

Benalla Bushwalking Club

Newsletter

Issue 3 Jul - Sept 2022



President's Report

Upon joining the Club and selecting Wendy Bakers Mt Wills walk I related to a joke - the difference between hill and hell is just a fine line! So I needed to learn how to read a map.

The upcoming Navigation weekend is a great way to have fun and learn bush skills. Any younger family members should also inquire as map reading is a survival skill, and knowledge builds confidence and trust in the great outdoors. After our younger generation have experienced being locked down during Covid, in my opinion, it will be a fun weekend to share new experiences with them hosted by Annie & Rob in the Killawarra Forest.

Keep sending through your suggestions for club activities especially if you are looking for some support by experienced members to lead an activity. If you enjoy snow activities Bush Walking Victoria is also active in this space. Our club lead snowshoeing, and participate in Leader Training. The upcoming Navigation weekend is another example of member suggestions.

FedWalks 2022 is open for bookings. There are so many interesting walks offered such as Kellys Cave (Ned Kelly), Buffalo and the Warby's. The event is also a great social occasion as we host other bush walkers to explore this region. Country hospitality is second to none so please contact John Boehm if you can volunteer a few hours over the FedWalk weekend including helping provide afternoon tea at the Wangaratta Showgrounds.

Be mindful of Covid awareness during club activities.

Helen Nicholas. President. Benalla Bushwalking Club.

Welcome to new member

Kelly Maughan

President: Helen Nicholas 0428 784 495

Secretary: Gill Sydes 0419 585 996

Walks Co-ordinator: Brian Watson 0407 300 922

Your Committee for 2022

President: Helen Nicholas 0428 784 495
Vice-President: Doug Kneen 5721 2892
Secretary: Gill Sydes 0419 585 996
Treasurer: Brian Watson 0407 300 922

Committee members:

Trevor Smith 0417 598 346 Wendy Baker 0429 780 179
Don Allen 0428 270 334 James Flynn 0413 945 671
Fe Tuck 0458 060 143

Committee Responsibilities

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

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 copies of the form can be downloaded 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. Currently the rate is 30c per kilometre per car (**However, due to rising costs in general, committee are considering increasing this to 40c per Km**). Members can assist the drivers by doing their own calculations based on **\$30.00 per 100km**, divided by number of people in the vehicle.

Example: Round trip distance = 180Km
No. of people in car = 4
Cost per person = $180/100 \times 30/4 = \$13.50$

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 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

Club E-mail address

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 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 leader's 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 2022		Easter 2022	
Term 1	31 Jan - 8 Apr	Good Friday	2 Apr
Term 2	26 Apr - 24 Jun	Easter Monday	5 Apr
Term 3	11 Jul - 16 Sep		
Term 4	3 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

September

Sat 3	White Box Walk	Melanie Ball
Sun 4	Tallangalook Walk	Jean Lightfoot
Tue 6	General Meeting	Uniting Church Hall 7.30pm
Sat 10	Numurkah Out & About	Helen Nicholas
Sun 11	Albury Environs	Adele Ritchie
Mon 12	Mt Dunn	John Boehm / John Lane
Wed 14	The Paps	Wendy Baker
Sat 17	Fedwalk online instruction	
Sat 17	Murchison Ride	Gary MacDonald
Sun 18	Mt Buffalo Triplet	John Boehm
Sat/Sun 23-24	Killawarra Forest Weekend	Robbie Caldwell

October

Sat/Sun 1-2	Federation Walks, Wangaratta.	Co-ordinator: John Boehm
Sat 8	Mt Wombat & Garden Range	Jean Lightfoot
Sun 9	Tatong Ranges	Brian Watson
Wed 12	Gapsted Wildflower Walk	Gary Versteegen
Sat 22	South Buffalo Track	Gill Sydes
Sat 29	Khancoban	Brian Watson
Sun 30	Khancoban Walks	Brian Watson
Mon 31	Kosciuszko in a Day	Brian Watson

November

Tue 1	Corryong Lookout	Brian Watson
Sat 5	Garden Range	Jean Lightfoot
Wed 9	Mt Buller	John Boehm
Fri/Sat 11-12	Lake Catani Car Camp	Gill Sydes

December

Sat 10	End of Year Picnic	Brian & Gayle Watson
Sun/Fri 11-16	Adventure Week at Licola	Gill Sydes / Brian Watson

Walks Program

SSat Sep 3

WHITEBOX 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: Melanie Ball 0468 952 915

Sat Sep 4

TALLANGALOOK WALK

Explore the old mining area of Tallangalook in the Strathbogie forest. Lots of big holes in the ground and a short tunnel to look at. We went last year when there was drilling being done, so we could not look at it properly.

Rating: S - 3 - 3 (Easy)

Contact: Jean Lightfoot 0407 908 352

Sat Sep 10

NUMURKAH OUT & ABOUT

A stroll around Numurkah, taking in the attractions and history of the town.

Rating: S - 3 - 3 (Easy)

Contact: Helen Nicholas 0428 784 495

Sun Sep 11

WODONGA - ALBURY RIVER WALK

An easy 15km walk with car shuffle, following the Murray River, providing many memorable views along its banks. The route also passes a couple of historic bridges, traverses several picturesque parks, takes in the Yindiyamarra Sculpture Walk and finishes at the Wonga Wetlands, a significant bird haven.

Rating: M - 3 - 3 (Medium)

Contact: Adele Ritchie 0456 412 192

Mon Sep 12

MT DUNN

This is a recce walk for one of the Federation Weekend walks. Anyone is invited.

Rating: S - 3 - 4 (Easy)

Contact: John Boehm 0428 254 801

Wed Sep 14

THE PAPS

A steady climb to both the North and South Peaks for stunning views of the surrounding countryside especially across Lake Eildon.

Rating: S - 4 - 3 (Easy)

Contact: Wendy Baker 0429 780 179

Sat Sep 17

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 spring 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 Sep 18

MT BUFFALO TRIO OF WALKS

Time to be adventurous and do three short walks for some variety. The walks are Dicksons Falls, The Cathedral – Hump, and the Old Galleries track. A series of three easy and interesting walks. Some climbing and rock clambering involved to the Hump. Total distance 7km

Meet Barkly St next to tennis courts behind Aldi at 7.45am. Leave Benalla 8 am

Rating: S - 4 - 4 (Medium)

Contact: John Boehm 0428 254 801

Sat/Sun Sep 24-25 NAVIGATION WEEKEND

This weekend we will be base camping in the Killawarra Forest. The camp site is large and can accommodate caravans. Midmorning Saturday we will do **BASIC** map and compass theory. After which we will go on a leisurely walk, to points in the forest I had previously marked with tape and subsequently marked on the map. Saturday night will be the usual car/camp camaraderie.

Sunday will also be an easy short walk using the skills with the map and compass learned prior.

I would like participant numbers early. The reason for this is teaching of map and compass skills is best in small numbers. Hence, I can acquire a couple of experienced navigation teachers to assist.

Rendezvous time and date I will advise closer to the date.

Rating: Easy

Contact: Robert Caldwell 0431 022 349 or robald@optusnet.com.au
Annie Gibbs 0417 332 471 or gibbsantoinette70@gmail.com

Sat Oct 8 MT WOMBAT & GARDEN RANGE WALK

Walk up Mount Wombat through the forest to the fire tower. There is a good view around the area from up there. After lunch we will go to the Garden Range below the tower and explore the area.

Rating: S - 3 - 4 (Easy)

Leader: Jean Lightfoot 0407 908 352

Sun Oct 9 TATONG RANGES

Rating:

Contact: Brian Watson 0407 300 922

Wed Oct 12 GAPSTED WILDFLOWER WALK

Explore the area around Gapsted. If the timing is right the sun orchids will put on a stunning display. A circuit walk along part of the rail trail and some bush tracks. Approx. 8km.

Rating: S - 3 - 3 (Easy)

Contact: Gary Versteegen 5762 4564

Sat Oct 22 SOUTH BUFFALO TRACK

This is my favourite walk on Mt Buffalo. It's 8 km return with snow gums, beautiful snow plains, magnificent granite boulders and amazing views. There may be a few wildflowers. We leave from Cresta Valley carpark (on the Mt Buffalo tourist road) and hike out to the South Buffalo view point.

Rating: S - 3 - 4 (Easy)

Contact: Gill Sydes 0419 585 996

Sat Oct 29 KHANCOBAN

Rating:

Contact: Brian Watson 0407 300 922

Sun Oct 30 KHANCOBAN WALKS

Rating:

Contact: Brian Watson 0407 300 922

Mon Oct 31 KOSIUSZKO IN A DAY

Rating:

Contact: Brian Watson 0407 300 922

Tue Nov 1

CORRYONG LOOKOUT

Rating:

Contact: Brian Watson 0407 300 922

Coming Events

Wed Nov 9

MT BULLER

Walk up to the Summit from the village and loop back. A bit of a hill to climb to enjoy the views. Then return to the village and take the family trail circuit around the village perimeter. In all about 7 km.

Meet 8.00am Barkly St next to the tennis courts (beside Aldi) Leave Benalla 8.15am

Rating: S - 3 - 3 (Easy)

Contact: John Boehm 0428 254 801

Fri/Sun Nov 11-13

LAKE CATANI CAR CAMP

Our club has booked seven sites at the popular Lake Catani camping area on Mt Buffalo for Friday and Saturday nights. Plans include kayaking on the lake, doing some of the shorter walks on the plateau and maybe some bike riding. As all the booked sites have been taken up, any others wishing to participate will have to make their own booking arrangements.

Rating: Easy

Contact: Gill Sydes 0419 585 996

Sat Dec 10

END OF YEAR PICNIC

Contact: Brian & Gayle Watson 0407 300 922

Sun/Fri Dec 11-16

ADVENTURE WEEK AT LICOLA

Contact: Gill Sydes 0419 585 996 Brian Watson 0407 300 922

Walk Reports

Dookie Environs - The Chateau/Dookie Rail Trail/Rock Correa. Sun Jun 26

17 Benalla bushwalkers arrived in Dookie after 10AM Sunday June 26th.

Led jointly by Helen and James the Dookie Rail Trail led us out of town to the north as far as Hoopers Road. While most returned to the cars others walked west on Hoopers Road to all meet up at the Chateau. Owner of the Chateau, Brian Harker, volunteered to join our walk and provided interesting information about the history of Dookie and surrounds.

The Chateau, built in 1886 by Mr. John Curtin to overlook his 500 acres of vineyards, is being restored to be let as a B&B. Mr. Curtin would watch his workers from the third floor of the Chateau. The home comprises multiple rooms, a cellar, Maids quarters, Stables and a cellar. After lunch in the surrounds of the Chateau, we drove to Tallis Winery.

From there the final walk up a steep hill called the Rock Correa Trail. This provided splendid views as far as the eye could see. On a clear day snow is visible on Mt. Buffalo. The day finished with afternoon tea near the winery and, despite leaving Benalla in the rain at 9.30 am, the weather was kind and we were finished by mid-afternoon.

James Flynn.

Maher's Hill Sat Jul 2

My name is Mitchell. I am 12 years old

I led the walk up Maher's hill near Wodonga on the 2nd of July. There were 12 walkers that joined in. We met at the base of the hill at 9:30 am to head up the hill.

It was a lovely day to lead a walk, especially the first hike I have ever led. When we got to the top, we could see the Mt Kosciusko range, & many more, they were all covered in snow, so it was a wonderful sight. We thought we were lucky to see the snow. When we got down from Maher's Hill, we drove 10 minutes to the Hume Dam for a cuppa and chat, and found we were able to see the snow from there! And I want to thank everyone who participated.

Mitchell Watson



Cocoparra NP Car camp Fri/Sun Jul 8-10

It was a bit of a trek past Griffith, to camp somewhere different. Some of us met by chance on the way, and visited the Pioneer Museum in Griffith - this was most interesting.

The nights were cold frosty, but starry skies around the campfire are amazing! Late one night, the coals were so good - we cooked crumpets, served with butter and golden syrup!

Woolshed Falls did not have much water but the Murray Pines, boulders and rock faces were lovely. The walk along Store Creek was slow going into a great 'amphitheatre' at the end of the walk - very picturesque. We also drove up Mt Bingar - a trig point and some huge towers. Wildflowers were starting to bloom and we found the biggest fungi - 16 inches across! (see our Facebook page) This is an excellent camp ground with lots of trees. The BBQ shelter, fire-pits, tables, toilets were all fairly new.

Gill Sydes



Chick Hill Wed Jul 13

Thirteen walkers, including three new members and a visitor, trudged up the narrow rocky track to the summit of Chick Hill. The path was steep enough to make us all puff and take multiple rests. We saw a wallaby quietly moving up the slope, and gang gangs flying overhead. Small birds flitted in the trees.

We stopped at the summit for morning tea where we could see lots of fog in the valleys and clouds floating around the snowy peaks of the Victorian Alps.



We stopped for lunch at the towers, sitting on logs in the sun. The mountains were clearer as the clouds disappeared. We continued down along the creek to Taminick Gap Road and then back to our cars and afternoon tea at Glenrowan.

Helen Spinks

Pine Gully Sun Jul 24



Led by Wendy, twelve members took a journey up the Warby Ranges to take in some expansive views and fresh North East air. First walk led us to the Pangarang Lookout. A 4.5km return trip along a maintenance track took us up past a wonderful stand of massive grass trees. Wendy was most pleased that she was able to find them for everyone to admire and appreciate. At the Lookout there were outstanding views across the open plains and cropped fields to the distant mountains.



After lunch at Pine Gully Picnic area we walked the 2km Pine Gully Nature Trail. We all noted the changes in vegetation and enjoyed exploring the area around the creek and the gorge. A few of us checked out Ashmead's Swamp at Winton Wetlands on the return to Benalla.

Wendy Baker.

Winton Wetlands Wander Sun Aug 7



Today's visit to the Winton Wetlands comprised a series of short walks, which had been judiciously postponed from Saturday due to the likelihood of inclement weather. Our day was cloudy but dry, with a brief spell of fog and some sunny periods. Due to road closures, Bev had changed some of the proposed short walks.

We started our day with a 4km return walk along the Dam Wall, with the Ponds teeming with ducks and the sound of frogs all around. One or two kangaroos bounded off into the distance, and at least one wallaby.

We then drove on to the Duck Pond, with water levels and pond life looking very healthy indeed. It was too wet to walk around the Pond, unfortunately.

Turning into Boggy Bridge Road, we drove into Greens Hill and followed the bushy 2.6km circuit track, before enjoying lunch at the Picnic Shelter. After lunch, we drove on to the Guido Van Helten Art Tank (with faces of local landowners featured), for photos and then visited picturesque Ashmead's Swamp, with its Water Gallery of several dead trees in the water painted by Yorta Yorta artist Troy Firebrace, in collaboration with Bailey Bish.

Driving on to Humphries Hill, the last walk, we began the short circuit, soon joined by a visiting off-country Indigenous woman, who gave us some impromptu, but very welcome, guidance on the significance of the Canoe Trees there. She pointed out the varying levels of maturity of 'Canoe Tree' craftsmen (some by men, some by boys), plus the significance of the Direction Tree and Birthing Tree.

We ended the day with welcome hot drinks and cake at The Hub, just as the weather started to turn.

Many thanks to Bev and the group (ten of us in total) for a lovely day.

David Coutts.



Mt Stirling Snowshoeing Sun Aug 7

Mt Stirling Snowshoe Walking was absolutely stunning with snow covered tree tops, spectacular views, winter light filtering through tall trees (likely Alpine Ash, Woollybutt and Gum), the bark was dripping and various animal tracks in the snow made the walk memorable. We could hear running water and the air was crisp and fresh. The Ranger pointed out wild dog tracks – probably chasing the native Mountain Pigmy- Possum.

The tractor cart at Telephone Box Junction (TBJ) gave us a lift to the first Hut and from there we walked comfortably in our snowshoes around Mt Stirling tracks. Mt Stirling is a place of significance.

And a hot cuppa in the café after the walk.

Tips: google Snow Cam, 'Buller Day Pass' online, chains advice on the day, easy car chain hiring in Mansfield (estimate \$25). (\$35 hire snowshoe).

Helen Nicholas

Salisbury Falls Wed Aug 10

The Weather was benign as 12 keen walkers set off to walk up the Salisbury Falls Track, with the half way destination being the summit of Mt. Warby. The first part of this lovely track is quite steep and rocky but the efforts of the climb were moderated by several varieties of wildflowers with their bright colours – yellow wattle, purple hardenbergia, red/ gold grevillea alpine, bright green native pelargonium, blue stypantra, blue/purple hovea and several patches of early greenhood orchids. The track flattens after 2 kilometres and we had morning tea at the junction of Boilerwood Track.

More uphill walking followed, the mild cool weather being ideal for bushwalking and eventually, we reached our lunch spot at the cairn on Mt. Warby. The track has been recently cleared by volunteers in preparation for the Federation Walks in October. We enjoyed lunch sitting on rocks in the warm winter sunshine.

Fortified by lunch we descended Friends Track to meet up with the Alpine Views Track and made our way back down the Salisbury Track to the cars. Luckily none of the tracks were particularly wet or slippery but several walkers had near misses on a flat stretch of granite rock. The walk was 10.6 kilometres in total. A beautiful day was had by all and it was a delight to be able to introduce several new walkers to the Warby Ranges, one of the picturesque gems of North East Victoria.

Robyn MacLean

Power's Lookout, Paradise Falls, Little Paradise Falls Sat Aug 13

The day was clear and sunny - great for the amazing view from Power's Lookout over the King Valley. This always includes identifying the distant peaks. We headed west from the carpark to Harry Power's waterhole - this track was steep and wet, but the views of massive moss covered rock shelves and boulders made it worthwhile.

Paradise Falls were flowing very well and there were not too many other people there. Standing behind the falls is awe inspiring. A comment from one who hadn't been before - so much better than photos! Someone else said - one could sit and watch the falls for ages.

We walked into Little Paradise Falls (on a different creek) - not too far to walk and definitely worth enjoying. Most club members would not have been to these falls.

Afternoon tea was on David's verandah with more lovely views and the sound of the King River! The cakes were pretty good too :)

Gill Sydes



Boxwood Nature Conservation Reserve Sun Aug 14

It was a very relaxed morning walk around the Boxwood Nature Conservation Reserve located a short drive from Benalla. Very little is written about the area but it was subject to a podcast broadcast in April this year on OneFM Shepparton by local GV historian John Gribbin that was played before the walk commenced. The podcast provided an overview of the history of the site that indicates that the mine/quarry was originally about 200m long, 10m wide and 10m deep and located near the quarry is the remains of the kilns and the site of an old structure. Just below the kilns was the remains of an old car, an old stove and various pieces of metal sheeting.

We did reach the cairn located on the high point nearby that is about 200m above sea level and on a clear day the snow can be seen on Mt Buller, but not this day.

An easy walk back to the cars for late morning tea and then walkers made their own way onto the other local sites, silo art, Tallis etc.



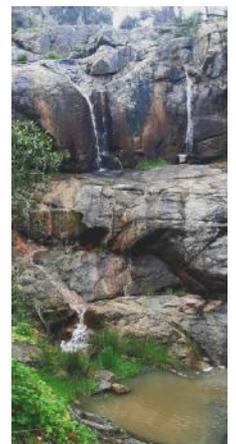
Warby Heritage Falls Trail Sun Aug 21

After a frosty beginning, 11 walkers set off from the small car park behind Booth's Winery at Taminick in bright sunshine. This walk has several interpretive signs explaining features of past farming practices - the remains of a spot mill, and then, as the track crosses a gully, an old brick sided sheep wash. At this point, the track is a little difficult to find but it follows the gully up to Booth's Road at the top. We found part of the water race used to divert water to the sheep wash and two old stone weirs. The signs indicate there are

4 of these weirs but the owner of Booth's Winery informed us that the other 2 were partially washed out. Two large waterfalls were running well and the keen photographers were kept busy snapping the lovely vistas. The track is fairly steep and we were all pleased to rest up for morning tea at the top. Our wildflower expert, Jean, was able to spot and explain various early flowers. Among these were several stands of blunt greenhood orchids, spiridium (Dusty Miller), stypantra, leopard orchids, ranunculi (buttercups) and early nancys.

The road loops around Booth's Road, Spotmill Track and we had lunch at the top of Cellar Track. We then descended and were back at the car park by 1.30 p.m. We were able to enjoy our usual afternoon tea at the winery, a few walkers did some wine tasting and we all bought a few bottles to take home.

Robyn MacLean



Federation Walks 2022



For those members who have not caught up yet, the Federation Walks are to be held in Wangaratta this year from 30 September to 3 October. Activities kick off with an easy ramble along the Ovens River on the Friday afternoon, followed by a BBQ, Welcome to Country and briefing at the event base, the Wangaratta Showgrounds - an ideal place to catch up with fellow walkers throughout the weekend.

The fabulous activities program includes numerous walks on Mt Buffalo Plateau and in the Warby Ranges, which are well-known for an abundance of wildflowers in spring. Other walks include the historic Beechworth area and Mt Samaria, and there are plans

for cycle rides each day on the wonderful cycle paths and touring routes in the region.

Those who wish to camp out for the weekend are asked to arrange their own accommodation: there are several options available, including budget camping.

Accommodation links are included on the [FedWalks website](#). You may choose to extend your stay, to enjoy the food, wine and additional walks in the region. The Warby Ranges are part of the [Warby-Ovens National Park](#) which, in 2021, became the first site in Victoria to be admitted to the International Union for the Conservation of Nature Green List.

FedWalks bookings open on 6 August, so don't wait: check out the Fedwalks website now!



High Country Online

For the information of members and especially those who may be new to North East Victoria, an excellent source of information about where to go and things to do across the area is the [High Country Online website](#). The site has information, photos and links for activities, rail trails, snow resorts, wineries and produce outlets and much more. Visit the site and find a lot you may not have known about the area.

FOR SALE

Osprey Crescent 85 Backpack \$150



The Crescent 85 is Osprey's most versatile full-featured men's pack. Thanks to superb compression capability, it deftly handles everything from a weekend jaunt to a weeklong journey. Staying organized is easy with vertical zip panel access, wide mouth sleeping bag access and a built in stretch mesh pocket with zippered panel.

The Osprey Crescent 85 features an adjustable torso length padded backpanel, ReCurve suspension rods, and contoured shoulder harness. The BioForm CM hip belt is constructed of thermoplastic which can be heat treated and custom moulded to the user's shape to maximize comfort under load. This technology allows the hipbelt to be reheated and reformed several times to fit the user's changing body shape (or a new user).

Contact: Gary Versteegen 5762 4564

Pathfinder Award

The Benalla Bushwalking Club has instituted a special award for people who have made a sustained and significant contribution to Bushwalking, both within the Club and also throughout the wider community.

Recipients of this award have shown a dedication to bushwalking through their participation and efforts over an extended period of time in all aspects of bushwalking. It is a special recognition for people who, through their own commitment to Bushwalking, have enhanced the pleasure and enjoyment that others have derived from outdoor activities. Their commitment has increased awareness, appreciation and participation to the benefit of all members of the community.

Below are the names of past recipients of the Pathfinder Award.

Jan Andrews 2009

Doug Kneen 2016

Terry Sydes 2009

Neville Downey 2016

Vaughan Cowan 2014

Brian Watson 2019

Trevor Smith 2014

John Boehm 2022

Cooling Down Stretches

The following stretches are recommended to loosen muscles after hiking.



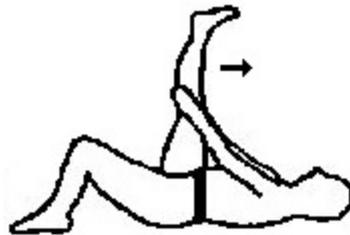
Shoulder Stretch



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"/>

Non Members - \$5.00

Name	Address	Signature	Emergency Contact	
				<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 (2022)

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