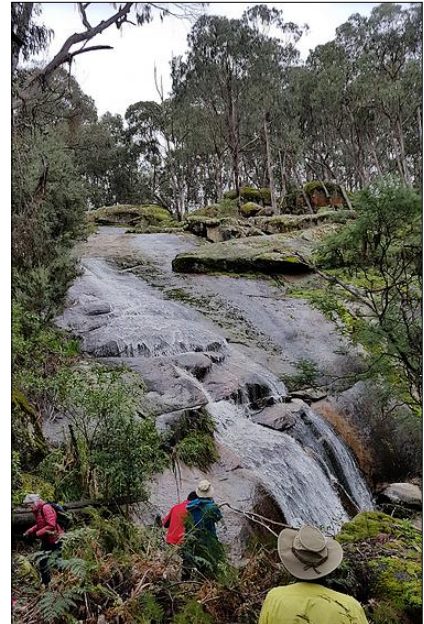


Benalla Bushwalking Club

Newsletter

Issue 5 November 2023



President's Report

I write this as the wind is blowing a gale outside. Not ideal conditions for going walking in the bush however it is a reminder to be prepared for all weather conditions regardless of the time of year.

Although I haven't been on many Club walks lately I have seen many photos of wildflowers and waterfalls. And it all looks wonderful! Thanks again to our walk leaders for taking our Members on some well known, and not so well known, adventures.

I would like to thank Trevor for his time spent working out the logistics of distributing the newsletter. Having Trev and other tech savvy members to assist in this area is very much appreciated.

I hope you enjoy reading the newsletter and find a walk or two you are eager to join in on. We also have a few social events coming up (Cup Day and Christmas Break-up) where we have a fun relaxing time together.

Looking forward to catching up.

Wendy Baker. President. Benalla Bushwalking Club.

Welcome to new member

Ruth Sweatman

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:

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

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

October

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 South Buffalo Gill Sydes
Sat 26 Samaria Forest walk Brian Watson

December

Sat/Sun 2-3 Ropers Hut Overnight Gary MacDonald
Tue 5 General Meeting 7pm
Sat 9 Annual Picnic in the Park Brian & Gayle & Gill
Sun 10 Chick Hill - Warbys James Flynn
Sat/Sun 16-17 Mt Bogong Helen Nicholas

January 2024

Fri/Sun 5-7 Kids Overnight hike Gill Sydes

Walks Program

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 Oct 29

DONCHI HILL ROAD - CORNISHTOWN

Another walk in the Chiltern Mt Pilot area with an abundance of spring flowers. Distance 10 Km. Moderate fitness level as mostly flat with well maintained tracks.

Meet Barkly St 8.45am for 9.00am departure.

Rating: S - 3 - 3

Contact: James Flynn 0413 945 671

Sun Nov 5

MOUNT SAMARIA

All on tracks, but a fair bit of uphill. Up Lightning track from the kilns, then a few up and downs along the ridge to the summit. Glorious views from here. Back along the road to the start point. Around 9k.

Then say hello to the majestic Samaria tree on the way home

Rating: S - 4 - 4

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

Starting at TBJ (Telephone Box Junction) we'll walk up Bluff Spur track up to the summit of Stirling. We'll climb about 300m on wide ski trails. Hopefully we'll have brilliant views across to the Bluff, Cross Cut Saw and Mt Cobbler for lunch. Return will be via Timbertop hut, Wombat trail to the machinery shed then Upper Baldy track back down to TBJ.

Meet at Aldi car park at 8am

Rating: M - 4 - 3

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 November 22 SOUTH BUFFALO TRACK

This is my favourite walk on Mt Buffalo. It's 8 km return with snow gums, beautiful snow plains and magnificent granite boulders. 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. Views are amazing if it is fine. If the weather closes in, you'll be glad you brought your waterproof coat! (Even over the summer, be prepared for alpine conditions to change).

Rating: S - 3 - 4

Contact: Gill Sydes 0419 585 996

Sun November 26 SAMARIA FOREST WALK

A stroll through the Samaria Bushland Reserve at Samaria. Not part of the Mt Samaria park. A couple of hundred acres that I don't believe the Club has ever been to. A bit of roughish country with minimal tracks or access.

Come along for a bush-bashing day of adventure.

Rating: S - 3 - 3

Contact: Brian Watson 0407 300 922

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

Sun Dec 10

CHICK HILL - WARBY RANGES

Chick Hill walk linking up with Ridge Track. Views of Glenrowan and surrounds from Morgan's Lookout. Distance 10 Km. Suggest bring Poles. Moderate fitness levels.

Meet Barkly St 8.45am for 9.00am departure.

Rating: S - 4 - 3

Contact: James Flynn 0413 945 671

Sat/Sun December 16-17

MT. BOGONG ADVENTURE

I intend to walk to the summit of Mt Bogong on this weekend. Will finalise details later on.

Rating: M - 4 - 4

Contact: Helen Nicholas 0428 784 495

Fri/Sun Jan 5-7 2024

KID'S OVERNIGHT HIKE

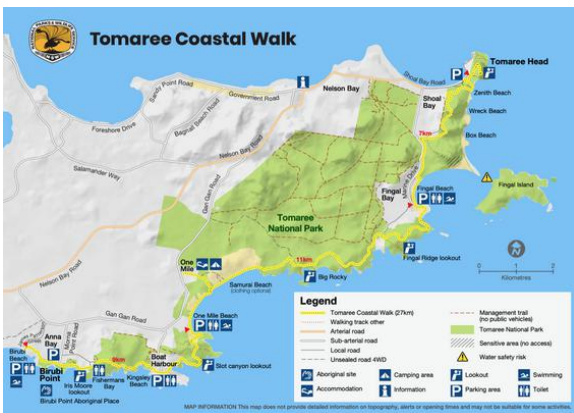
Fitzgerald's Hut (on the Bogong High Plains) is about five km from Watchbed Creek on the Big River Fire Trail. The gradient is fairly flat. There are grassy tent sites at the hut, trees to climb, wildflowers and possibly marshmallows cooked on a campfire. We may walk to Kelly's Hut or along the aqueduct. This walk is an easy overnight hike - camping for two nights makes it suitable for all ages! Please carry your First Aid kit and clothing for the alpine area.

Rating: S - 3 - 3

Contact: Gill Sydes 0419 585 996



Forward Planning



Tomaree Coastal Walk - Port Stephens Sat/Fri May 18-24 2024

A spectacular coastal walk in the Tomaree National Park with stunning views and beautiful natural surroundings from Tomaree Head to Birubi Point. The walk is 27km over three days.. however, it is very suitable to walk shorter sections.

One of the highlights of the Tomaree Coastal Walk is the 360 degree panoramic view from the Tomaree Head Summit.

The walk follows through lush bushland and along some of the beaches.

Port Stephens is two and a half hours north of Sydney. Participants would need to book their own accommodation. Local Caravan Parks include - Shoal Bay, Fingal Bay, Little Beach, One Mile Beach.

Extra activities could be a visit to the Koala Sanctuary, Hunter Region Botanic Gardens or even Camel riding, Stockton Beach.

nationalparks.nsw.gov.au for more information.

Contact: Gill Sydes 0419 585 996

Federation Walks Weekend 2024

The date and location for next years Federation Walks has been set. The weekend will be held at Wilsons Promontory on the 11th to the 13th of November 2024. The event is celebrating 90 years of Federation Walks and the organisers are hoping for a massive turnout of walkers.

For those who don't know, the Prom has a great number of spectacular and iconic walks of all levels and those attending are assured of a great time. So put a note in your diaries.

Further details and walks program will be available towards the middle of next year.

Here is the recipe for one of the many delights that seem to turn up unbidden at the end of some walks. Strange that!

White Choc Chip Cookies

125 g butter, softened
1/2 cup brown sugar
1/3 cup caster sugar
1 egg
1 tsp vanilla
1 ½ cups self-raising flour
1/2 cup desiccated coconut
100 g white choc baking chips

1. Cream together butter and sugars. Mix in egg and vanilla. Add flour and coconut and baking chips – mix well.
2. Place tablespoon of dough onto greased cookie sheet. Press down on the mixture – I use a flat-bottomed glass and dip in sugar between presses to prevent dough sticking.
3. Bake in a moderately slow oven 160°C for 12-15 minutes or until cooked. Cool on wire rack.

Aussie trucker and the emu

The waitress asks them for their orders.

The truckie says, “A hamburger, chips and a Coke,” then turns to the emu to ask, “What’s yours?”

“Sounds great, I’ll have the same,” says the emu.

A short time later, the waitress returns with the order. “That will be \$10.40 please.”

The truckie reaches into his pocket, pulls out the exact change, and pays.

The next day, the man and the emu come again and he says, “A hamburger, chips and a Coke.” The emu says, “Sounds great, I’ll have the same.”

Again the truckie reaches into his pocket and pays with the exact change.

This becomes routine until one day when the waitress asks, “The usual?”

“No, it’s Friday night, so I’ll have a steak, baked potato and a salad,” says the man.

“Same for me,” says the emu.

The waitress brings the order and says, “That will be \$32.62.”

Once again the man pulls the exact change from his pocket and places it on the table.

The waitress cannot hold back her curiosity any longer. “Excuse me mate, but how do you manage to pull the exact change from your pocket every time?”

“Well,” says the truckie, “a few years ago, I was cleaning out the back shed, and I found an old lamp. When I cleaned it, a genie appeared and offered me two wishes. My first wish was that if I ever had to pay for anything, I would just put my hand in my pocket and the right amount of money would always be there.”

“That’s brilliant,” says the waitress. “Most people would ask for a million dollars or something, but you’ll always be as rich as you want, for as long as you live!”

“That’s right. Whether it’s a gallon of milk or a Rolls Royce, the exact money is always there,” says the man.

Still curious, the waitress asks, “So what’s with the bloody emu?”

The truckie pauses, sighs and answers, “My second wish was for a tall bird with long legs who agrees with everything I say.”

Walk Reports



Midweek Walk - Loggers Lane September 13

The midweek walk started from Warby Ranges Mt Ryan car park and quickly went uphill as a hardy group of 5 walkers ventured up the steepish, challenging Loggers Lane track, pausing to admire the amazing examples of Grass Trees. We discovered clumps of pretty wildflowers and bright yellow Wattles, endemic to the area. At the fork in the track, we turned onto Taylors Walk, merged with Friends Track and arrived at Wenham's Camp in time for lunch at the popular picnic spot. Other walkers were here enjoying the warm sunny conditions. The return walk, via different bush



tracks, took us back to Ryan's Lookout carpark in time for afternoon tea. The walk totalled 9.5kms. Thanks to John for a lovely walk in our favourite stamping ground.

Bev Thornell



Mt Samaria walk Sat September 23

Perfect conditions for the Mt Samaria Spring Creek Sawmill Walk - glorious weather.

Our group of 9 bush walkers learnt about Mr McClelland's 1923 timber mill. Old tramtracks, controlled breaking stations and old foundations lie amongst Messmate and Peppermint forests.

In 1924 the drying kilns were built for flooring timber in Melbourne. Timber processed at Mt Samaria was transferred to Tatong railway station.

The walk is of significance in Victoria.

Passionfruit cupcakes, biscuits and date loaf after our 11km walk.

Helen Nicholas

Moonlight Track - Warby Ranges National Park Wed October 11

John was our leader as the gang of 7 took on the Moonlight Track on a sunny spring Wednesday. The walk started along the Ridge Track before we made a right hand turn down the Casuarina Track until it ran out and we had a little bit of off track (goat' track) to find Moonlight Track located on the boundary of the winery. Morning tea was taken next to a waterfall before we started the UP bit. While there were a couple of steep section we all took our time stopping to take in the views back across the valley. It wasn't long and we were on the Ridge Track and on our way to Mt Glenrowan for our lunch stop and the challenge of naming the distant mountain peaks. It was then a straight forward walk back along the Ridge Track to the cars and then into the park at Glenrowan for afternoon tea.

Thanks to John for leading a great walk in the wonderful Warby's.

Gary Mac



Rocky Ned & Rocky Ned Falls Sat Oct 28



Jean's Strathbogie Walks are always interesting but challenging and this described Sunday's 9 km Circuit Walk in the Strathbogie Forest.

Three cars, with 12 walkers on board, met at the Police Track/Mt. Albert Track intersection, donned walking poles and then began tackling the steep ups and downs of the road to Rocky Ned. Two new walkers, from the Euroa/Strathbogie Region, were part of our group and they proved their fitness! Thankfully, the weather wasn't wet as predicted, but misty, which meant the wonderful view from the Lookout across the valley to Whites Rock, was obscured by the ghostly mist.

After morning tea beside the lookout, we resumed the walk on towards Rocky Ned Falls, which was the perfect lunch spot to drink in the views and listen to the pretty waterfall gushing over the rocks. The Creek journeys on down the steep forested slope in a series of little rapids and falls. A few agile members of the group sprang across the rocks to view Rocky Ned Falls from the opposite bank.

Our return route followed the usual pattern of ups and downs, but there were pauses along the way as wildflowers were spotted and photographed. The Tree Ferns in shaded gullies were equally beautiful. A few fallen trees across the track provided extra challenges, as did the deep furrows in the tracks, gouged out by those pesky trail bikes. We all managed safe return to the cars, to tuck into a very welcome afternoon tea (thanks to our keen cooks). What a way to finish a splendid day out in the Strathbogie Forest!



Thank you, Jean, our Leader/Navigator.

Bev. Thornell.

General Meeting Guest Speaker Reports

September

At the general meeting Tuesday September 5th, the guest speaker was Councillor Danny Claridge from Benalla Rural City Council. The topic of the talk was Recycling.

In 2017 Councillor Claridge became the council's representative on North East Waste Resource Recovery Group.

He explained how the term Recycling has moved on to encompass a Circular Economy. He explained how previously the procedure was to produce, use and then discard, while a circular economy involves sharing, leasing, reuse, refurbish and recycle.

Manufacturers purposely make products with a short lifespan in order to sell more products. The 1924 Probus Cartel is an example where light globes were produced which would not need replacing for many years. The meeting of manufacturers decreed that light globes must be produced with a shorter life and failure to do so would result in fines.

We park our vehicles 92% of the time and a better way may be to rent an autonomous vehicle for only the time needed to use it. If Toyota were to lease a vehicle they would provide a more reliable product.

Benalla green waste goes to Shepparton and as Wangaratta has a new facility future waste may be sent there.

There was discussion about the proposed purple bins for glass products. Councillor Claridge said there is a large cost to council to provide bins with no assurance they will be used correctly. If glass is then placed in the yellow bin it will be contaminated and become landfill. His suggestion is to have glass drop off points. Something Benalla residents can be proud of is learning that we have near zero contamination in waste collection.

A most informative talk from Councillor Claridge.

James Flynn.

October

Guest speaker for the October meeting was Kevin Donnelly who related many interesting times from his life.

Born at Tenterfield NSW Kevin would visit his grandfather at his shop next door to that of saddler George Woolnough. Asked why he always visited Mr Woolnough's shop first he replied "Mr Woolnough has a lolly jar"

Because of his fathers work, the family moved to Scone then Cowra , where he attended primary school which was also attended by 27 aboriginal children from a local camp.

Kevin attended college at Bathurst and left school at 15 years of age.

At 15 he worked with drovers moving, at first, 750 cattle from Texas to Bogabilla. Rail trucks were used for soldier travel so the cattle were moved on with an additional 760 head. Following mile wide stock routes it took 8 months to reach Wodonga.

We learned about A Wagonette, crossing rivers, Horses, Dogs, a Cook, Riders and how cattle can smell water from 8 miles. They had to be separated into smaller groups to avoid rushing the water and the front cattle drowning.

Kevin's dad had moved to Albury and he lived there, taking up Rodeo riding.

Leaving home in cricket clothes he would change into riding gear and thus protect his mother from worrying. Kevin spent more than 2 years Bull and Horse riding at Rodeos.,

He competed at various rodeos including Lang Lang, Euroa, and Chiltern .

Working in the Stock and Station industry he found himself at Benalla working, playing Football, Golf and Cricket. Met his future wife Fay at Golf and was pleased to have been part of the Cricket team which beat that of Ted Cleary and Sherwill.

Kevin's daughter insisted he stop riding Horses at 85 years of age, although if he visits a farm and finds a horse he still loves to go for a ride.

Kevin has loved his working life, even when weighing Cattle in the rain at 3am, and thinks all 17 year olds should go to the bush and spend a year learning the crafts.

A most informative talk and Kevin was surprised that a club with so many members is so poorly attended at our general meetings.

James Flynn.

Cooling Down Stretches

The following stretches are recommended to loosen muscles after hiking.



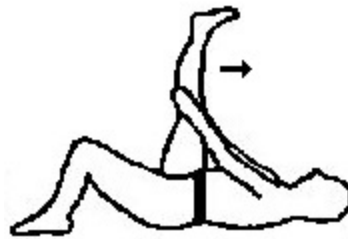
Shoulder Stretch



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"/>
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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