

# Go Bush



Bendigo Bushwalking and Outdoor Club Inc. July 2024



Walkers having a break at Barbara's Rest memorial seat enroute to Garfield Waterwheel

## President's Report

The Club would like to thank Adele who has been doing a great job with the newsletter but unfortunately, she has had to resign for personal reasons. Donna and I will work on the July and August newsletters to keep information flowing to you all.

The June Club night was our Activity Planning night and a great variety of walks have been added to the Calendar including a Base Camp at Mutawintji National Park (northeast of Broken Hill) in September. Gayle is continuing her Sunday morning walks at Spring Gully and One Tree Hill, although it's worth noting that Nola's Lightning Hill Walk will not happening in August and Ian is conducting an overnight pack carry walk to Mt Feathertop in late November.

The Club has another internationally flavoured photo presentation at the monthly Club meeting on Tuesday the 27<sup>th</sup> of July. Former president Kerry Cramer undertook this walking and touring adventure a couple of years ago and is going to share his experiences of the trip. Come along for a great night.

**Memberships are due now. If you haven't yet renewed, do so today to keep the club vibrant.**

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## Upcoming Activities

### **Crusoe Reservoir Walks Sunday 7<sup>th</sup> July**

A combination of walks and choices. At 9.00am - Easy - 7kms – 2 hours Big Hill Walk – At 11.00am – Medium - 7-8kms – 2 ½ hrs approx., Leader Gayle C – Many conversations from different people that have done the previous evening Crusoe Walks led me to offer the above walks. Walkers can do the Crusoe only walk, or the second walk or both as the leader is doing. Ring or text Gayle 0419 332 659.

### **Lightning Hill Eaglehawk Wednesday 10<sup>th</sup> July 1.5 to 2 hour Walk**

Another excellent midweek offering from Nola starting at the Kids playground at Lake Neangar at 9.30am for a two-hour 7km walk in the bush surrounding Lightning Hill in Whipstick National Park. Ring or Text Nola 0419 334 673

### **Mt Terrick Day Walk Sunday 14<sup>th</sup> July**

This walk is a replication of an activity that the Club undertook last year and takes us to Mt Terrick and the massive granite outcrops further to the north. Native cypress is the predominant species and on the open plains, kangaroo and emu are often seen. The circuit is about 12km and has an Easy/Medium rating. Meet at the Clubrooms in Forrest Street at 8.30am. Text or ring Hans 0400 049 891.



### **Bendigo Bushwalking and Outdoor Club monthly Meeting**

Tuesday 23rd July 7.30pm in Forest Street at the hall

**Corsica Photo Presentation with Kerry Cramer**

Come along for a friendly chat and a cuppa

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## **Beginners Snow Camp Thursday 25 July to Sunday 28 July**



Lake Catani Mt Buffalo. Base camp on snow (hopefully) with day trips to suit participants and conditions. This is the opportunity for all those who are convinced that camping in the snow is a short cut to a miserable combination of frostbite, hypothermia, and a premature exit from the living (but secretly would like to try it!) Lake Catani is the ideal place to try snow camping - it has a toilet and a picnic shelter with two open fires (and even a gas barbecue!) It's also free! Ring or Text Andrew 0418 135 934

## **One Tree Hill Sunday August 4th**

A two-hour walk, graded medium as there are some steep inclines up to One Tree Hill. Distance approximately 7-8km. Meet at 8.50am in the Spring Gully Hall carpark for a 9.00am start. Coffee afterwards at the Store if interested. Please SMS Gayle on 0419 332 659.



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If you're new to bushwalking with a group, or simply appreciate the reminder, here's a list of 'Ten Commandments' that we all should follow: by Eileen Clark Border Bushwalking Club

1. **DON'T BE LATE** Make sure you turn up at the appointed meeting place on time so that the others aren't waiting. A late start can mean a late finish which is no fun if you forgot to pack your head torch and have to stumble around in the dark on the way back to the cars.
2. **BE READY TO GO** Just because you arrived well before the appointed time, doesn't mean you should then proceed to hold everyone up while you eat breakfast, change your clothes or Facebook all your friends to let them know you are about to embark on the adventure of a
3. **DOUBLE CHECK YOU HAVE EVERYTHING** You don't want to have to admit to the Leader when you stop for lunch that you left yours sitting on the bench at home, or that you forgot your water bottle; or be asking to borrow someone's tea bag, or their toilet paper, or if anyone has a spare pair of gloves or a rain jacket, or ...
4. **MAKE SURE YOU'RE UP TO IT** Don't kid yourself (and the Leader) that sure, you can manage a five-day pack walk in the mountains, after all you have been walking around the block every night after. Check the walk grading, look at a topographical map of where the walk is being held (that's the map with all the little lines on it), and if you're not sure ask. Don't ruin everyone else's trip just because you have a big ego.
5. **LEAVE A MARKER** When nature calls and you have to duck into the bushes for a quick whizz, let someone know and make sure you leave your pack on the track so that when the Leader sends out a search party because you've slipped on a rock and are now lying unconscious in the undergrowth they'll know where to start
6. **RIGHT OF WAY** Don't forget that the walkers grunting and gasping up the mountainside have the right of way over the walkers cheerfully strolling down the mountain. It's always polite to step off the track to let the poor buggers get by if there isn't a lot of room. (You might even offer them a hand up).
7. **INTERSECTIONS** These can cause a lot of confusion and heartache, especially if you head off in the wrong direction. If you get there before everyone else because all those evening walks around the block have made you super-fit and you're out to prove that you can manage even if you are carrying a 30kg pack, STOP! The accepted code of conduct is to WAIT until everyone in the group has arrived (including the Leader) before
8. **FIVE MINUTES 'TIL BLAST OFF!** According to some, the most important aspect of bushwalking etiquette is the five-minute warning. You've stopped somewhere on the track for morning tea and you're wondering... Do I have time to set up the stove and boil the billy for a cuppa, can I unroll my mat and have a little lie down and catch up on my emails, is there enough time to walk up to that ridge behind us and take a few panoramic photos? A good Leader will establish the length of the break and provide a five-minute warning before the walk is due to
9. **SILENCE IS GOLDEN** Sometimes it's rather nice to walk without a constant chatter happening around. Sometimes we like to appreciate the silence of wild places; to listen to the lyrebirds showing off their repertoire of bird calls; to hear the wind rustling through the leaves of the mountain ash; to hear the soft patter of rain on our jacket hood. So don't forget to take a deep breath and let the stillness embrace you, rather than filling every second with your scintillating insights.
10. **APPLAUD THE LEADER** At the end of the walk it's quite alright to give the Leader a standing ovation, a slap on the back, a warm handshake or help them unload their pack; better still shout them a coffee and cake on the way home to show your gratitude for organising the whole experience and getting you and your 30 kg pack home safe and sound.

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## Membership

Fees are \$60 for a family and \$40 for single members. Payable each financial year.

A Membership Form can be found on the website at [www.gobush.org.au](http://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.

You are welcome to try a trip or two at the nominal cost of \$2 per trip.

## Membership Benefits

Insurance coverage on member's trips.

Your Bushwalking Victoria membership card enables you to obtain discounts at a number of retailers. Note that Bushwalking Victoria membership cards need to be presented prior to processing of sale.

<http://bushwalkingvictoria.org.au/bwv-membership-card-benefits/bwv-membership-card-benefits>

Note: RRP = Regular Retail Price-does not include sale or consignment items or hire gear.

## Reminder to Walk Leaders

Under our insurance policy organised through Bushwalking Australia, it is required that we obtain the name & address of any temporary members who come on walks and that they sign an Acknowledgement of Risk Form before participating in an activity. These details should be collected by the walk leader via the appropriate form, together with the fee, and passed on to the treasurer.

**Any serious incident** occurring on a walk must be reported to the leader and the committee to enable the correct procedure to be followed.

**All Activity Leaders** are reminded that they need to have forms on hand for activities – Activity Registration Form, Incident Forms, Emergency Forms. Completed forms are to be sent to the secretary either with a scan to the Club's address or a photo/scan to 0466 004 610.

**Notice to Members and Visitors:** Members and Visitors (temporary members) should always have their personal emergency information on their person for all activities – Participant's Emergency Contact and Medical Form.

**Members and Visitors** should note they are responsible to inform any person taking photos, or the Activity Leader, if they do not wish to be included in photos that can be used for club purposes.

Buzza is doing the newsletter and so any email content must be sent to [enquiries@gobush.org.au](mailto:enquiries@gobush.org.au) by the 3<sup>rd</sup> Tuesday, 7 days prior the Club Meeting to meet the newsletter deadline

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## BENDIGO BUSHWALKING AND OUTDOOR CLUB INCORPORATED MEMBERSHIP RENEWAL FORM

New and renewing members alike MUST sign the Acknowledgment of Risk. Membership fees are due from the first of July. Adults \$40, Family \$60. Payment as follows: • Post a cheque together with this form to The Treasurer, Bendigo Bushwalking and Outdoor Club, PO Box 989, Bendigo 3552 • Bring cheque or cash to the monthly meeting: 4th Tuesday of the month, 730 pm, Presbyterian Church Hall, Forest Street • or pay by Direct Debit BSB – 633000 Account No – 134109016 Reference – your name. Please notify the Treasurer and provide a signed Acknowledgment of Risk at the earliest opportunity. Please complete all the following sections

1. PERSONAL DETAILS Adults 1. \_\_\_\_\_ 2. \_\_\_\_\_  
Children 1. \_\_\_\_\_ 2. \_\_\_\_\_
2. Address \_\_\_\_\_  
\_\_\_\_\_ Postcode \_\_\_\_\_
3. 📞 Mobile \_\_\_\_\_ 📞 Home \_\_\_\_\_
4. Email \_\_\_\_\_
5. Next of Kin/Nominated person to contact in an emergency Name  
\_\_\_\_\_ 📞 \_\_\_\_\_
6. Address \_\_\_\_\_

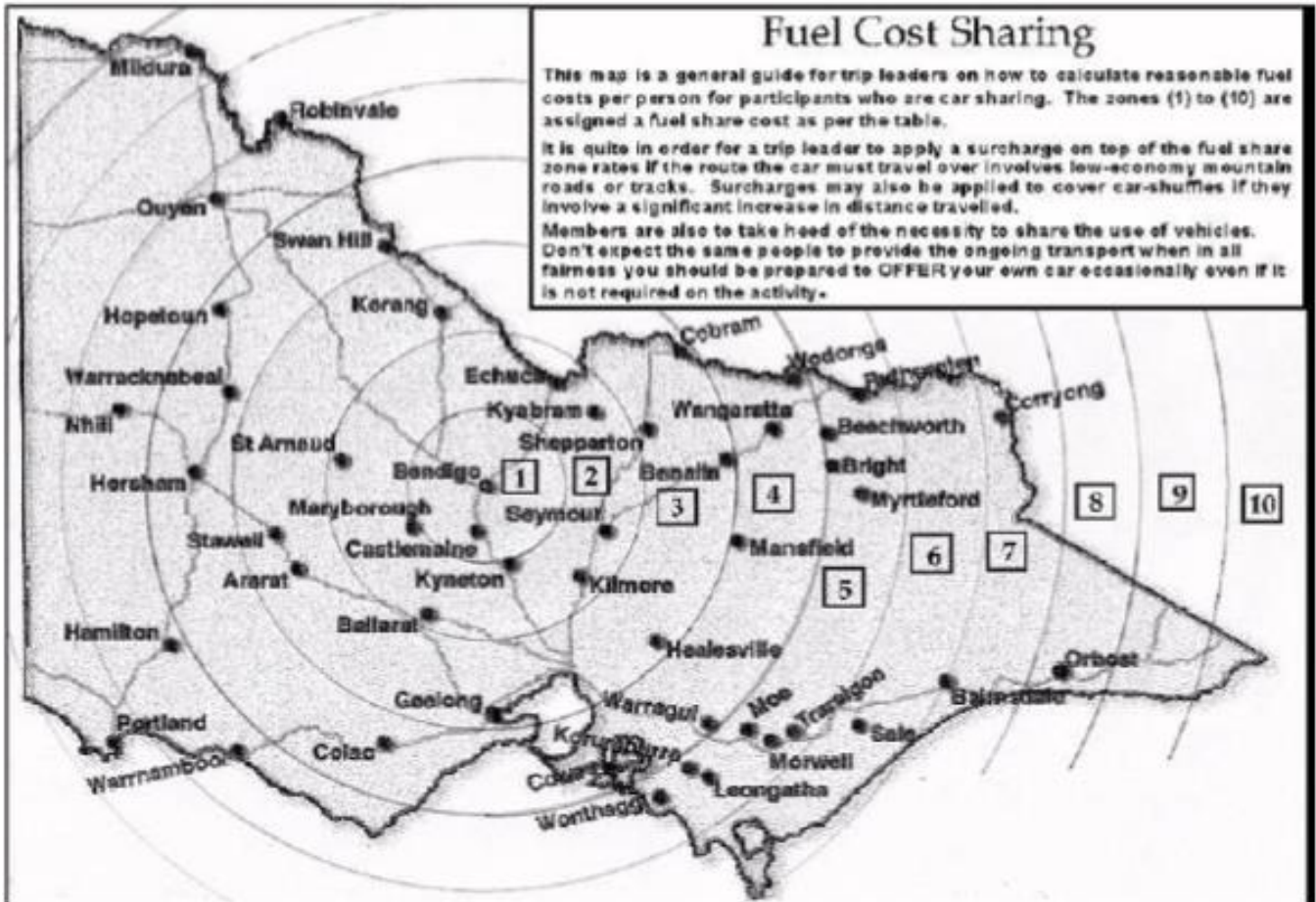
## ACKNOWLEDGMENT OF RISK AND OBLIGATIONS OF MEMBERS

This acknowledgment of risk applies to all club activities I may undertake as a member of the Bendigo Bushwalking and Outdoor Club Inc. In voluntarily participating in activities of the club which are described to me by the activity leaders, I am aware that my participation in the activities may expose me to hazards and risks that could lead to injury, illness or death, or to loss of or damage to my property, I also acknowledge that I may encounter weather conditions that could lead to hypothermia and being in locations where evacuation for medical treatment may take hours or days. In particular when participating in abseiling or above the snowline activities I am aware that these activities could expose me to additional hazards and risks described to me by the activity leader. To minimise risks I will endeavour to ensure that:

Each activity is within my capabilities. I am carrying food, water and equipment appropriate for the activity. In addition: I will advise 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. I will advise the leader of any concerns I am having. I will comply with all reasonable instructions of club officers and the activity leader. I have read and understand the above requirements. I have considered the risks before choosing to sign this acknowledgement of risk. I still wish to join the activities of the club. I acknowledge that I will take Responsibility for my own actions and that signing this form, or the payment of my subscription will be deemed as full acceptance and understanding of the above conditions,

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Name \_\_\_\_\_ Signed \_\_\_\_\_ Date \_\_\_\_\_



## Zone & Fuel Cost

**1** \$10-\$15 **2** \$30 **3** \$45 **4** \$60 **5** \$75 **6** \$90 **7** \$105 **8** \$120 **9** \$135 **10** \$150

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## PARTICIPANT'S EMERGENCY CONTACT & MEDICAL INFORMATION

This information is for emergency use only and is to be carried in your pack at all times in a sealed plastic envelope. It is your responsibility to update this information if there is a change in details.

Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

Telephone: Home: \_\_\_\_\_ Mobile: \_\_\_\_\_

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### Medical Information:

Medical Condition: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Current Medications: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Allergies: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Do you have current immunisation against: Tetanus Y/N    HepA Y/N    HepB Y/N

Medicare Number: \_\_\_\_\_

Private Health Insurance Fund (name): \_\_\_\_\_

Ambulance subscriber Y/N

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### Emergency Contact:

Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

\_\_\_\_\_ Post Code: \_\_\_\_\_

Telephone: Home \_\_\_\_\_ Mobile \_\_\_\_\_

Relationship: \_\_\_\_\_

Signed: \_\_\_\_\_ Date \_\_\_\_\_

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### Privacy Statement:

The information contained in this form is for emergency use only and will be used if you are ill or injured whilst participating in an activity of your bushwalking club. The information will only be accessed by the walk leader or their delegate and given to the relevant medical and/or emergency services personnel.

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## Bushwalking Calendar Gradings

Easy  
Easy / Medium  
Medium  
Medium / Hard

Gently undulating terrain, mostly on formed tracks.  
Gently undulating terrain with some short climbs  
Both on & off formed tracks with some sustained climbs.  
Medium walks but may also include rougher terrain, heavy scrub, rock scrambling, longer climbs & descents, or exposure to bad weather.

### Bendigo Bushwalking Club Committee 2023-2024

President	Graham Borrell	0438 437 680
Vice President	Hans Trackdorf	
Secretary	Donna Guille	0466 004 610
Treasurer	Greg Doubleday	
Committee Members	Ian Barry	
Peter O'Meara		
Trip Coordinator	Graham Borrell	0438 437 680
Webmasters	Donna Guille & Ian Barry	
Newsletter	Buzza	

**The Bendigo Bushwalking Club is looking for a new Secretary.**

We are grateful to Donna who has fulfilled the role for the past two years. Volunteers are the lifeblood of the Club. If you are a new or older member, talk to us about helping us out. The secretarial position involves attending a committee meeting each month on the Tuesday before the Club meeting and collecting mail for the club. Donna has Minutes and Agenda Templates and is available to help you with the job.

Feel free to contact Donna 0466 004 610 for details.

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## TRIP REPORTS

### Garfield Waterwheel Walk Chewton Sunday 23<sup>rd</sup> June

Despite the low overnight temperatures, eight keen walkers assembled at Lansell Plaza and after a slight delay while waiting for a couple of people who were ordering their pre walk coffee starter, we set forth convoy style to Chewton where we were welcomed by another three walkers. Despite scrambling through a fence at the start and starting on the incorrect track we were soon finding our way along a gully where the park rangers had included new signs. After getting distracted by the signage a new route to the Welsh Village was discovered where we had a fifteen-minute break in the sunshine. From here we made our way to Expedition Pass Reservoir where we crossed the causeway without too much fuss and almost circumnavigated the lake. Another break with views of the lake was curtailed because the shady position for our early pre-lunch stop was damn cold. We returned via Barbara's Rest on the Forest Creek Trail and through the mining era gorge and back to the cars, when we travelled to Blackbird café for a cuppa and cake. Thanks to everyone for coming along and not complaining (too much) about the leader.

### Hepburn Springs Day Walk Sunday 30<sup>th</sup> June



Sunday morning's forecast wasn't that promising but after gathering outside Rebel Sports in Kangaroo Flat, the convoy hit the road and reassembled at the Mineral Springs Mineral Reserve. After a pep talk from our illustrious leader Peter in the car park, the eighteen walkers set off through the bush to our first stop, Jacksons Lookout, where most of the group made it to the top to admire the views. Our next stop was Hunts Dam before returning via Argyle and Golden Springs and to the café for a cuppa, scones and cream. Thanks to Peter and Janet for organising the walk and the sixteen participants who came along.

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## MT TERRICK TERRICK WALK & THE MITIAMO STORE . SUNDAY JULY 14 , 2024 ( Report 1 )

We ended up with nine starters for Terrick Walk on Sunday, this year ( two more than last year !). Ian and Chris, Janet, Gayle, Glenis, Pam , Andrew, Hans and visitor Garry from Mooroopna. The first hill climb was onto the very top of Mt Terrick, a giant 197m ASL. Its not very far at all, from the carpark. The temperature was cool but the skies above clear and from here we obtained our first, all round 360 degree panorama. I wont detail our route thru the granite landscape and cypress pine forest , which is very open with virtually no under canopy. We stopped for an early lunch at the northern peak , Reigals Rock. Once again great views to the northern plains from here. We hiked back into and thru the Cypress forests before arriving back at our cars at around 2.30pm. The whole loop had taken us 4+ hrs.

### **THE MITIAMO GENERAL STORE**

From here we adjourned to the legendary Mitiamo store, which I wanted to say a bit about. Back when I was a kid , Mitiamo had a pub and a swimming pool and one hut summers day we ventured up there from Eaglehawk , to go yabbing. ( Gee. That words freaking out spellcheck ! Since then . No Need to worry the latest IT outage is freaking out the whole world! Theres not much up there now. The pub and the pool are gone. There's a grain silo ( waiting to be painted ) and the General Store.

Two years ago during the heavy Victorian rainfalls, the shop was flooded out. Its amicable host has since refurbished the Store, to now include, a rear outside courtyard, inside lounge with wood fire, gift shop and free book exchange out the front . The whole complex is an unexpected delight and its always worth a visit , if you're up that way. Hans



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## **SOME LESSONS FROM A PLEASANT DAY OUT AT MT TERRICK TERRICK ( FROM THE NAVIGATOR) Report 2.**

Sunday 14/7 saw nine walkers - Hans, Ian, Christine, Janet, Pam, Gayle, Glenys, Andrew and visitor Gary from Mooroopna - travel to Mt Terrick Terrick, about 70 km north of Bendigo. This is a little oasis of easy walking surrounded by flat farmland.

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Navigation here is pretty easy (you can't really get lost) but it still gives a good opportunity to see how well you can walk in a "straight" line while in a forest. Hans was supposed to be leading, but he kept delegating the navigation to me!

We headed north from Mt T T aiming for the ridge to the east of Reigels Rock (unnamed on the topo) and had lunch on top of what the map claims is the higher peak at 204 m. From here, the other peak ("202 m") certainly looked higher!

We then headed roughly southwest to Bennetts Rock (again unnamed on the topo, although it's surrounded by "Bennetts Rock Track") for another fine view, before making our way back to the cars through very pleasant open forest aiming to miss Mt Terrick Terrick to the south west, which was successfully achieved.

A visit to the Mitiamo shop for coffee and ice creams rounded off a very pleasant day, and a big thank you to Hans for leading.

**Lesson no 1: Two maps are often better than one, and  
Lesson no 2: Check scales, particularly altitudes!**  
Andrew

*NB: Andrew supplied the Vicmap 1:25000 topo diagrams, & gps recordings for comparison information which formulated the lessons learned and will be the topic of an upcoming club meeting (Editor).*



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## Bendigo Bushwalking Activities Calendar

Date	Description	Rating	Comments	Contact
<b>July</b>				
Sunday 7 <sup>th</sup>	Crusoe Reservoir Walk	Easy	9am-11am 7km	Gayle 0419 332 659
Sunday 7 <sup>th</sup>	Crusoe Reservoir Walk	Medium	11am to 1.30pm 7-8kms	Gayle 0419 332 659
Wednesday 10 <sup>th</sup>	Lightning Hill	Easy/Med	9.30 to 11am 7 km	Nola 0419 334 673
Sunday 14 <sup>th</sup>	Mt Terrick	Medium	Clubrooms @ 8.30am	Hans 0400 049 891
Thursday 25 <sup>th</sup> Sunday 28 <sup>th</sup>	Mt Buffalo	Medium	Beginners Snow Camp	Andrew 0418 135 934
<b>August</b>				
Sunday 4 <sup>th</sup>	Spring Gully	Easy/Med	9am-11am 7km	Gayle 0419 332 659
<b>Tues 27<sup>th</sup></b>	<b>Monthly Club Meeting</b>	<b>7.30pm</b>	<b>Presbyterian Church Hall</b>	<b>35-41 Forest St Bendigo</b>
<b>September</b>				
Sunday 1 <sup>st</sup>	Spring Gully	Easy/Med	9am to 11am 7km	Gayle 0419 332 659
Monday 2 <sup>nd</sup> to Thursday 5 <sup>th</sup>	Mutawintji Base Camp	Easy/Med	Day Walks	Greg 0427 710 498
Sunday 8 <sup>th</sup>				
Wednesday 11 <sup>th</sup>	Lightning Hill	Easy/Med	9.30 to 11am 7 km	Nola 0419 334 673
Sunday 15 <sup>th</sup>	Malmsbury	Easy/Med	11km Day Walk	Buzza 0438 437 680
Sunday 22 <sup>nd</sup>				
<b>Tuesday 24<sup>th</sup></b>	<b>AGM &amp; Club Meeting</b>	<b>7.30pm</b>	<b>Presbyterian Church Hall</b>	<b>35-41 Forest St Bendigo</b>



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## Bendigo Bushwalking Activities Calendar

Date	Description	Rating	Comments	Contact
<b>October</b>				
Wednesday 2nd	Crusoe Res 6pm	Easy	Twilight Walk 7km	Buzza 0438437680
Sunday 6th	Spring Gully	Easy/Med	9am-11am 7km	Gayle 0419 332 659
Wednesday 9th	Lightning Hill	Easy/Med	9.30am – 11.30am 7 km	Nola 0419 334 673
Saturday 12 <sup>th</sup> to Sunday 13th	Federation Weekend		Wilson's Promontory	See BWV Website for details
Wednesday 16th	Crusoe Res 6pm	Easy/Med	Twilight Walk 7km	Buzza 0438 437 680
Sunday 20 <sup>th</sup>	Mt Ida	Medium	Day walk 12km	Ian 0457 940 564
<b>Tues 22nd</b>	<b>Monthly Club Meeting</b>	<b>7.30pm</b>	<b>Presbyterian Church Hall</b>	<b>35-41 Forest St Bendigo</b>
Sunday 27th	Mt Moliagul	Medium	Day Walk 12 km	Buzza 0438 437 680
<b>November</b>				
Sunday 3rd	Spring Gully	Easy/Med	9am-11am 7km	Gayle 0419 332 659
Wednesday 6th	Crusoe Res 6pm	Easy	Twilight Walk 7km	Buzza 0438 437 680
Sunday 10th				
Wednesday 13th	Lightning Hill	Easy/Med	9.30am - 11.30am 7 km	Nola 0419 334 673
Sunday 17 <sup>th</sup>				
Wednesday 20th	Crusoe Res 6pm	Easy/Med	Twilight Walk 7km	Buzza 0438 437 680
Sunday 24th		Easy/Med		
<b>Tuesday 26th</b>	<b>Monthly Club Meeting</b>	<b>7.30pm</b>	<b>Presbyterian Church Hall</b>	<b>35-41 Forest St Bendigo</b>
Friday 29 <sup>th</sup> to Sunday 1st	Mt Feathertop Circuit	Medium	Overnight Walk	Ian 0457 940 564