

Benalla Bushwalking Club

Newsletter

Issue 4 September 2023



President's Report

While I am sitting here typing, feeling rather cold, my mind is drifting to the warmer days ahead where we can walk in the sunshine admiring the springtime wildflower displays, pleasant High Country vistas and rocky mountain streams.

I would like to thank those who have nominated to lead walks. This helps the Club to be more sustainable and opens up different options for walk destinations and leadership styles. Please support our walk leaders by joining them on their walks.

I would also like to thank those members who attended the First Aid Course and to John Boehm for submitting for grant monies and organising the Course. It is comforting to know that at least 15 members will be up-to-date with the qualification. It serves as a reminder for all of us to carry a basic first aid kit on our walks and to notify the walk leader of any medical issue that you feel they should be made aware of.

You may not be aware of a 10 part series on SBS "Great Australian Walks with Julia Zemiro" It is on Thursday nights at 7.30pm. It's a good watch!

I hope to see you out on the tracks over the next few months.

Wendy Baker. President. Benalla Bushwalking Club.

Welcome to new members

**Karla Goodberry James Davey
Kyle Margat Sylvia Baumgarten
Monique Lawson Andrew Newman
Glenda Newman**

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 7.00pm. 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.

On days of Total Fire Ban, any walks/activities in that district will be cancelled.

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

September

Sat 2	Rushworth Environs	Gary MacDonald
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
Sat 23	Mount Samaria	Helen Nicholas
Sun 24	Barjarg Block	Karla Goodberry
Sat 30	Brian's BBQ	Brian Watson

October

Tue 3	General Meeting 7pm	
Thu 5	Committee Meeting	
Fri/Sun 6-8	Grampians Weekend (Book accommodation now)	Marion McLennan
Wed 11	Moonlight Track - Warbys	Wendy Baker
Sun 15	Cathedral Range	Melanie Ball
Sat 21	Barmah Forest	Helen Nicholas
Sun 22	Rocky Ned & Rocky Ned Falls	Jean Lightfoot
Sat 28	Joint Social Day with Warbys Club	Brian Watson

November

Sun 5	Mount Samaria	Brian Watson
Tue 7	Cup Day - Pine Gully	Wendy Baker
Wed 8	Mount Stirling	Fiona Tweedie
Sat 11	Carters Road	Gwenda Tait
Sun/Fri 12-17	Unofficial Lake Catani camp (See notes later in newsletter)	
Sat 18	Mount Feathertop Overnight	Jo & Butch Henderson
Wed 22	Eildon Ramble	Gill Sydes
Sun 26	Lake William Hovell	Rob Caldwell

December

Sat 2	Ropers Hut Overnight	Gary MacDonald
Tue 5	General Meeting 7pm	
Sat 9	Annual Picnic in the Park	Brian & Gayle & Gill

Walks Program

Sat Sep 2

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

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

Sat Sep 23

MOUNT SAMARIA

A reasonably easy loop walk along some old timber tramlines. History comes alive as we follow the gentle gradient from the kilns around to the Winching/Braking station. Then up to a rocky outcrop for lunch. Soggy gullies, drier flats, rocky ridges, should be flowers everywhere.

Rating: S - 4 - 4

Contact: Helen Nicholas 0428 784 495

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.

Meet at Aldi carpark at 9-15am. Contact Karla for more information.

Rating: Easy

Contact: Karla Goodberry 0457 888 849

Sat Sep 30

BRIAN'S BBQ - LAZY SATURDAY

Over the years Brian and Gayle have spent a lot of time, money and effort on the Bushwalking Club. But we have been paid back tenfold, with wonderful friends, experiences and memories.

To balance things out a little, we are having a BBQ tea at Lurg. Please come and join in.

If you wish to stay a night or two, there is a camping area with toilets. Or just come for an hour or two, we don't mind.

That it is Brian's 70th is just a coincidence.

Contact: Brian Watson 0407 300 922

Tue Oct 3

GENERAL MEETING 7pm

Thu Oct 5

COMMITTEE MEETING

Fri/Sun Oct 6-8

GRAMPIANS WEEKEND

Proposal is to do a short walk Friday afternoon, a longer walk on Saturday, and another short walk on Sunday morning (all fairly easy).

1. Sundial Park to Pinnacle
2. Zumsteins picnic ground to base of MacKenzie Falls
3. Wonderland car park to Pinnacle

Accommodation suggested at:

Halls Gap Caravan Park (Breeze Holiday Parks)

26 School Rd Halls Gap

In the center of Halls Gap opposite info centre and shops. Van sites, tent sites, and cabins available. Several motels are in nearby vicinity also.

Participants will have to arrange their own accommodation.

Rating: S - 4 - 4

Contact: Marion MacLennen 0417 319 839

Wed Oct 11

MOONLIGHT AND RIDGE TRACK, WARBY RANGES

A moderately challenging 12km circuit trail. Taking the Moonlight Track along the border of Bailey's Winery, we proceed up the hill (a relatively big hill) to join the Ridge Track. We then walk out to Mt Glenrowan for some good views across the valley and mountains. Returning along the Ridge Track to a bit of a 'bushbash' back to the cars. Note: We may decide to avoid the bushbash and walk down the road.

Rating: M-4-4

Contact : Wendy Baker 0429 780 179

Sun Oct 15

CAT HEDRAL RANGE NORTH LOOP

From lush Ned's Gully campsite we zigzag uphill through ferns and tea-tree to Ned's Saddle. From here we traverse Cathedral Ranges eastern slope, unspectacular except for the orchids and other wildflowers, to Little Cathedral, for expansive farmland views. A narrow, rocky track, close to the ranges vertiginous west face, follows its sawtooth spine to Cathedral Peak, for a patchwork view of hills and valleys. Continuing along the spine to Cathedral Peak Track, we head steeply down to Ned's Saddle and retrace our steps to our cars.

Rating: S - 5 - 5

Contact: Melanie Ball 0468 952 915

Sat Oct 21

BARMAH FOREST

A stroll through the magnificent red gum forest beside the Murray River. Flowers, brumbies, open black soil river flats, so different to the north east hill country. Easy walking.

Rating: S - 3 - 3

Contact: Helen Nicholas 0428 784 495

Sun Oct 22

ROCKY NED and ROCKY NED FALLS

Walk from Police track up Rocky Ned for a good view of Whites Rock. Then down and around to Rocky Ned falls. We will have lunch on the rocks by the falls and then explore the area. Afterwards we will walk back to the vehicles. This is a circle walk through the Strathbogie forest.

Rating: S - 3 - 3

Contact: Jean Lightfoot 0407 908 352

Sat Oct 28

JOINT SOCIAL DAY WITH WARBY'S CLUB

Some time ago, the Benalla and Warby Clubs came together for the Federation Walks at Wangaratta.

There is some money left in the kitty from that. So you can help us out here:

Come for a day out at the Oxley Winery with the Warby crew. A glass of wine, lots of nibbles, dessert tray, tea and coffee, all paid for. Interested? Call soon.

Contact: Brian 0407 300 922

Sun Nov 5

MOUNT SAMARIA

Contact: Brian Watson 0407 300 922

Tue Nov 7

CUP DAY - PINE GULLY

After meeting at the Pine Gully Picnic Area at 11.30am we will walk the Pine Gully Nature Trail. A delightful 2km walk which highlights flora, a gorge and a small creek. There may be a waterfall depending on water flow.

Back at the picnic area we will have our lunch. (BYO everything - table, chairs, food, drink and a happy social spirit). There will be fun and games, a Cup Sweep, and whatever else. Dress up and join in on the fun. Please bring a plate to share for afternoon tea.

Rating: S - 3 - 3

Contact: Wendy Baker 0429 780 179

Wed Nov 8

MOUNT STIRLING

Contact: Fiona Tweedie 0408 655 081

Sat Nov 11

PLAIN CREEK / CARTERS ROAD

Plain Creek is a tributary of the Delatite River, with the confluence below Carter's Mill Camping Ground. Enjoy walking the length of this very pretty waterway to Plain Creek Falls. You will traverse a wet gully track lined with water ferns and in cooler months rich with fungi.

This loop walk to Plain Creek Falls starts from Carter's Day Visitor Area. It follows a well signed dirt walking track. There are a few rocks along the way that make the surface uneven, as well as some muddy patches. There is a modest if steady incline most of the way up. The track crosses the creek in a few places via good condition metal bridges. There is a fenced off viewing area at the falls. Be mindful it is easy for kids to get under the rail onto the slippery rocks above the torrent through the drop below.

Return via a loop along Plain Creek Track. For a pleasant contrast, this loop takes you through the higher ground of the forest. These mountains have a long history of logging and saw milling. Today the timber is advancing regrowth as part of Mansfield State Forest.

As you go you will see evidence of the timber cutting during the past century in the form of large remnant stumps with the slots cut into them. These were where tree fellers inserted boards for standing on while cutting higher up the trunk. There was once a timber tramway, but remnants were burnt in a bushfire.

Meet at Benalla to be left at 8.45 to arrive Mansfield 9.30. Corner High & Highett St (Public Toilet) then half an hour to start at Carter Rd.

Rating: S - 4 - 3

Contact: Gwenda Tait 0488 956 011

Sun/Fri Nov 12-17

LAKE CATANI CAMP (UNOFFICIAL)

A few of us are going to camp at Lake Catani on Mount Buffalo for a varying amount of days from 12th November to 17th November. This is not an official Club event, as such interested parties must organise everything themselves, however, I am sure those interested will be able to join together socially and for walks.

Contact: Wendy Baker 0429 780 179

Sat/Sun Nov 18-19

MOUNT FEATHERTOP OVERNIGHT

Over and back across the Razorback camping at Federation Hut.

Rating: M - 4 - 3

Contact: Jo Henderson 0475 867 299

Wed Nov 22

EILDON RAMBLE

A spring walk along the edge of Lake Eildon in the National Park. We will follow the track from Lakeside camping ground to Point Mead and then to Point Mibus. If we ascend the spur from here, and then down to the camping ground, the distance will be about 8 km. This route could be extended on the day. Bring walking poles as the descent may be a bit slippery if wet. Enjoy great views of the lake and maybe find a few wildflowers.

Rating: S - 3 - 3

Contact: Gill Sydes 0419 585 996

Sun Nov 26

LAKE WILLIAM HOVELL

Contact: Rob Caldwell 0431 022 349

Sat/Sun Dec 2-3

ROPERS HUT OVERNIGHT

The aim is to walk over Heathy Spur then along the Big River Fire Trail to Ropers Hut where we will set up camp and take in some of the local sights. Just the one night then returning to the cars the next day. Ropers is a great site with a good hut for shelter, plenty of room and good water. The walk is over well defined tracks and is a distance of about 10 Km one way with a few ups and downs.

Rating: S - 4 - 3

Contact: Gary MacDonald 0421 052 367

Tue Dec 3

GENERAL MEETING 7pm

Sat Dec 9

ANNUAL PICNIC IN THE PARK

Walk Reports

Fireside Dinner, Fri July 7

This was our annual winter social evening - in Susie's lovely warm living area. As always it was a delicious dinner with many choices, everyone bringing something to share.

There are no photos as we were all occupied enjoying each others company! Thank you Susie :)

Gill Sydes

One Tree Hill, Beechworth July 15 (1)

On a winter's day - not too cold and not windy, we explored Ingram's Rock before walking to Fiddes Quarry and The Precipice. There is much history in this area:

- James Ingram established a newsagency and supplied diggers on the goldfields in the 1860s. He also helped to establish the Beechworth Hospital and Primary School.
- Fiddes Quarry was where much of the granite for building was cut during the gold rush era.
- The Precipice is a lookout above the former Reids Creek goldfields, once full of canvas tents and noisy diggers.

We followed the track to One Tree Hill and admired the view, although we couldn't say which of the many trees was the "One". Also made a quick visit to the Powder Magazine - a storage room built in 1859 for large amounts of black-powder used in mining and quarrying.

After lunch we walked around Lake Sambell, finishing our day with lamingtons and a rather delicious orange cake (thanks Jo!)

Gill Sydes



One Tree Hill July 15 (2)

The walk started from Ingrams Rock. Eight walkers explored this feature before heading down One Tree track. After a short distance we turned down another track that led to Fiddes quarry operated in the 1860's where most of the granite was cut during the gold rush era. Clearly visible were the drilling marks used to split the granite.

Moving along the fairly rocky and uneven track down to the Precipice lookout with views over the former Reid's Creek goldfields. A good spot for morning tea. Then a climb up to One Tree Track and to One Tree hill before backtracking back to the start. From there drove to inspect the Powder Magazine before lunch at Lake Sambell.

Then a walk around Lake Sambell on a much improved track. Afternoon tea with cake and slices before heading home. A great day with perfect weather.

John Boehm



Gillman's Track Walk - Chiltern July 16

Driving towards Chiltern on a sub - zero morning, the mist had lifted as we parked at the Tuan Camp site and a weak sun shone for the rest of our day.

The going was easy along Depot Road on well - maintained tracks through lichen-grooved Ironbark, stringybark and Ballarat cherry. Some early wattle and ground creepers were in bloom. A small mob of kangaroo crossed our path but birds mostly kept to the upper canopies.



Our circular route of 11 kms was a relaxing stroll rather than heavy tramping, an ideal introduction for two local visitors who joined five Club members. After lunch at the Camp site, we drove back into picturesque Chiltern.

Thanks go to James for another glimpse of what the area has to offer.

Anne Cresswell



Walking the Dookie Rail Trail July 22

It was a cool overcast start to our walk of the Dookie rail trail. The first stage of the walk was towards Shepparton — a 2km return that provided the opportunity to view the various interpretive signs that are in place providing a large amount of information about the town and area.

After a slightly longer than normal morning tea in the park we made our way north passing the various crops that are growing well in the rich soil. As we approached the end of the trail there are a number of artworks that are placed in the paddocks that were worthy of some picture taking. Returning towards Dookie our lunch stop was at the



shelter, that is situated about 3km out of town, and then it was back on the track finishing off with coffee and snacks back in the park.

A nice easy paced walk of about 10 km and in cool but pleasant conditions.

Gary Mac



White Box Walk August 8

It was time I led a Club Bushwalk again, so on Sunday, eleven walkers, including two new ones, Kyle and Monique, grouped to begin the drive up to Chiltern/Mount Pilot National Park (21.636ha), a Box-Ironbark forest renowned for its diverse flora and fauna. Over 200 bird species have been recorded here, including the endangered Regent Honeyeater. The 8.5km well-signposted White Box Walking Track circuit begins at the Honeysuckle Picnic Area, then winds through open forest, passing several old gold mine shafts. Even though it was a bit early in the season, we did find some local wildflowers along the track.

Back at the Picnic Ground, a discussion over our late lunch led to a decision to drive on to Mount Pilot. It was a wise decision, as the stunning views from the summit were well worth the short but steep ascent. The table in the Picnic Ground was spread with our habitual afternoon tea feast, followed by some much-needed stretching exercises - under James' instructions. The warm, sunny late Winter Day was perfect for our walk in this beautiful Park.

Bev Thornell

Mount Glenrowan August 19



"Season of mists and mellow fruitfulness" – so wrote John Keats in his poem: "Ode to Autumn". Well, on this late Winter's morning, we experienced only the "mists" upon Mt. Glenrowan. James led eight walkers up the steep Ridge Track to the Summit, where we paused for early lunch, admiring those panoramic views of...umm...mist (normally Glenrowan farmland and the distant Quarry). Never mind, we enjoyed the company of

walkers from the Border Club, who had arrived via the steep Chick Hill track. We were able to exchange group photos with them over lunch. Bev happened to find a Geocache, hidden in a tree stump next to our lunch spot. Wattles in full bloom, purple Hardenbergia, small Nodding Greenhoods, scattered Orchids, plus the melodic call of the Grey Shrike Thrush kept us enthralled on the 9km return route. The now mandatory stretching session, led by James, completed our day's walking. En route for home, a stopover at Glenrowan's Vintage Hall Cafe for hot coffee was welcomed. Full marks, James, for organising this walk...and for not losing anyone in the ghostly mists of Mt. Glenrowan.

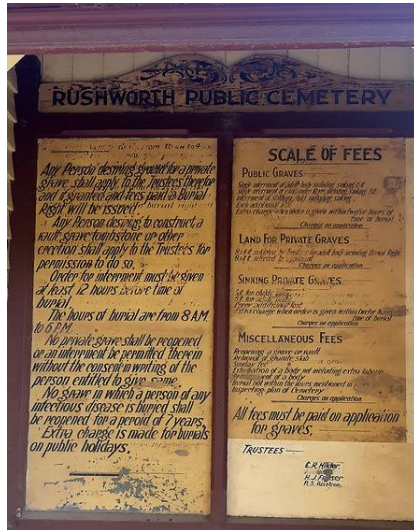
Bev Thornell



Rushworth and Environs September 2

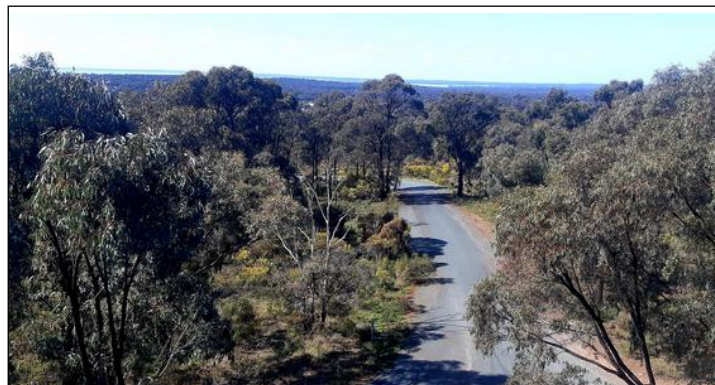
It was a small group that walked the Rushworth Ironbark Forest 7km walking trail, on the northern edge of town. After a welcome coffee at Rushworth Bakery, we strolled through the well maintained, 150 year-old cemetery, up the hill into the ironbark forest. Along the way we stopped at various points of interest, evidence of gold mining days, such as quarries and tailings dams, the ruins of a former abbattoir, indigenous Bark Tree etc. Wildflowers were also abundant.

After lunch (Bakery revisited), we drove on to the lookout on Growlers Hill. From the top there were panoramic views of the surrounding forested hills and the huge expanse of Waranga Basin. A short, steep walk led down to Growlers Hill Wildflower Sanctuary, a lovely pocket of local bush, with



many grass-trees in full spike. It was then a drive via the historic Anglican Church on the hill. To sum up: a relaxed scenic walk in Rushworth and environs.

Bev Thornell



General Meeting Guest Speaker Reports

On July 4th our guest speaker was Richard Goddin who worked as a tour guide on the Kokoda Trail 76 trips over a 16 year period. He considers this the happiest time of his life. We saw photos of villages, beautiful scenery and local folk along the way. At times the temperature can vary from freezing to 40 degrees.

Trekkers pay \$5,000, plus, between \$600 to \$800 for a personal porter to carry their backpacks. Additionally costs of airfares and general porters to carry food and cooking utensils etc. The leader can be responsible for up to 50 people.

Richard's project has been to provide fresh water to a village. He discovered an abandoned mining pipe further up, and after raising \$15,000 in Australia, extended new water pipe to the village. Now there is a water tap no more than 30 metres from a villager. The next part of the project is to continue the pipe line to a school and teacher's houses. Richard's talk was most informative.

James Flynn.

Cooling Down Stretches

The following stretches are recommended to loosen muscles after hiking.



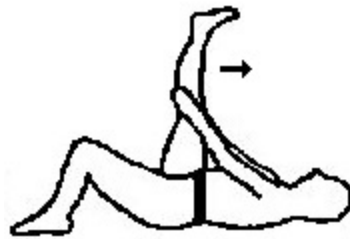
Shoulder Stretch



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	
		↓ <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"/>
		<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"/>
			<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