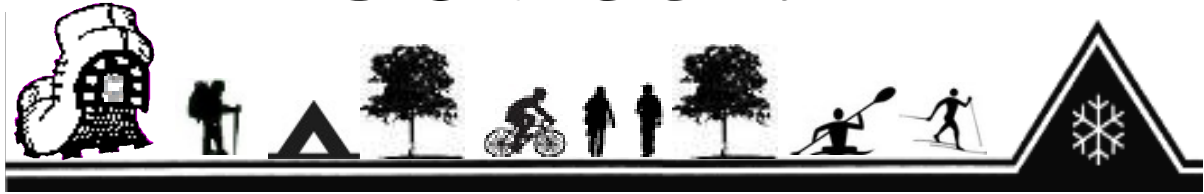


GO BUSH

JANUARY 2016



BENDIGO BUSHWALKING AND OUTDOOR CLUB INC

Welcome back for 2016. Our first gathering this Tuesday nite will be a BBQ at the White Hills Botanical Gardens. See details in this newsletter.

Several Club members will be doing the First Aid Course, appropriate for outdoor activities, viz: Wilderness First Aid, on the weekend of February 20 & 21. They will get an up to date First Aid Certificate, lasting 3 years. This will result in better safety on our outdoor activities. If you wish to participate, there are still places available. Contact Wilderness First Aid Consultants – 0427-718-714 info@wfac.com.au, or give Kerrie Norris a call - 0488 297 532.

Have you explored our DropBox site, where there are Trip Photos, the latest Activities Calendar, Reports, etc. If not go to the link <http://tinyurl.com/ou89w4m> and have a look. There's also the newsletters from the Benalla and Echuca/Moama Bushwalking Clubs.

Check out our continually improving website at <http://gobush.org.au>.

If you are gearing up for 2016, don't forget to get your shopping discounts at Aussie Disposals and Mountain Designs.

Check out the upcoming Activities in the back of this newsletter. Hopefully, there will be something there for you.

I hope to see you at White Hills on Tuesday.

Leigh Callinan

BENDIGO BUSHWALKING AND OUTDOOR CLUB INC

P.O. Box 989, Bendigo, 3552
Reg No. A0051482V

Meetings - 4th Tuesday every month [except Dec]
Presbyterian Church Hall, Forest Street
Meetings start at 7:30 pm sharp.

Web address: <http://gobush.org.au/>

The BBOC is affiliated with



COMMITTEE MEMBERS 15/16

President	Leigh Callinan	03 5442 3675
Vice President	Kerry Cramer	03 5441 4422
Secretary	Chris Franks	03 5439 3549
Treasurer	John Lindner	03 5448 3406
Coordinator	Peter Pemberton	04 2886 9196
Equipment Officer	Chris Franks	03 5439 3549
Web Master	Peter Pemberton	04 2886 9196
General Committee	Kerrie Norris	03 5447 8017
General Committee	Roland Cauka	04 0202 4096
General Committee	Leisje Wilson	03 5441 6118

The statements and opinions expressed herein are those of the Editor and individual authors. They do not necessarily represent the views of the Bendigo Bushwalking and Outdoor Club Inc.

Club Meetings:

Meetings are at 7.15 for a prompt 7.30 pm start on the 4th Tuesday of every month (except December) now in the Presbyterian Church Hall, 35-41 Forest Street, Bendigo.

There is an annual calendar of speakers, presenters, and activities. Visitors are always welcome.



Monthly Meeting Activity

- January 19th **Club Meeting** - White Hills Botanical Gardens – 6pm BBQ . BYO food, something to sit on, and something to share.
- February 23 **Club Meeting** – It is more than 100 years since almost 39,300 horses were sent to the Middle East during the Palestine Campaigns of World War One, but what did happen to all of these horses after the war? Member Susan McMinn will talk on the facts and fiction of this story.
- March 22 **Club Meeting** – TBA
- April 26 **Club Meeting** – TBA

Membership fees are now overdue if you have yet to pay.

Fees are \$60 for a family and \$40 for single members. A Membership Form can be found on the website at www.gobush.org.au. Remember you must sign the Acknowledgment of Risk at the bottom of the membership application otherwise you are not covered by the Club insurance.

Welcome to new members and visitors

Bits and Pieces

Bushwalking News Victoria

The most recent edition the Bushwalking Victoria Newsletter can be found here.

<http://www.bushwalkingvictoria.org.au/newsletter-archive.html>



Club Calendar

A glance at the Calendar will reveal that there is very little in the way of day walk activities available to members in the next few months. Please give some thought to walks that you might lead so as to keep the Club viable and strong.

If you need an idea for a good walk, there are plenty of walk description books available.

Please contact Peter Pemberton, Acting Trip Coordinator for ideas, additions or alterations to the activities calendar – 0428869196 or email ppemberton@bigpond.com

It is now Club policy that, if possible, the weekend after each General Meeting is reserved for a day walk [either the Saturday or Sunday], or some other E/M day activity.

Club Meeting – Tuesday January 19th

The date has been changed because our normal Tuesday would be Australia Day.

Where – White Hills Botanical Gardens

When – 6pm

What – A BBQ, what else.

What else? – BYO food, something to sit on be it chair, rug, whatever, plus something to share. Contact any Committee member for further details.



Wilderness First Aid Course – Sat 20th and Sun 21st February 2016

Host: Bendigo Bushwalking and Outdoor Club Inc.

Provider: *Wilderness First Aid Consultants*

Participants will achieve nationally recognised **HLTAID003** - base level first aid (previously known as Senior or Workplace II First Aid).

Considering that a lot of our bushwalking and outdoor pursuits are done in remote locations, the material covered will be presented from the perspective and level of Basic Wilderness First aid.

Planning for safety is the responsibility of all participants in Club activities. Even as day walkers we need to look ahead for possible adverse risks. First aid courses are useful not just for learning the principle of first (on the scene) treatment of injuries, but also for developing a risk minimisation and management mindset. "Prevention is better than cure!"

The course will cover topics such as: Patient assessment, Shock, Spinal management, Abdominal + Head injuries/illnesses, Anaphylaxis, Hyper + hypothermia, Fractures/dislocation, Wilderness wound care and first aid kits, Snake bite, CPR and more.

Location + Time: Bendigo East Public Hall, Lansell St, Bendigo East (next to swimming pool). 0800 – 1700hrs both days. Wear comfortable protective clothing suitable for indoor and outdoor experiential learning (rain, hail or shine). Refreshments provided.

Cost: BBOC members \$110 (+ Club subsidy \$45 + Bushwalking Vic \$25)

Payment: Bendigo Bushwalking and Outdoor Club Treasurer John Lindner, PO Box 989, Bendigo 3552. (don't forget to include mention of First Aid course and your name with cash or cheque given to Treasurer or forwarded to BBOC postal address)

Enrolment: You can enrol prior to the course going online with *Wilderness First aid Consultants* or for further queries please contact Kerrie Norris 0488 297 532

You never know when you may need it! Don't miss out on this great deal for BBOC members. Confirm your enrolment now as places are limited and the course will be open to other clubs and public before the end of 2015.



Trip Reports

Glenelg River Paddling – October 28th to November 1st

The lower Glenelg runs from Dartmore to the sea just beyond Nelson. It is impracticable to canoe above Pines landing, our chosen put in point, but from there we had 56 Km of the most tranquil and picturesque waterway you could find. Canoeing along this river is the ultimate way to experience the Lower Glenelg National Park.



Above - Our put in point "Pines Landing", 56km from Nelson .
Below - Boats tied up at Wild Dog Bend



Greg and Robyn cruising
Phil and John doing it hard



Kerry and Janet examine one of the many caves in cliffs along the river

Highlights of the trip included the limestone formations in the Princess Margaret Rose Caves, the waterside fishing huts along the S.A section, and the rain storm as we pulled into Nelson – it could have waited another half hour.

For the full story, you will have to come to the slide show at a forthcoming meeting.

Thanks to my paddling partner Rechelle, Greg and Robyn, Helen and Mark, David and Roland, Janet and Kerrie, Phil and John, and last but not least, Steve.

Garry

Activities . . . January and beyond

Lyonville to Trentham Circuit Walk – Sunday 31 January 2016.

For the first Day Walk in 2016, I am offering an easy bushwalk along forest roads and the Domino Rail Trail, close to the headwaters of the Coliban River on the Great Dividing Range.

Walk Description. This is an easy 12km circuit walk on well-formed tracks.

What to Bring. Wear comfortable shoes or boots and carry at least one litre of water. Refer to page 16 of walksafe for a list of what should be in your pack together with the contents of your personal first aid kit which you should also carry. Bring food for morning tea and lunch, as well as any nibbles that you may need.

Highlights. Walk on forest tracks through a Special Protection Zone for the Powerful Owl in the Wombat Forest returning along a rail trail on a disused railway line which opened in 1880 and closed in 1978. Visit the hamlet of Lyonville and the Trentham Railway Station and enjoy lunch overlooking Trentham Lake.

Meet. Club's Meeting Hall in Forest Street at 9am on Sunday 31 January. K Flat members can be met or picked up on request.

Fuel Share. The return distance by car is 189km which is in Zone 2 and hence \$20 per passenger.

Leader. Bob Jones. Mobile 0458012934. Ring me if you have any questions.

Reference. Walk 16 in Federation Walks 2015.

Murray River Canoe Tour – Speewah Ferry to Tooleybuc – Friday 11 to Monday 14 March

Outline

Start at the Speewah Ferry and canoe downstream for 35 miles/56 k to Tooleybuc Bridge

One night at the start and 2 more nights camping out on the river

We will camp out on 2 hairpin bends with excellent access, sandbars and furniture at one

Itinerary

- Friday 11 Bendigo to Kerang via Loddon Valley Highway and on to Swan Hill.
From Beverford (14 k north of Swan Hill), a short distance out to Speewah on the Murray River.
About 200 k. Camp on the river, and unload all gear.
- Saturday 12 Take all cars, trailers etc into Tooleybuc.
Meet Bev Porteous, long time member of the old Alpine Club and now resident at Tooleybuc.
Leave cars in Tooleybuc. Bev will take the drivers back to Speewah.
Canoe Speewah Ferry to Gallows Bend (14 miles = 23 k)
- Sunday 9 Gallows Bend to bend near Bev's place (10 miles = 16 k)
Visit Bev at "Ring Tree"
- Monday 10 Bend near Bev's place to Tooleybuc Bridge (11 miles = 18 k)
Return to Bendigo
- John Lindner 5448 3406
-

The deadline for the next edition will be Wednesday
February 17th

Please forward Trip Reports and interesting articles to Garry at
garrybrannan@gmail.com 04 5087 9917

The Editor reserves the right to edit contributions where space,
clarity or propriety dictate, and to maintain editorial consistency.



BBOC ACTIVITIES CALENDAR

DATE	DESCRIPTION	RATING	COMMENTS	CONTACT
January				
Tuesday 19 (note date change)	Club Meeting - White Hills Botanical Gardens – 6pm		BYO BBQ, chair, and something to share.	Any Committee member
30 Jan to 5 Feb	Extended alpine trek: Mount Cook National Park, NZ.	Easy	Six days, spanning seven; no previous rope experience required.	Keith Longridge 0417 151 591
31 January.	12km circuit walk on forest roads and the Domino Trail in the Wombat Forest.	Easy DW	Lyonville to Trentham Circuit walk. Total uphill 150m and short hills to 10% on well-formed tracks.	Bob Jones 0458012934.
Jan 31st	Day Walk Leader wanted			
February				
February 12th onwards – one or possibly two weeks	Three Peaks in Lake St Clair NP, combines paddling, pack carry & day walks. Limit 4/5 only & subject to discretion of leader.	Hard	Paddle the length of Lake St Clair, climb Mt Ida, Mt Geryon, and Mt Olympus. Other options. The trip is weather dependent & limited to experienced & versatile.	Ray Wilson 54478862
Sat 20th and Sunday 21st	Wilderness First Aid Course – Participants will achieve nationally recognised HLTAID003		Bendigo East Public Hall, Lansell St, Bendigo East . 0800 – 1700hrs both days. Refreshments provided.	Kerry Norris 03 5447 8017
Tuesday 23th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.			
28th or 29th	Day Walk – Leader wanted	E		
March				
Fri 11 to Mon 14 March - Labour Day long weekend	Murray River Canoe touring, Speewah Ferry near Swan Hill to Tooleybuc Bridge	E	Flat water paddling with current, 56 k, two nights camping on the river bank. Full details & map from John on request.	John Lindner, 5448 3406
Tuesday 22th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.			
26th - 28th	Explore the volcanoes of the Western District – The Mt Eccles, Mt Napier and Byaduck Caves area is a preserved living history of volcanic activity in Victoria.	Easy. Base Camp	Although the walks are quite short in length, [about 12km each] they give an interesting insight into the area, as well as an opportunity to view the abundant wildlife that frequent Lake Surprise.	Contact Buzza on 0438437680 ASAP as he has to book campsites.
April				
Tuesday 22th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.			
Sat 30th April	Daylesford 'The Three Lost Children' Walk	E DW	Includes a visit to Tasman House (1851)	Ray Wilson 54478862
10th July to 23rd July (plus travelling)	Whitsundays Paddling. Shute Harbour > Hamilton Island > Whitsunday Island > Hook Island	Hard	Two weeks of sea, sun, surf, snorkeling, and sand.	Garry Brannan 0450 879 917
12th – 23rd August (TBC)	Vulkathunha – Gammon Ranges NP, South Australia. Wilderness overnight.	Hard	Please indicate intentions soon so dates can be confirmed. May spend a couple nights at Grindells hut if available.	Peter Pemberton 0428 869 19