

Benalla Bushwalking Club

Newsletter

Issue 2 May 2023



President's Report

The year has been off to a good start where bike rides, overnight hikes, day walks and track clearing have been enjoyed by members. I encourage members to sign up for an activity, offer walk suggestions and consider putting your hand up to lead/co-lead a walk.

The Committee has recently openly discussed an "Acknowledgement of Country." If walk leaders wish to acknowledge and pay respect to the traditional custodians on the land on which they walk, they are encouraged to do so. You are welcome to speak to any Committee Member about this if you so choose.

I have just read the March edition of ParkWatch, the quarterly magazine of the Victorian National Parks Association. The Club is a member of VNPA. Upon reading the magazine I was totally disheartened to read several articles on the destruction of some areas of our native forests under the guise of fire management by Forest Fire Management Victoria, a section of DEECA (formerly DELWP). I acknowledge this is can be a highly divisive issue, however, I believe it is in our best interests to be informed, understand the issues and advocate for the protection of our National Parks. I have now become an individual member of VPNA.

Enjoy reading the newsletter.

We would love to have you join us exploring the wonderful environment in which we live.

Wendy Baker. President. Benalla Bushwalking Club.

Welcome to new members

Anne Timm

Marg Maconachie

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

Walks Co-ordinator: Brian Watson 0407 300 922

Website: www.benallabushwalkingclub.org.au Email: benallabushwalkingclub@gmail.com

Your Committee for 2023

President:	Wendy Baker	0429 780 179
Vice-President:	Gary MacDonald	0421 052 367
Secretary:	Gill Sydes	0419 585 996
Ass. Secretary	Annie Gibbs	0431 022 349
Treasurer:	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

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

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. The cost per passenger is based on 40c per kilometre and is calculated using the formula:

$$\text{Cost per passenger} = \frac{(\text{Round trip distance (Km)} \times 0.4 \times \text{No. of vehicles})}{\text{No. in group (excluding drivers)}}$$

The total contribution is then shared equally between the drivers.

Note: Members wishing to travel alone are excluded from the above calculation and incur their own costs.

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.

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 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

Club UHF Communication

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

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

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

School Terms 2023

Term 1	30 Jan - 6 Apr
Term 2	24 Apr - 23 Jun
Term 3	10 Jul - 15 Sep
Term 4	2 Oct - 20 Dec

Easter 2023

Good Friday	7 Apr
Easter Monday	10 Apr

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

May

Tue 2	General Meeting 7pm (Note new time)	
Sat/Sun 6-7	Talbotville Weekend	Brian & Gayle
Sat 6	South Buffalo	Gill Sydes
Sun 7	Mt Tels, Golden Mt., Mt Strathbogie	Jean Light foot
Wed 10	Shepparton Walk	Gary Mac
Sun 14	Tuan Track Walk - Chiltern	James Flynn
Sat/Sun 20-21	Easy Overnight Hike - Ritchies Hut	John Lane
Sat 27		
Sun 28	Gillmans Track Walk - Chiltern	James Flynn

June

Sun 4	Jamieson Walk	John Boehm
Tue 6	General Meeting 7pm	
Thur 8	Committee Meeting 7pm	
Sun 11	Lima East Falls	Trevor Smith
Wed 14	Stanley Forest Magic	Wendy Baker
Sat 24	Escreets Road - Warrenbayne	Wendy Baker

July

Sat 2	Mt. Buffalo Falls	Trevor Smith
Tue 4	General Meeting 7pm	
Sat 8	Nail Can Hill	Gill Sydes
Wed 12	Albury Trio	Wendy Baker
Sat 15	One Tree Hill Walk	Wendy Baker

Walks Program

Tue May 2

GENERAL MEETING 7pm UNITING CHURCH PARISH CENTRE

Sat/Sun May 6-7

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

Sat May 6

SOUTH BUFFALO TRACK

This is one of the best walks on Mt Buffalo - my favourite, and Wendy's too! We leave from Cresta Valley carpark (on the Mt Buffalo tourist road) and climb up to a ridge.. we wander through snow gums, small snow plains and spectacular rock formations out to the South Buffalo view point. There may still be alpine flowers. This is a great walk (eight kilometers return) for the amazing views, but in the mist, it is beautiful too.. Last time the walk was not completed due to heavy rain, so by request, we will do it again.

Rating: S - 4 - 4

Contact: Gill Sydes 0419 585 996

Sun May 7

MT TELS, GOLDEN MT, and MT STRATHBOGIE WALK

Start on Ferraris track and walk up a bike track past Mount Tels to the Golden Mount. There is a good view from the top towards the Paps. Then down Clear Creek Track to the hippie camp for lunch. Afterwards walk up Mount Strathbogie and then back to the vehicles. This is an easier, less steep, walk up the Golden Mount.

Rating: S - 4 - 3

Contact: Jean Lightfoot 0407 908 352

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

Sun May 14

TUAN TRACK WALK – CHILTERN

Starting from Tuan Campsite a pleasant walk through a variety of habitats. Plentiful Ironbark and Red Stringybark trees. Home to much birdlife including the Eastern Rosellas, Yellow tufted Honeyeaters and Rufous Whistlers. Walking along Tuan Track we will pass historic Bartleys Block. A place for morning tea followed by 400 metres along Howlong Road. Then on to Mt Pleasant road and back to Tuan Track. Approx 7Km.

Meet Barkly St. 7.45am to leave 8am.

Rating: S - 3 - 3

Contact: James Flynn 0413 945 671.

Sat/Sun May 20-21

EASY OVERNIGHT HIKE - RITCHIES HUT

Rating:

Contact: John Lane 0474 936 460

Sun May 28

GILLMANS TRACK WALK – CHILTERN

Beginning from Depot Road a walk through old gold mining areas and home to many native plants. Ironbark, Box Mistletoe and Grey Grass Trees are found in Chiltern and Warby Ranges. When the Ironbarks are in flower look for Regent Honeyeaters.

Walking Devonshire Road and Wallaces Gully Track we turn onto Gillmans Track and return to Depot Road. Approx 8Km.

Meet Barkly St 7.45am leave 8am.

Rating: S - 3 - 3

Contact: James Flynn 0413 945 671

Sun Jun 4

JAMIESON WALK

Jamieson is a lovely small town situated in a valley nestled between the Jamieson and Goulburn Rivers. There are a number of short walks which can be explored...a self-guided town history walk; Mt Margaret Track/Sappers Track: a River and an Island Walk. Let's see where the day takes us.

Rating: S - 3 - 3

Contact : John Boehm Wendy Baker 0429 780 179

Tue Jun 6

GENERAL MEETING 7PM

Thu Jun 8

COMMITTEE MEETING 7PM

Sun Jun 11

LIMA EAST FALLS

This is quite a short walk which I haven't visited for many years. I'm not even sure that the track still exists. At the time of writing access to the area was restricted due to tree felling in the pine plantation. I'll have more information as to feasibility when access is regained.

Rating: S - 3 - 3

Contact: Trevor Smith 0417 598 346

Wed Jun 14

STANLEY FOREST MAGIC

We will travel the Beechworth Forest Drive Circuit. A 26km drive with numerous optional trips. Explore the Wallaby Mine Site. Embark on a beautiful short walk through the tranquil Redwood Forest in Stanley. We will explore the township of Stanley and drive to Mt Stanley. Returning to Beechworth via Clarke's Corner, Murrungee Lookout and the Buckland Gap. More of a drive and short walks trip than a long walk.

Rating: S - 3 - 3

Contact: Wendy Baker 0429 780 179

Sat Jun 24

ESCREETS ROAD - WARRENBAYNE

A challenging walk close to Benalla with wonderful views across the Warrenbayne district....provided the weather is kind!! If the weather is unkind we will enjoy the forest in the mist. We will walk up the steep Escreet's Road into the pine forest area.

Following the road we will find our way to the rocky outcrop to admire the views across the valley. May even see the elusive 'black panther'!! Bring walking poles.

Rating: S - 4 - 3

Contact: Wendy Baker 0429 780 179

Sat Jul 2

MT BUFFALO FALLS

Ladies Bath Falls, Eurobin Falls, Rollasons Falls - each has its own spectacular qualities, from sweeping cascades to peaceful places of meditation. Hopefully, good winter rains will ensure that they are at their best. Lunch at Rollasons Falls.

Walking poles are recommended for the track into Rollasons if conditions are wet underfoot.

Rating: S - 4 - 3

Contact: Trevor Smith 0417 598 346

Tue Jul 4 **GENERAL MEETING 7PM**

Sat Jul 8 **NAIL CAN HILL**

Nail Can Hill is part of the regional crown reserve, to the west of Albury. It has undulating bushland and a network of tracks. We will walk some of the Ridge Trail starting from The Monument. Views are good and there may be flowers and wildlife. The track is steep in places. Walking poles would be helpful.

Rating: S - 4 - 3
Contact: Gill Sydes 0419 585 996

Wed Jul 12 **ALBURY TRIO**

Yindyamarra Sculpture Walk

Walk from Kremer Street to Horseshoe Lagoon and return. This walk features several indigenous artists telling the stories of their living culture through the art of sculpture. The trail is mostly flat and paved and is a bird watchers paradise.

Wonga Wetlands

A 2.6 km circular trail near Splitters Creek and the Murray River. Hopefully lots of birds!

Monument Hill Lookout

From the carpark on Padman Drive, walk 1km up the hill to the WWII War Memorial. Great views over Albury and the surrounding area. If time permits, we will also visit the Botanical Gardens.

Rating: S - 3 - 3
Contact: Wendy Baker 0429 780 179

Sat Jul 15 **ONE TREE HILL WALK**

Parking near Ingram's Rock we will explore the views from the Rock before walking to Fiddes Quarry and The Precipice, a lookout across the long-abandoned gold fields. Returning to the cars we will lunch at Lake Sambell before embarking on the 2km walk around the Lake. Very picturesque.

Rating: S - 3 - 3
Contact: Wendy Baker 0429 780 179

Some members may be interested in some of the events taking place during the Heritage Festival in early May. Thanks to Anne Cresswell for bringing this to our attention.

Program – 2023 Benalla Heritage Festival 3-7 May

Daily Events 3-7 May	Thursday 4 May	Friday 5 May	Saturday 6 May	Sunday 7 May
Benalla RSL Historic Memorabilia Displays 10am – 4pm 58-60 Nunn Street Entry by donation	FCJ College Open Archives 10am – 12noon 36 Arundel Street Entry by donation	'Scones, Craft and Stories' at the CWA 10am – 3pm 117 Bridge Street Entry by donation	A Stroll Along Carrier Street 10.30am – 12noon Meet at Miller's Corner (Benalla Historical Society) Donations welcome	Moirra House Open Day 10am – 2pm 1 Benalla Street Free
Lotjpatj Natjan Danak Sculpture Walk Anytime Winton Wetlands 652 Lake Mokoan Road Winton North Free	'Finding Research Gold' Book Talk by John Barry 10.30am 9 Church Street Entry by donation	FCJ College Open Archives 1pm – 3pm 36 Arundel Street Entry by donation	'Marangan Lodge' Open Day and Guided Tours 12noon – 3pm 28-30 Benalla Street Entry by donation	'Scones, Craft and Stories' at the CWA 10am – 3pm 117 Bridge Street Entry by donation
Benalla Family Research Group – Breaking Down A Brick Wall 12noon 9 Church Street Free	Benalla Cemetery 'Walk in the Past' Guided Tour 2pm – 3.30pm Meet at the Benalla Cemetery Main Gates Free	A Stroll Along Carrier Street 1.30pm – 3.30pm Meet at Miller's Corner (Benalla Historical Society) Donations welcome	FCJ College Open Archives 1.30pm – 5pm 36 Arundel Street Entry by donation	Benalla Migrant Camp Exhibition 10am – 3pm Hut 11, Samaria Road, Benalla Airport Entry by donation
FCJ College Open Archives 1pm – 3pm 36 Arundel Street Entry by donation	Benalla's Fourth Famous Son, Talk by Barry O'Connor 5.30pm – 7pm 9 Church Street Free	Saturday 6 May 'Scones, Craft and Stories' at the CWA 10am – 3pm 117 Bridge Street Entry by donation	Greta (NSW) and Benalla Migrant Camp Stories, Talk by Alek Schulha 5.30pm – 6.30pm Hut 65, Samaria Road, Benalla Airport Free	Benalla Migrant Camp Site Walking Tour 3pm – 4pm Meet at Hut 11, Samaria Road, Benalla Airport Free
		Benalla Migrant Camp Exhibition 10am – 3pm Hut 11, Samaria Road, Benalla Airport Entry by donation	Benalla Cemetery 'Bad Sad and Famous' Dusk Guided Tour 5.30pm – 7pm Meet at Cemetery Main Gates Free	

Walk Reports

Sun Mar 26 Lake to Lake - Beechworth

On Sunday March 26th Bev's group of eight bushwalkers drove to Beechworth.

Arriving at Lake Sambel car park we set out to walk to Lake Kerferd. All day the weather was overcast, not too hot, with the slightest breeze. Ideal conditions for bushwalking.

Following last years damaging storms and flooding, work has obviously been done to restore paths and create new ones. We followed a sign pointing to the lake.

Much further along a local cyclist told us we were not going towards the lake and signs are in need of some correction.

When we returned to the cars, retracing our steps, it was time for lunch at the picnic tables. We were joined by an obviously overfed Duck, which was also intent on bothering other people trying to eat.

After lunch, considering we had already walked a long distance, a trip into the town was agreed upon. Beechworth is a town set to cater for the many tourists who venture there. We spent two hours exploring the many shops and cafes open on a Sunday. It was remarked how busy the town will be at Easter. We chose the best day to be there.

Most of our group have been to Lake Kerferd on previous walks and we were content having enjoyed a long trek in such beautiful country. Thanks Bev for an enjoyable day.

James Flynn.



Sat/Sun Apr 1-2 Track Clearing, Bennie's Bridle Track

We met at Bennies Campground Friday night and enjoyed a campfire, talking with our Ranger, Thomas. Saturday saw us walking along the Bridle Track which runs near the Rose River and ascends to Wild Horse Track. We didn't clear the whole seven kilometres, but made good progress. Members worked at their own pace and for as long as they wanted. Rangers Alex and Tahlia provided the tools and later cooked us an amazing BBQ tea! The next day we walked to Bennies farm and talked with the



owner about history of this area. Gill's Dad hiked through here in 1955. The old original fishermen's huts are still standing. The plan was to hike up Mt Typo on a bush track- this proved elusive and we bush bashed most of the way, finding a way higher up. We were pleased that Brian located our track on the descent! Views from the summit are wonderful in all directions - down the Rose River valley and around to Mt Cobbler.

Track clearing is a great way to 'give back' and is fun as a group.

Gill Sydes



Guest Speaker Report

James Flynn

Wendy Baker was our guest speaker at the March General Meeting. With photos, Wendy described her second visit in 22 years to Lord Howe Island. Having visited the island previously with her sister. This time, to celebrate her 60th birthday, the family went along, including three month old Tyler.

The island is parallel with Port Macquarie and 300 Km east. Some family members arrived earlier, while Wendy was waiting for two days in Sydney for a flight. During that time she watched the AFL grand final broadcast into a free SCG, and the next day caught a ferry to Watsons Bay.

Lord Howe Island is a two hour flight and planes land on a runway only 186 metres long. Air fares are \$1800 per person but Wendy says "well worth it".

Population is 380 and tourists number 400. There is a marine world heritage site and of 1600 terrestrial insects 60% are exclusive to Lord Howe. A great place for breeding sea birds. Great care is taken to keep the area free of rats, pigs, goats etc.

Wendy's son Luke caught a large King Fish which fed the family for five days.

We were shown photos of Blinky Beach, Mallabar Hill, A Glass bottomed boat, Walking trails, Wood Hens, Providence Petrels and beautiful scenery. Thank you Wendy for such an informative talk.

James Flynn.

Cooling Down Stretches

The following stretches are recommended to loosen muscles after hiking.



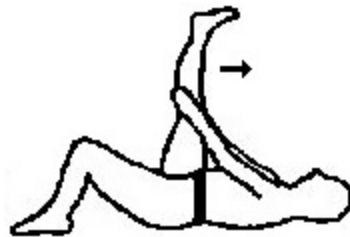
Shoulder Stretch



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 new members and by existing members when renewing their membership. Visitors must complete the form prior to each activity.

In voluntarily participating in club activities, I am aware that my participation 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. The 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 the activity. I accept that in signing this form I will take responsibility for my own actions.

Activity:

Leader: **Date:**

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

Members

Name	Emergency Contact	
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

Non Members - \$5.00

Name	Address	Signature	Emergency Contact	
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>

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:

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 any activities of the Benalla Bushwalking Club, I am aware that my participation 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