

Benalla Bushwalking Club

Newsletter

Issue 3 July 2023



President's Report

Welcome to Winter.

I hope you are all keeping well and warm and your spirits are lifted by spending some time outdoors. I particularly love the freezing cold mornings that are followed by lovely sunny days.

A reminder to all that the Club has received a grant from Benalla Rural City to enable 15 members to undertake a First Aid Course. The Course, fully funded, will be on 2nd August. Thanks to John Boehm for submitting the successful grant submission. Please contact John, as soon as possible, for further information and to register your interest.

With almost 100 members in our Club I feel it is important for all of us to consider how we can personally contribute to make our Club strong, sustainable and an enjoyable group to be a part of. Whether it be leading a walk; providing supper or afternoon tea; offering to drive your vehicle; being, or suggesting, a guest speaker; the opportunities to assist are many. You could suggest a walk; provide constructive feedback; become a Committee Member; or assist with walk reports or the newsletter.

I encourage all members to assist with the growth and longevity of the Club in any way they can.

Enjoy the following read.

Wendy Baker. President. Benalla Bushwalking Club.

Welcome to new members

Roger Woods

Kate Woods

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

July

Sat 1	Mt. Buffalo Falls	Trevor Smith
Sun 2	Unseen Reef Hills	Brian Watson
Tue 4	General Meeting 7pm	
Thu 6	Committee Meeting 7pm	
Fri 7	Fireside Dinner	Suzie Buykx
Sat 8	Nail Can Hill	Gill Sydes
Wed 12	Albury Trio	Wendy Baker
Thur 13	Warby Club - Benalla Environs	Andy
Sat 15	One Tree Hill Walk	Wendy Baker
Sun 16	Gilmans Track	James Flynn
Sat 22	Dookie Rail Trail Walk	Gary MacDonald
Sat 29	Mt Stirling Snowshoe	Gill Sydes
Sun 30	Reef Hills Gold Mine Walk	Rob Caldwell

August

Tue 1	General Meeting 7pm	
Wed 2	First Aid Training	John Boehm
Sat 5	White Box Walk	Bev Thornell
Thu 10	Mt Stirling Snowshoe	Helen Nicholas
Sat 12	Beechworth Gorge	Annie Gibbs
Sun 13	Cobram Murray River	Wendy Baker
Sat 19	Warby Falls Heritage Walk	James Flynn
Sun 27	Rushworth Environs	Gary MacDonald

September

Sat/Sun 1-2	Car Camp	Brian Watson
Tue 5	General Meeting 7pm	
Sun 10	Porcupine Hill	Brian Watson
Wed 13	Loggers Lane	John Boehm
Sun 17	Warby Ranges Wildflower Loop	Melanie Ball
Sun 24	Barjarg Block	Karla Goodberry

Walks Program

Sat Jul 1

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.

Meet behind Aldi at 8-30am.

Rating: S - 4 - 3

Contact: Trevor Smith 0417 598 346



Sun Jul 2

UNSEEN REEF HILLS

The Reef Hills, in any season, are a real treasure, and right on our doorstep. Come for a winter wander through bits that are seldom seen, let alone visited. Short, but not too easy.

Rating: S - 4 - 4

Contact: Brian Watson 0407 300 922

Tue Jul 4

GENERAL MEETING 7PM Guest Speaker - Richard Godden

Richard Godden was a guide on the Kokoda Track from 2001 to 2015. He completed 76 treks during that time and retired when he was 73 years old.



Thu Jul 6

COMMITTEE MEETING 7pm

Fri Jul 7

FIRESIDE DINNER

Suzie has kindly offered her home for us to enjoy our annual winter social dinner. We will all bring food to share - main course or dessert. These nights are popular and numbers will be limited, so get in early.

Contact: Suzie Buykx 0448 759 029 or Gill Sydes at gill.sydes@me.com

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

Thu Jul 13

WARBY RANGES CLUB - BENALLA ENVIRONS

Our next door neighbor, the Warby Range Bushwalkers, are having a Benalla day. Maybe you have seen it all; maybe not. But we have been invited to join in, so come along and be sociable. Possibly afternoon tea at the Art Gallery. Bring a smile and a brolley.

Rating: S - 3 - 3

Contact: Andy 0439 209 749

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

Sun Jul 16

GILMANS TRACK - 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 Gilmans 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

Sat Jul 22

DOOKIE RAIL TRAIL WALK

Yep it's a winter walk on the Dookie Rail Trail, just for a change. The weather will be cool and maybe damp so it will be a change from the warm conditions of summer. It's a chance to walk out through the freshly ploughed paddocks, check out the site of what was the Dookie North Township.

We will also be able to check out some of the nomadic artwork in the township. All flat walking and around a 8-10Km total distance.



Rating: S - 3 - 3

Contact: Gary Macdonald 0421 052 367

Sat Jul 29

MT STIRLING SNOWSHOE

Snowshoeing is easy - just wear your bushwalking boots. We will hire snowshoes from Telephone Box Junction and explore the picturesque tracks on Mt Stirling. Nothing too challenging. Finishing mid afternoon with a hot chocolate at TBJ cafe. (Entry to the mountain is per vehicle and shared between walkers).



Rating: Easy

Contact: Gill Sydes 0419 585 996

Sun Jul 30

REEF HILLS GOLD MINES WALK

This walk will take us along single tracks in the forest which I am sure most people will not have walked before.

We will visit many mine diggings and shafts, one shaft in particular is approximately 15 metres deep and is not known by many people.

Bring Lunch and Morning Tea, which we will have along our journey.

Contact Rob for more detail.

Rating: S - 3 - 3

Contact: Rob Caldwell

Tue Aug 1
Wed Aug 2

GENERAL MEETING 7pm
FIRST AID TRAINING

The training will consist of a day practical and a day theoretical (written).

The practical training will be held on Wednesday 2 August between 9 am and 2.30pm at the CWA Hall, 117 Bridge St, Benalla. You will need to complete the written part before the practical. This will be emailed to participants.

If you wish to undertake the course, please email me at jonboehm@ozemail.com.au prior to 12 July 2023.

Contact: John Boehm 0428 254 801

Sat Aug 5

WHITE BOX WALK

This walk takes us through Box and Iron bark tree country in the gold mining area of Chiltern. It is an easy 8.5km walk through the forest. Hopefully we can see some wildflowers.

Rating: S - 3 - 3 (Easy)

Contact: Bev Thornell 0447 193 244



Thu Aug 10

MT STIRLING SNOWSHOE

Another chance for those who couldn't make last months outing. Contact Helen for details.

Rating: Easy

Contact: Helen Nicholas 0428 784 495



Sat Aug 12

BEECHWORTH GORGE

Walk around the Gorge. Bring Morning Tea and Lunch can be BYO or purchase at one of the local Shops.

Meet Barkly St. Behind ALDI 9am.

Rating: S - 3 - 3

Contact: Annie Gibbs 0417 332 471

Sun Aug 13

COBRAM - MURRAY RIVER

Commencing at the beautiful Thomsons Beach we will walk upstream of the Murray River to Quinn Island. Here we will walk a 2.4km loop around the island having morning tea at Cobrooga Beach. Quinn Island is a great area to spot the resident koala population and some lovely Murray River scenery. We will walk back to Thomsons Beach for lunch. After lunch we will wander downstream along the levee bank to enjoy more Murray River Scenery. Easy walking in a lovely environment.

Rating: S - 3 - 3

Contact: Wendy Baker 0429 780 179

Sat Aug 19

WARBY FALLS HERITAGE WALK

The 8km walk begins at the carpark in Booths Road (behind the winery) It is a beautiful walk following a gully. Interesting historical features and hopefully some waterfalls in August. Walking Poles advisable.

Meet Barkly St. 8.45am leave 9am.

Rating: S - 4 - 4 (Medium)

Contact: James Flynn 0413 945 671

Sun Aug 27

RUSHWORTH ENVIRONS

Two walks that will both start from the centre of town. The first one will take us along the old rail line then up to the Growler Hill Lookout Tower and then loop back to our start point. Lunch in the town, and yes! the bakery should be open. The second walk will take us out past the cemetery and through the box ironbark forest towards King Billy Retreat Guesthouse then again returning to the town start point.

Most of the walking will be on paths and lightly trafficked tracks. Possibility of some early wildflowers. About a 8-10km walk.

Rating: S - 3 - 3

Contact: Gary Macdonald 0421 052 367

Sat/Sun Sep 1-2

CAR CAMP

A weekend car camp, hopefully adjacent to some interesting short walks or bike rides and maybe a good pub, bakery or winery. Contact Brian for details or to give suggestions.

Contact: Brian Watson 0407 300 922

Tue Sep 5

GENERAL MEETING 7pm

Sun Sep 10

PORCUPINE HILL

An uphill walk - naturally - all the way to the top of a hill near Tatong. A walk the Club has not done before. Might be a few early orchids. Certainly a grand view over the Hollands creek valley. And the bonus, it's downhill all the way back!

Rating: S - 4 - 4

Contact: Brian Watson 0407 300 922

Wed Sep 13

LOGGERS LANE

Starting from Ryan's Lookout carpark on Wangandary Road, we follow the steepish and undulating Loggers Lane to Taylors track and link onto Friends track. Returning via Taylors, Booth road and on to a further track taking us back to the start. Expect to see some exceptional grass tree habitats. Recommend walking poles. The first half is generally uphill and the second generally downhill. Total 10 km

Meet at Barkly St tennis courts 8.45am am Leave Benalla 9.00 am.

Rating: S - 3 - 4

Contact: John Boehm 0428 254 801

Sun Sep 17

WARBY RANGES WILDFLOWER LOOP

Starting with a gentle warm-up climb through a leafy gorge, this lasso-shaped 10km walk in Warby-Ovens National Park passes Salisbury Falls before continuing through taller eucalypts and grass trees to the top of Mount Warby. With time and energy, we can take a steep detour to spectacular Kwat Kwat Lookout, before following the rocky-in-places Alpine Views Track back to the Salisbury Falls junction. This walk features wildflowers year-round but spring showers can dramatically slow progress.



Rating: M - 4 - 4

Contact: Melanie Ball 0468 952 915

Sun Sep 24

THE BARJARG BLOCK

172 Johnstons Road, Barjarg is home to Richard Godden and Karla Goodberry and is protected by a covenant put in place by **Trust for Nature** (TFN). Here is how TFN describes the property....

"This covenant protects 25.76 hectares of two Ecological Vegetation Class, Grassy Dry Forest, and Valley Grassy Forest, both of which are listed as 'Threatened' within the Central Victorian Uplands bioregion. In addition, the covenant protects a population of a nationally vulnerable plant species, Euroa Guinea-flower, consisting of at least three relatively widely separated plant populations. At least one member of the threatened Temperate Woodland Bird Community, the Brown-headed Honeyeater, has been recorded within the covenant."

A walk around the property in late September or early October will reveal lots of wild flowers in bloom and evidence of the many inhabitants. The walking is easy, on a mixture of mown paths and light undergrowth. It is a very pleasant way to spend a few hours. Come and join me in my favourite place.

Rating: Easy

Contact: Karla Goodberry 0457 888 849

Coming Events

Advice of future events in the planning stage. Further detail will be given in future newsletters as it becomes available.

Fri Oct 6

GRAMPIANS WEEKEND

Rating: Medium - Hard

Contact: Marion McLennan 0417 319 839

Sun Oct 15

CAT HEDRAL RANGE

Rating: Hard

Contact: Melanie Ball 0468 952 915

Jan - Feb 2024

OVERLAND TRACK - TASMANIA

Rating: Medium - Hard

Contact: Jo Henderson 0409 022 639

Walk Reports

Golden Mount and Mount Strathbogie. Sunday May 7

I led Vicki, Stan and Trevor up the Golden Mount a new way, on a cold windy day. We walked from Ferraris road up a bike track admiring the big rocks and forest on the way. Then it was a short walk on the Golden Mount track to the top, where there was a good view of the Paps and Lake Eildon. The view on the other side of the mount towards the Strathbogie plateau was not as good as it used to be, as the trees had grown too tall. I noticed some ghost fungi, which are luminous at night, at the top. Then we walked down the Clear creek track to a clearing for lunch, where there had been a hippie camp. It was decided to walk along Ferraris road back to the vehicle, and then drive up to Mount Strathbogie. We looked at the two towers, the second one having a view towards Lima East. Then it was back home for afternoon tea after an enjoyable day .

Jean Lightfoot



Shepparton/Mooroopna Midweek Urban Walk Wed May 10



It was perfect walking conditions that greeted the walkers for our urban walk around Shepparton and Mooroopna. Starting from the Goulburn River, the longest river in Victoria, on the west side of the lake we then walked along Welsford Street to view a variety of historical points of interest as we walked Welsford Street. These included the monument for Hawdon and Bonney, the MacGuire's Punt monument, the Furphy Statue, the Queen Elizabeth plaque plus a number of others. Returning to the cars we stopped off at the Welsford Street Cafe for coffee before having lunch on the banks of the Goulburn and also sampling the Vanilla Slices from the North End Bakehouse that were recently awarded the title of Australia's Best Vanilla Slice.

After lunch it was a short drive to Mooroopna to complete the rest of the day by walking from Chinamans Garden Reserve along the main street again taking in the main historical points along the way, finishing at the big hole on the bend of the Goulburn River where we were lucky enough to find the water level low enough to get a view of the old jetty where the riverboats used to dock.

Gary MacDonald



Tuan Track - Chiltern Sun May 14

Eight walkers travelled to Chiltern. First a cuppa at the park, then drove north on Rutherglen road to Tuan campsite/car park. On Tuan track we passed a variety of trees. Ironbark, Stringybark and Drooping She-Oaks. Passed Bartleys Block, named after the early residents who owned it until 1989 when it was purchased and added to the National Park. We turned onto the Howlong road for 400 metres then on to Mt Pleasant road, then left onto Bartley track. Obvious signs of gold mining throughout the forest and many native plants. Cats' Claw Grevillia, Sun-Orchids, Greenhoods and Caladenias. These will be abundant in spring. The Grey Grass Trees are exclusive to this area and the Warby Ranges. Birds are White-browed Babblers, Fuscous and Yellow-tufted Honeyeaters. Soon our 7Km walk ended back at the campsite. By then it was 12.30pm. Drove back to the park in Chiltern for lunch. After lunch it was a drive north to the Mt Pilot area and a walk along undulating Skeleton Track. More challenging walking than before but rewarding as beside the track is a disused rock quarry, previously used to build roads. A fence has been erected for safety as the steep wall is hundreds of metres deep. Retraced our steps and drove back to historic Chiltern for afternoon tea and marvelled at the autumn scenery and perfect weather for our day out. *Please note:* Any walkers who venture, despite the leaders instructions, beyond a safety fence, will void any insurance cover. Not to mention the unnecessary personal risk.

James Flynn.

Ritchies Hut: Sat/Sun May 20-21

Three of us, Gill, Klara and John, set off for Ritchies hut on the Howqua at the 'crack of lunchtime'. At midday at the start, 8 Mile flat, it was 6 degrees and decidedly damp. Not pouring, but a persistent drizzle. Needless to say, we were fully armoured for the weather. It was a short six km into the hut along the 'High Track' to avoid multiple river crossings. No high-level views, but still great views of the river and valley. Quite a bit of fungi spotting along the way. We arrived mid-afternoon and decided to eat in the hut but sleep outside in our tents. In a gap in the drizzle, we erected tents and not long after dinner we were in bed, the last by 7:00pm. It drizzled most of the long night but had mostly stopped by daylight. After breakfast and packing away of wet gear, donning wet coats & etc, we headed for the car. It was clearing as we went, and even saw a patch or two of sunshine and snow on a hill not too far away. We were back at the car by about 11:30 and then to Mansfield for lunch. Great trip had by all.

John Lane

Lima Falls Sun Jun 11

Since the majority of the original track to the Lima Falls has become overgrown and inaccessible the current track is only a few hundred metres long. As a compensation, at Jeans suggestion, after we visited the falls we walked Cleos Track.

The Lima Falls were running fairly well and are rather pretty in a very peaceful setting although logs and other debris left by the recent floods and the overcast day took some of the gloss off the scene. There are large rocks closely adjacent to the cascade where one could sit and meditate and maybe solve most of the worlds problems on a sunny day.

Returning to the cars it was a short drive to Cleos Track which can be done as a loop walk of about 10 or 12Km. through forest which skirts the Sevens Creek but this involves about 4 to 5Km of pretty uninteresting walking along Bonnie Doon Road. We opted to set up a car shuffle which reduced the walk to about 7Km. The walk itself does not have any highlights as such but is a very pleasant and peaceful walk which at the right time of year could present a bounty of wildflowers, fungi and wildlife.

Trevor Smith



Wahgunyah River Track Wed Jun 14

Today's mid-week walk, led by Kay Johnson, was a 9km circuit, along the Wahgunyah River Track. The weather was quite overcast and cold but thankfully no rain and a good day for walking. Starting from Corowa Picnic Ground, we walked across the Foord Bridge to the track, commencing at the Mass Tree, then along a creek and up a short incline to the little John Foord Cemetery. Further up the hill to Cofield Winery where we had a break and morning coffee at Footsteps. Returned to the circuit track and followed the Murray River back to the starting point. Good timing meant a long leisurely lunch and a Round Table discussion on various current topics. All voted it a great day out.

Kay Johnson



General Meeting Guest Speaker Reports

May

Guest speakers for our May general meeting were Brian Watson and Gill Sydes. With photos, they spoke of their recent Tasmanian trip, to the Three Capes Track and Maria Island. Lynne Cornell did the planning/booking and then participated. Arrival at Cape Hauy, Cape Raoul and Fortescue Bay is by ferry. Three nights were spent in very good bunk accommodation with an excellent kitchen. Much money has been spent on accommodation and track maintenance to ensure high participation. A feature was 50 seats with their own names and stories. A photo shows Brian standing on a rock while behind him is a thousand foot cliff to the sea. This area has the highest peak in the southern hemisphere.

A further 3 nights were spent on Maria Island. A 115 sq km national park which was a convict settlement from 1825 to 1832. Overcrowding caused closure until 1842 when it resumed as before until 1850.

Free settlement followed and an Italian entrepreneur Diego Bernacchi grew grapes for 15 years followed by a concrete plant and various enterprises which caused the island to prosper. The island is strewn with ruins of prisons and various enterprises.

Thanks Brian and Gill for such an informative evening.

James Flynn.

June

Guest speaker for our June 6th meeting was Liz Gallagher. Liz and husband Ray walked the Japanese Kumano Kodo, an ancient pilgrimage walk dating back thousands of years.

There are four versions of the walk and the route taken lasted four and a half days.

Liz has an aversion to snakes and spotted a Japanese Pit Viper.

Cherry Blossom season was finishing although still visible in the photos.

Accommodation was traditional Japanese and food was provided as well as a box for the next day. Apart from rain on the first day the remainder was mostly good weather.

We were shown photos of hot springs, where food is cooked, and the highest waterfall in the country.

Shinto and Buddhists share some of the many Buddhist Temples.

Liz & Ray met Austrians, American Russians and a couple carrying their two year old in a backpack. Sharing the task.

Liz described the walk as challenging but doable.

With photos the talk was interesting and informative.

James Flynn.

Cooling Down Stretches

The following stretches are recommended to loosen muscles after hiking.



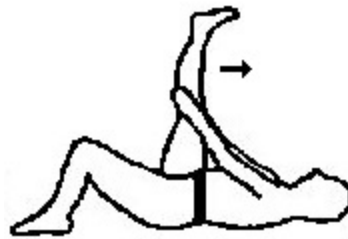
Shoulder Stretch



Quadriceps Stretch



Calf Stretch



Hamstring Stretch

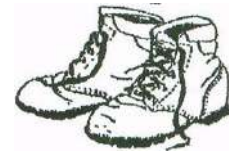
IMPORTANT

- 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	
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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:

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Non Members - \$5.00

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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 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