the discounted rate if paid by March 31.**

**Also a reminder that the Acknowledgement of Risks form *must* be signed by *all* members when renewing membership.**

# Reminders

## Total Fire Ban Days

Members are reminded the club policy is that on days of total fire ban during the declared fire season all walk activities are **cancelled**.

## Acknowledgement of Risks and Responsibilities Form

This form is now part of the membership application form. **All Members** must complete this form when renewing membership. This form alleviates the need for members to sign a form before each walk. Non-members on walks must sign the agreement before each walk. For this purpose leaders can download copies of the form from the Leaders Information page in the Members Only section of the club website or a membership application form containing the agreement can be found at the rear of the newsletter.

## Travel Costs

The club has a policy of passengers on walks paying drivers for their generosity in providing transport. *Due to rising costs in general, the current cost is now 40c per Km.* Members can assist the drivers by doing their own calculations based on **\$40.00 per 100km** divided by number of people in the vehicle.

Example: Round trip distance = 180Km  
No. of people in car = 4  
Cost per person =  $180/100 \times 40/4 = \$18.00$

**A reminder that this rate is club policy and all members are expected to pay for transport at this rate regardless of the number in the vehicle. No pay, no lift.**

## Staying Together

With larger groups or groups containing walkers of varying abilities it is inevitable that the group will tend to become strung out at times. To avoid this happening, or at least becoming a problem if it does happen, the following actions *must* be adhered to.

1. If you have to leave the track for a toilet stop advise the walker ahead or behind you of your intention and leave your pack in the middle of the track.
2. At a track intersection walkers *must* stop and wait for the rest of the party to catch up before proceeding.
3. If a small group wish to leave the main group to visit a nearby off route attraction they *must* advise the leader of their intention before doing so. The leader, if he agrees to the request, will decide whether the whole group goes on or waits on the track for their return.
4. Each walker should at all times be able to see the walker ahead and the walker behind, especially in more dense vegetation conditions. If not, the message should be sent up the line to slow up and allow them to catch up. With larger groups it is advisable to appoint an experienced walker as whip or "tail-end charlie" to keep track of the slower party members.
5. Should the party become disoriented, which can happen to the best of us, it must be remembered that the leader has sole responsibility for the final decision on what to do. The last thing that is needed is for individuals to be 'doing their own thing' in an attempt to rectify the situation.

The above common sense rules, if followed, will help to keep groups together and safe and avoid the trauma and expense of searches for lost walkers.

## Club Website

[www.benallabushwalkingclub.org.au](http://www.benallabushwalkingclub.org.au)

## Club E-mail address

[benallabushwalkingclub@gmail.com](mailto:benallabushwalkingclub@gmail.com)

## For Sale

Club Mugs (\$10.00) Cloth Badges (\$7.00) and Hat Badges (\$10.00) are ready and waiting for you to buy. See Brian at the Meeting or phone to place your order.

## General Meetings

Meetings are held in the Uniting Church Parish Centre, Carrier Street Benalla (opposite Coles) on the first Tuesday of each month at 7.30pm. A short meeting followed by a guest speaker, then supper. Everyone is welcome.

## Newsletter Deadlines

Members wishing to suggest or lead a walk are asked to send details to the walks program coordinator, Brian Watson on email [brian\\_gayle@bigpond.com](mailto:brian_gayle@bigpond.com) prior to a committee meeting.

Walk reports should be sent to Trevor Smith in the week following the walk. Photos are always welcome. A walk participant may be asked to write a report. Trevor's email is [trevsm42@bigpond.com](mailto:trevsm42@bigpond.com)

## Club UHF Communication

When using hand held or in vehicle UHF transceivers on club outings, the preferred channel to use is channel 9.

# Pathfinder Award



*Gill Sydes accepting her pathfinder award from John Boehm*

*What an honour! Thank you to those who organised this award. Thank you for the lovely words.*

*The award, for me, is part of Terry's legacy as I try to follow his example.*

*I don't do all this for recognition. Benalla Bushwalking Club is part of my life - the people and the friendships. And I just love the mountains and the bush.*

*Great places.. special times.. trips.. camps.. day walks.. Conversations!!*

*It is a privilege to help in the running of the club.*

*Gill Sydes*

# For Sale



Two pairs of HOKA OneOne Challenger Mid Ankle Gore-Tex (D Wide) Boots

Size: US 7 / UK 5.5 / EU 38 (D Wide)

Condition: Brand new

Color: Heather

Innersole can be removed for orthotics

Price: \$160 per pair (negotiable) plus postage - no returns (retail price approx \$350)

Enquiries to:

Kirsty Allan at: [kyallan@bigpond.com](mailto:kyallan@bigpond.com)



# Walks Program

Members wishing to go on a walk should contact the leader:

- Three days prior to the walk for day walks
- Five days prior to the walk for overnight, extended walks or car camps.
- People calling in late may be considered at the leaders discretion.

**Common sense walks etiquette:** If you are booked in for a walk and find you are unable to attend please inform leader before advertised departure time to prevent unnecessary delays.

## Risk Acknowledgment Form

Just a reminder that walk leaders need to have **all non-member participants** fill in the Risk Acknowledgment Form prior to each walk. A copy of the form can be found in this newsletter or can be downloaded from the club website by navigating to the Leaders Information page in the Members Only section where you will find a link which, when clicked, will download the form in PDF format which can then be printed out.

**TOTAL FIRE BAN DAYS** On days of Total Fire Ban, any walks/activities in that district will be cancelled.

**When engaging in BBWC activities, a COVID vaccination certificate is applicable. Please produce your certificate upon the request of the Leader.**

## Walk Gradings

Distance in one day	Difficulty	Track
<b>S</b> - Short, under 10Kms.	<b>1 - 3</b> Easy, suitable for beginners.	<b>1 - 3</b> Grade, open terrain, well formed tracks or paths.
<b>M</b> - Medium, between 10 and 15Kms	<b>4 - 7</b> Medium fitness required.	<b>4 - 7</b> Bush, minor scrub, some rock hopping or scrambling.
<b>L</b> - Long, between 15 and 20Kms.	<b>8 - 10</b> Hard, strenuous, fit walkers only.	<b>8 - 10</b> Bush, thick scrub, major rock and creek crossings, rock hopping.
<b>X</b> - extra long, over 20Kms.		

*Example: S - 4 - 3 = Under 10Kms, medium fitness required, well formed track.*

School Terms 2023		Easter 2023	
Term 1	30 Jan - 6 Apr	Good Friday	7 Apr
Term 2	24 Apr - 23 Jun	Easter Monday	10 Apr
Term 3	10 Jul - 15 Sep		
Term 4	2 Oct - 20 Dec		

## Notes for New/Potential Walks Coordinators

Benalla Bush Walking Club has been around for over 30 years. Many members have 10-20 years of experience with the Club, so there is always a wealth of knowledge beside you on the walks. What this means is you don't have to know everything.

What you will need is:

- A plan for the day
- A starting point
- A starting time, both for the activity, and to leave Benalla
- A map of where the group is going
- A finishing point
- An approximate finishing time.

Page 3 of the "Risk acknowledgment form" (which can be found on the [Members only | Leader information](#) page on the club website) is a template which can be used as a *pre-check* when planning the walk as well as a *walk report*.

Afterwards, complete it and hand it on to Doug Kneen, or any Committee member.

Any problems, before, during or after the walk, ask one or two of the more experienced ones their thoughts.

That you have a walk put into the program means that the Walks Committee have confidence in your skills and abilities. Take it as a compliment!

The club will endeavour to provide a mentor/buddy to support a new leader on their walk should they require it..

An excellent source of relevant information, produced by Bushwalking Victoria, is the [Walksafe Booklet](#), a link to which can be found [here](#). This publication should be read by all club members, whether beginner or experienced walker.

# Walks Program Summary

## March

Sat 4	Whites Rock	Trevor Smith
Sun 5	Lake Mokoan - Spit Walk	Wendy Baker
Tue 7	General Meeting	Uniting Church Hall 7.30pm
Wed 8	Mt Stirling	Fiona Tweedie
Sat 11		
Sun 12		
Sat 18	Bonnie Doon Bike Ride	Fiona Tweedie
Sun 19		
Sat 25	Tallangatta Bike Ride	Rob Caldwell & Annie Gibbs
Sun 26	Lake to Lake - Beechworth	Bev Thornell

## April

Sat/Sun 1-2	Bennies Track Clearing	Gill Sydes
Tue 4	General meeting 7.30	
Thu 6	Committee Meeting 7.00	
Sat 8		
Sun 9		
Wed 12	Benalla Out & About	Anne Cresswell
Sat 15	Murchison Bike Ride	Gary Mac
Sun 16	Rocky Ned Falls	Jean Lightfoot
Wed 19	Bright in the Autumn	Bev Thornell
Sat 22		
Sun 23		
Mon/Fri 24-28	Light to Light Walk	Annie Gibbs
Sat 29	Yackandandah Cycle	Brian Watson
Sun 30	Myrhree Stones	Brian Watson

## May

Tue 2	General Meeting 7.30	
Sat/Sun 6-7	Talbotville Weekend	Brian & Gayle
Wed 10	Shepparton Walk	Gary Mac
Sat 13	South Buffalo	Gill Sydes
Sun 14		
Sat 20	Easy Overnight Hike - Ritchies Hut	Brian Watson
Sat 27		
Sun 28		

# Walks Program

**Sat Mar 4**

## **WHITES ROCK**

Since the establishment of a revegetation area, the first half kilometre of the track (previously a logging road) to Whites Rock has become somewhat overgrown, although still fairly easy to negotiate. After this, a distinct, easy track through forest, leads to Whites Rock for great views across the valley to Rocky Ned and the surrounding mountains. After lunch, depending on time and weather, a short drive to the Crystal Mines and maybe a short climb to the top of Golden Mountain for more spectacular views.

Meet at Swanpool Store 9.30am.

**Rating:** S - 4 - 4

**Contact:** Trevor Smith 0417 598 346

**Sun Mar 5**

## **WINTON WETLANDS - SPIT SUNSET WALK**

With the full moon occurring a couple of days later there should be enough moonlight for us to enjoy a beautiful evening out at the Winton Wetlands on Sunday. We will meet at Bill Friday Swamp Picnic Shelter for a BBQ tea at 6pm. Meat, coleslaw, onion and bread provided. We will then drive out to The Spit and walk the final 1.5km to the Island. Depending on the water depth we may, or may not, explore the 'island'. Bring thongs and shorts and a sense of adventure.

**Rating:** S - 3 - 3

**Contact:** Wendy Baker 0429 780 179

**Tue Mar 7**

## **GENERAL MEETING**

**Wed Mar 8**

## **MT STIRLING**

Starting at Telephone Box Junction we will walk to the Summit via Bluff Spur for a great lunchtime view. (approx. 5.5km). Returning via GGS hut, Fork Creek track and the Machinery Shed. Then down Upper Baldy track to the vehicles. (approx. 7km)

Meet Barkly Street next to Aldi at 7.45am. Leave Benalla 8 am.

**Rating:** S - 4 - 4

**Contact:** Fiona Tweedie 0408 655 081

**Sat Mar 18**

## **BONNIE DOON BIKE RIDE**

Bike ride along the Rail Trail starting in Mansfield riding through Maindample to Boonie Doon. The lake is still almost full and riding across the bridge is a great sight at the moment. The ride is 22km a total of 44km round trip and not too many hills.

**Rating.** Easy-ish

**Contact:** Fiona Tweedie. 0408 655 081

**Sat Mar 25**

## **TALLANGATTA BIKE RIDE**

This ride follows the rail trail from Huon Reserve to Tallangatta and return. The trail follows the Hume Weir, which is now full and offers picturesque views of the Tallangatta Valley and Weir. Buy lunch at Tallangatta Bakery or bring your own.

The whole trip is a leisurely 26km

Meet behind Aldi at 8.00am and leave 8.15am

**Rating:** Easy

**Contact:** Robert & Annie 0431 022 349

**Sun Mar 26**

## **LAKE TO LAKE - BEECHWORTH**

Contact Bev for details and to book.

**Rating:** S - 3 - 3



**Contact:** Bev Thornell 0447 193 244

**Sat/Sun Apr 1- 2      BENNIES TRACK CLEARING**

We have been invited by Parks Ranger Thomas to help clear an old bridal trail, which goes from the campground up towards Mt Cobbler.

We will camp at Bennies , which is pleasant bush campground on the Rose River. Toilets, campfires and free sites. Parks Vic will supply and cook tea on Saturday evening.

Come Sunday, Thomas intends to take us up Mt Typo, an intriguing piece of rocky landscape on private land.

So, the more the merrier. Stay a night or two or three, or all of them, or just drive up for the Saturday. Your choice. Bring a rake, or secateurs, or loppers, or whatever.

Thomas was so impressed with our work on Mt Samaria that he has gone out of his way to organise this weekend. Please join in.

**Rating:** Easy

**Contact:** Gill Sydes 0419 585 996

**Tue Apr 4                      GENERAL MEETING 7-30PM UNITING CHURCH PARISH CENTRE**

**Thu Apr 6                      COMMITTEE MEETING 7-00PM**

**Wed Apr 12                    BENALLA OUT & ABOUT**

A mid week version of December's successful exploration of Benalla.

With so much of historical and natural interest to see, the morning session will include a privileged look inside the Old Court House, smoko by the water, more local history.

After lunch we drive out to the Airfield to see the WW2 Migrant Camp and have a conducted tour of the Aviation Museum.

Time for a cuppa before leaving around 2.30pm.

Although the walking 'mileage' is low and the going very easy, there is plenty to interest locals and visitors alike.

Booking before March 24th would be appreciated, as there is a limit on numbers.

**Rating:** S - 1 -1

**Contact:** Anne at [inglebar2@gmail.com](mailto:inglebar2@gmail.com) or text to 0467 797 883

**Sat Apr 15                    MURCHISON BIKE RIDE**

Following the rail trail to the end we will then cross over the Murchison-Rushworth Road and follow Wild Paddock Road to the old Whroo Road. It's then back into Murchison via the back road around Doctors Swamp and with a bit of luck will have some water in it and some bird life. All up the ride, which we have done before, but is worth doing again, is approx 26km on mostly flat terrain.

**Rating:** Easy

**Contact:** Gary MacDonald 0421 052 367

**Sun Apr 16                    ROCKY NED AND FALLS**

Start on Police track, and walk along Rocky Ned track to a walking track up Rocky Ned with a good view of Whites Rock. Then down and walk to Lima East track and to Rocky Ned falls. The rocks by the falls make a nice place for lunch. After looking at the falls we will walk back a different way to the vehicles. This is a nice circular walk in the Strathbogie forest.

**Rating:** S - 3 - 3

**Contact:** Jean Lightfoot 0407 908 352

**Wed Apr 19                    BRIGHT IN THE AUTUMN**

Contact Bev for details and to book in.

**Rating:**

**Contact:** Bev Thornell 0447 193 244

**Mon/Fri Apr 24-28 LIGHT TO LIGHT WALK**

An iconic walk on the far South Eastern coast of NSW.

Set up at a camping ground, and do the walk in three reasonably easy days with day packs.

The walk roughly follows the coast from the Green Cape lighthouse to Boyds Tower in the Beowa National Park. Have a look at the old whaling station at Davidson.? Monday, over Hotham to Eden, walk the three days, and Friday to get home.

**Rating:** M - 4 - 4

**Contact:** Annie Gibbs 0431 022 349

**Sat Apr 29 YACKANDANDAH CYCLE**

This is a new, recently completed rail trail from Beechworth to Yackandandah.

If need be, perhaps we could do a car shuffle, and halve the distance.

Sealed all the way, but there are a few ups and downs on gentle gradients

**Rating:** Medium (Easy if distance halved)

**Contact:** Brian Watson 0407 300 922

**Sun Apr 30 MYRHEE STONES**

A tour drive around the ranges out from Benalla.

A short bash through the bush to some interesting old stone constructions, mentioned in Hume and Hovells diary.

A walk through an old gold mine.

A look at some old school sites.

A look at the site where the Kelly gang shot the police at Stringybark creek.

A walk around the Stringybark picnic / goldmining / information area.

A look at a lonely grave.

A packed day of driving, walking and discovery.

**Rating:** Easy

**Contact:** Brian Watson 0407 300 922

**Tue May 2 GENERAL MEETING 7-30PM UNITING CHURCH PARISH CENTRE**

**Sat/Sun May 5-7 TALBOTVILLE WEEKEND**

A few years since we have been here. A pleasant day's drive over Hotham, toward Dargo, and go right at Grant. Camp on the Crooked River flats at Talbotville, an old gold rush ghost town. Walk to the New Good hope mine, walk around Grant, another ghost town, have a look at the cemetery. For the adventurous, see if we can locate the three adits of the Good Hope mine.

**Rating:** Easy

**Contact:** Brian Watson 0407 300 922

**Wed May 10 SHEPPARTON AND MOOROOPNA HISTORY WALK**

Come for a walk with me and let me introduce you to some points of interest in both towns. Starting in Shepparton the walk will take you up Welsford Street and along the banks of the Goulburn River. We will then take the short drive to Mooroopna for lunch and some further exploring. Easy urban walking conditions.

**Rating:** S - 1 - 1

**Contact:** Gary MacDonald 0421 052 367

## Walk Reports



### Sun 22 Jan Wodonga/Albury

Wendy Baker led a group of 9 walkers on our first Club walk for the 2023: the Year of the Rabbit. We hopped along the reopened Crossing Place Track, a 5.1 km loop from The Gateway Park in Wodonga, along the partly shaded path beside the Murray River and Billabong. Local Jenny Geer and her "Guide Dog", Rusty, met us there to share the lead and point out features of interest, such as the Scar Tree and sculptural works from local

Aboriginal artists: The Platypus, The Eagle, The Bunyip, The Mailman and The Bogong Moth Spirit.

We drove across the border to Albury's popular Noreuil Park, to lunch beside the Murray and watch the passing parade of canoeists. It was only a short walk from there, detouring via the historic Smollett Bridge 1887 and the Crossing Place Hume and Hovell Tree (they got around a bit), to the Albury Botanical Gardens. What a wonderful green oasis these gardens are, a delight to stroll through and discover and photograph rare trees.

A highlight was the small but imaginative designed Children's Garden, complete with Dinosaur, Gargoyles, Castle Toilet, Mosaic Tree. We all vowed to return, perhaps with Grandchildren in tow.

By now, thoroughly hot and bothered by the humidity, we returned to shady Noreuil Park and sat beside the Murray to enjoy afternoon tea or a coffee from Riverdeck Cafe.

Expecting an easy drive home, we suddenly lost sight of the Hume in a violent tropical deluge, forcing Wendy to join the long line of cars wisely parked beside the highway, waiting out the storm. Thanks to our driver and walk guide Wendy, we arrived home safely after a very enjoyable, if warm, day out on The Border.

*Bev. Thornell*



### Sun 27- 29 Jan Kids Overnight Hike – Mt. Bogong

This most successful Kid's Overnight consisted of 8 members ranging in age from 5 to 80+ years!

After a pit-stop at Tawonga, we were able to 4WD partway up Granite Flat Spur. The track to Michell Hut had plenty of shrubs in flower, mats of Ivy Goodenia and more Pink Trigger Plants than most of us had seen before. (Of course, there were stops to "trigger" them!)

Tents were set up fairly quickly then tea was the focus, followed by Brian's Trivia Quiz. Some differences of opinion but no arguments about answers.



Aubrey and Mitch kept us amused with Hide and Seek, assisted at times by the non-running adults. Such energy on display!

On Saturday a rocky climb to the tree line along Eskdale Spur gave wonderful views of deep valleys before broken low cloud blew over. Whispy cloud, so there were views of the beautiful blue of many ranges and cloud shadow patterns on the nearby hills.

The upper sections of the track were well worn but with many flowers – especially silver leaved White Daisies, golden Billy Buttons, great heads of Alpine Celery and many varieties of Daisies and Everlastings.

Mount Bogong, the highest peak in Victoria, called for photos of the 360° view of ranges and peaks as well as lunch in the sun. It was good to see so many other groups of walkers/campers on the mountain – not crowded, but people spending the long weekend in the wonderful outdoors.

Half our group went to see the Rocking Stone while others started down a different track to Michell Hut, a rest, tea and more trivia to keep our brains working.

The weather was very kind. Tents could be packed dry on Sunday. On the walk back to cars only a brief shower just before the vehicles.



Thank you to John, Fiona, Mitch, Kelly, Aubrey and especially to Leaders Brian and Gill. This “Kid’s Overnight” was very much in the spirit of BBWC – care and consideration for all Group members, sharing of knowledge and a sense of enthusiasm and achievement. A great weekend!

**Mary Dean**

#### **Sat Feb 4 Rubicon Historical Walk**

Jean proposed an interesting Summer Walk among the tall trees and historic past of the Rubicon River. The weather change decided that it was a Winter Walk – cold and very wet!

Along the fast flowing Rubicon and Royston rivers we found a number of newly organized camping areas (with toilets) being used by many campers and caravaners.

We had a wet walk on the Le Bruns Road with wonderful views of the tall straight trees in the mist as well as Hyacinth Orchids, Lobelia and the ochre colours of wet streamers of bark. Several Lyrebirds were seen as well as their scratchings in the rich litter.

Continuing along Rubicon River Road we found a newly designed track-head and information board and after passing the upper Power Station, old Saw Mill site and Aquaduct we reached the newish Trestle Bridge.

Negotiating a locked gate we could enjoy another historical board about the bridge and its destruction in the '39 and '09 fires. Some information

about how and where the aquaduct system operates would have been helpful.

Following a wet walk across the bridge, the Saw Mill site provided a verandah for lunch out of the rain.

The Power Station at the base of the penstock was also locked off but apparently works at times.

Jean, Gill, Wendy and Mary made some interesting discoveries on this walk and we thank Gill for driving as well as putting up with our wet, muddy gear!

**Mary Dean.**



## Wed Feb 8 A Taste of Mt Buffalo 2

A perfect day for today's two short walks on Mount Buffalo. The first was climbing to the Le Souef plateau to the Sentinel and return. The second started at Lake View Track and climbed to The Monolith, a giant rock balancing on other huge rocks. The views were spectacular and there was a great amount of rock formations along the way. There were 13 walkers who enjoyed the total approx. 8km walk on well-defined sometimes steep tracks, with multiple steps along the way. Thank you to John for being our leader on a very enjoyable day.



**Kay Johnson**



## Sat Feb 11 The Bluff

Our hike on 11th February from Bluff Hut to The Bluff summit was a great walk with breathtaking high country views. Bluff Hut was rebuilt in 2008 after it was destroyed in the bushfires of 2007. The original hut being built by mountain cattlemen in 1956. Bluff Hut is the third highest hut in Australia.

The hike to the summit offered uninterrupted views of the surrounding mountains. John, Brian and Fiona naming most of the peaks and ranges that we could see.

The summit at 1732m was 5.5km from the hut. Along the way the ridge and Mt Eadley Stoney provided a spectacular rugged outlook. The twelve walkers delighted in the profusion of wildflowers however we were not so thrilled with the abundance of flies and march flies! Thankfully Brian was able to find a fly net in his pack for Marion. The flies were driving her 'crazy'.

It was wonderful to have three visiting walkers from Shepparton join us. Hopefully they will join us again sometime.

Wendy enjoyed using the radio, Ch 9, to keep the other vehicles informed of on-coming vehicles. 10/4 Big Buddy!

Thanks Gill for your leadership on such a memorable hike.

**Wendy Baker**



## Fri Feb 17 Glenrowan Bike Ride

This was a much modified ride, as the planned route was flooded, washed away, or too rough and dangerous.

So we left from Winton Raceway, then along the old Highway 31 to a coffee stop at the old Town Hall Cafe at Glen Rowan. With only a little encouragement from the proprietor, we had a look around some historic bits and pieces, then down to where the original township was, prior to the coming of the railway. Could easily spend a full day wandering, looking, reading plaques and info boards.

On the way home, had a look at the somewhat neglected pole farm. Evidently quicker to make electricity poles from concrete, rather than grow them from scratch.

**Brian Watson**





### **Sat Feb 18 Milawa Bike Ride**

We departed Wangaratta at 8 as planned, for a pleasant ride through Oxley to Milawa. Here we met up with Doug and Gayle for a chat and coffee and cake. A leisurely return journey saw us back at the cars before the heat set in. A simple, easy and enjoyable ride. Beside the trail towers this old blue gum, which marks a historic point of Hume and Hobbles extradition.

***Brian Watson***

### **AGM Guest Speaker Report James Flynn**

Guest speaker at the AGM on Tuesday February 7<sup>th</sup> was Fiona Tweedie. Fiona described her walk on the Camino trail from Porto in Portugal to Santiago De Compostela in Spain.

Using photos she described the friendliness and support available along the course.

With a choice of walks being the coastal, inland or central, the walk started outside a church in Porto. We chose central as time was limited. This town is steeped in history with ancient churches and a market. Food and accommodation is plentiful along the way. A lady welcomes pilgrims to her home and provides food, drink and a bed. Her name is Fernandez and all the produce is sourced from her family garden.

Following Roman road 19 there are also many signs indicating you are on the Camino and how far it is to the end. These signs are in towns and country alike. Answering questions Fiona said she kept her luggage to less than 10Kg and also there are companies who will transport luggage for people not wishing to carry their own.

Fiona caught a bus back to Porto and caught a plane after walking 260 Km over 11 days. Thanks Fiona for an inspiring and informative talk.

## Cooling Down Stretches

The following stretches are recommended to loosen muscles after hiking.



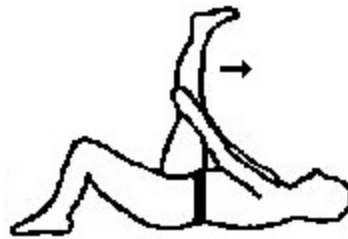
Shoulder Stretch



Quadriceps Stretch



Calf Stretch



Hamstring Stretch

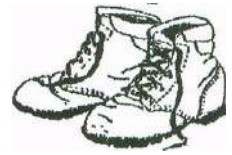
### IMPORTANT

- Achieve each position slowly and gently.
- You should feel each stretch but cease immediately should you experience pain.
- Avoid bouncing or jerking movements. Such actions can cause injury.
- At the end of exercise hold a stretch for at least 20 seconds.

*Improvement in joint flexibility occurs more readily at the end of exercise than at the start.*

- The diagrams presented show different positions for stretching. They are not intended to show how far you should stretch.

# Benalla Bushwalking Club Inc.



## Acknowledgement of Risks and Responsibilities of Participants on Club Activities

To be completed by all non-members and non-financial members participating in this activity.

Leader: ..... Date: .....

Activity: .....

In voluntarily participating in the above activity of this club, I am aware that my participation in this activity may expose me to risks that could lead to injury, illness or death or to loss of or damage to my property. Those risks include, but are not limited to, slippery and/or uneven ground, falling rocks, cliffs, exposure to weather, white-out conditions, hyperthermia, hypothermia, swimming, diving, submerged logs and rocks, creek crossings, shallow and/or cloudy water, and strong currents, snake/spider/insect bites.

To minimize these risks I have endeavoured to ensure that

1. This activity is within my capabilities.
2. I am carrying food, water and equipment appropriate for the activity.
3. I have advised the activity leader if I am taking any medication or have any physical or other limitation that might affect my participation in the activity

I will make every effort to remain with the rest of the party during the activity and accept the instructions of the leader of the activity.

I have read and understand these requirements. I have considered the risks before choosing to sign this acknowledgement of risk. I still wish to join this activity. I accept that in signing this form I will take responsibility for my own actions.

Tick box if you do not wish to be photographed during outing

### Members:

Name	Emergency Contact	
		<input type="checkbox"/>
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### Non Members - \$5.00

Name	Address	Signature	Emergency Contact	
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Name of Walk:

Participant Nos.:

Leader:

Date:

Distance:

Weather:

Rating:

Location of Starting Point:

Walk Description:

Location of Finishing Point:

Problems?

Comments for next time:

Tick box if you do *not* wish to be photographed during outing

**Members:**

Name	Emergency Contact	
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**Non Members - \$5.00**

Name	Address	Signature	Emergency Contact	
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## BENALLA BUSHWALKING CLUB MEMBERSHIP APPLICATION (2023)

The annual membership fee is \$45 per person (\$40 (incl. \$5 discount) if paid prior to March 31). Full time students, if accompanied on walks by their paid up parent(s), are covered by the parent(s) membership.

No. of individuals included in application: ..... Amount Enclosed \$ .....

Payment Method:  Cash / Cheque  Online Deposit

For online payments **BSB 803078 Acc. No. 137269. Please use name as reference.**

Membership Renewal  New Member

Name/s.....

Postal Address.....

Town.....Postcode.....

Email Address.....Phone.....

### ACKNOWLEDGEMENT OF RISKS AND OBLIGATIONS OF MEMBERS PARTICIPATING IN BENALLA BUSHWALKING CLUB ACTIVITIES

#### NB. To be completed by all new and renewing members

In voluntarily participating in the above activity of this club, I am aware that my participation in this activity may expose me to risks that could lead to injury, illness or death or to loss of or damage to my property. Those risks include, but are not limited to, slippery and/or uneven ground, falling rocks, cliffs, exposure to weather, white-out conditions, hyperthermia, hypothermia, swimming, diving, submerged logs and rocks, creek crossings, shallow and/or cloudy water, and strong currents, snake/spider/insect bites.

To minimize these risks I will endeavour to ensure that-

- (1) any activity in which I participate is within my capabilities, and
- (2) I am carrying food, water and equipment appropriate for the activity.
- (3) I agree to advise the activity leader if I am taking any medication or have any physical or any other limitation that might affect my participation in the activity.

I will make every effort to remain with the rest of the party during any activity and accept the instructions of the leader of the activity.

I accept that I also have an obligation to read and understand the risk management strategy guidelines that the club distributes or makes available in its newsletter or web page from time to time providing guidance and instruction on how to minimise any risks of its activities.

**By signing this form and/or payment of my subscription** I acknowledge I will be responsible for my actions and fully understand and accept the above conditions.

NAME(1)\_\_\_\_\_ NAME(2)\_\_\_\_\_

SIGNATURE(1)\_\_\_\_\_ (2)\_\_\_\_\_

DATE\_\_\_\_\_

AS AT APRIL 2022

### EMERGENCY CONTACT

NAME.....

HOME ADDRESS.....

TELEPHONE HOME.....MOBILE.....

RELATIONSHIP.....

Return completed form to: The Treasurer, Benalla Bushwalking Club, Box 210 Benalla. 3672