

## BENDIGO BUSHWALKING AND OUTDOOR CLUB INC

*President's message for October*

*Committee members Roland, Chris, Liesje, Peter P, John L, and myself met on November 17.*

*In summary:*

- *We've arranged a First Aid Course, appropriate for outdoor activities, viz: Wilderness First Aid. This will enable you to get an up to date First Aid Certificate. The Certificate will last you for 3 years. The Course will be held here in Bendigo, February 20 & 21. We need to know who wants to do the course by December 16. So give it some serious consideration now. Talk to Kerrie Norris (54478017) if you are interested.*
- *Have you explored our DropBox site; 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>.*
- *Don't forget to get your shopping discounts at Aussie Disposals and Mountain Designs for those outdoor presents for Xmas.*
- *At the November meeting Liesje Wilson will be giving a presentation on her experience on Tasmania's South West Track. If you are not likely to ever do this walk come and hear Liesje and you will imagine you've done it.*
- *I hope to see you at our Xmas party at the Lake View Hotel in McCrae St.; 7 pm on December 15. If you haven't already done so, ring Kerrie Norris if you want to be a starter.*

*Come along on Tuesday nite and enjoy the company and see what new activities we have in store.*

*Leigh Callinan*

<p><b>BENDIGO BUSHWALKING AND OUTDOOR CLUB INC</b>                  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: <a href="http://gobush.org.au/">http://gobush.org.au/</a>                  BBOC is affiliated with  </p>	<p><b>COMMITTEE MEMBERS 15/16</b></p> <table> <tr><td>President</td><td>Leigh Callinan</td><td>03 5442 3675</td></tr> <tr><td>Vice President</td><td>Kerry Cramer</td><td>03 5441 4422</td></tr> <tr><td>Secretary</td><td>Chris Franks</td><td>03 5439 3549</td></tr> <tr><td>Treasurer</td><td>John Lindner</td><td>03 5448 3406</td></tr> <tr><td>Coordinator</td><td>Peter Pemberton</td><td>04 2886 9196</td></tr> <tr><td>Equipment Officer</td><td>Chris Franks</td><td>03 5439 3549</td></tr> <tr><td>Web Master</td><td>Peter Pemberton</td><td>04 2886 9196</td></tr> <tr><td>General Committee</td><td>Kerrie Norris</td><td>03 5447 8017</td></tr> <tr><td>General Committee</td><td>Roland Cauka</td><td>04 0202 4096</td></tr> <tr><td>General Committee</td><td>Leisje Wilson</td><td>03 5441 6118</td></tr> </table> <p><small>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.</small></p>	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
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																													

## Club Meetings:

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

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



## Monthly Meeting Activity

- November 24th **Liesje Wilson** – "The iconic South West Track, Tasmania" (never be a stroll in the park!)
- December 15th **End of Year Function:** Dinner 7:00pm. Lake View Hotel , 204 McCrae Street. Booking essential. **Kerrie Norris 5447 8017**
- January 19th **Club Meeting** - White Hills Botanical Gardens 6pm BYO BBQ **Kerrie Norris 5447 8017**

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](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.

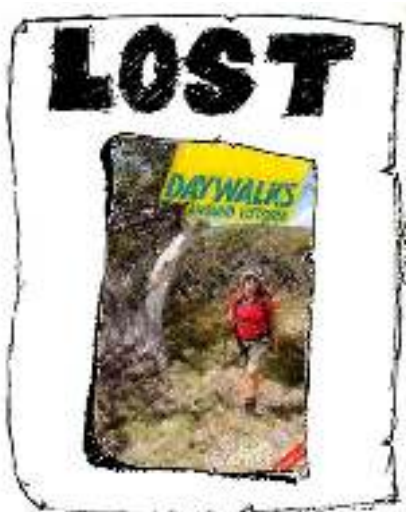
Welcome to new members and visitors

## 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>



Now it may come as a surprise to some of you, but I do occasionally lose or mislay things. In this case I think I lent a Glenn Tempest book to someone in the Club, but I know not who to [or is it 'to whom'] – whatever.

If you know the whereabouts of this book [it may be called "Victoria's Goldfield Walks" or something like that, please give me a call. You are welcome to continue using it, I'd just like to know where it is.

Garry – 0450 879 917

## Wilderness First Aid Course – Sat 20<sup>th</sup> and Sun 21<sup>st</sup> 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

### FRYERS RANGES DAY WALK – 31 OCT 15.

Firstly, my thanks to my hardy colleagues:- Bob, Hans T., Ray, John and Glen.

My first personal scare for the day was a big white tail spider dropping out of my walk clothes. It's that time of the year again folks.

THE WALK. We RV'd at 2nd Kangaroo Flat scout hall, I believe a more convenient place to meet. It was raining. We drove down through Fryerstown to the Warburton Bridge camping area, only to be shocked at what we found. It was chock a block with campers, cars, vans, kids dogs and camp fires.

Leaving this lot behind, a short walk on track, up hill to a T intersection, then 1.25km cross country on a compass bearing. A rest stop at the known dam from "yore", then north into the wilderness. Some steep tracks at first, then we speared off into the forest. The rain had stopped, this left us with high humidity and that lovely wet bush smell. It was also good to be walking in a more natural environment that humans and the government hadn't despoiled. ( lately)

The country we traversed was steep hillsides. The surface was rocky with native grasses covered with fallen timber. There is sufficient scrub and tree cover to make it feel "nice". And its not far from Bendigo.

High luncheon was partaken off, on an unnamed hill top. Some little debate was held on whether Mt Moliagul could be seen from our height? This led to blokes moving left and right on the ridge peering out through the overhead cover, eyes trying to penetrate the humid haze.

During lunch, as supreme dear leaders do, I conducted a small poll of the participants.

1. Q: How many brought along a compass. A: 3/6
2. Q: How many brought a map. (of any sort). A: 1/6
3. Q: How many checked the weather before we came out. A: 6/6
4. Q: How many are in the ambulance fund? A: 5/6.
5. Q: How many brought along a box of matches. A: 2/6.

PS: I caused great disappointment by NOT asking how many brought a first aid kit.

We checked time and distances, and so decided to head east to "twin knolls", through them eventually to land on Sugarbag track.

There was some discussion, at the supreme leader's expense as to the rating of this walk. No one said it was easy. A couple grumbled it was medium. The boys were too tactful to mention the "H" word.

We had the good fortune to "land" at a track junction with "Freddie's" track. Heading east up and over this, we made our way to Fryers Ridge road, then south to the site of the disused lookout tower. There was nothing to see there but the ominous rumbling black cloud coming towards us.

Oh bother, 3,000,000 volts again!! Not a nice place to be, on the top of hills in a thunderstorm, so we stayed on the road and hurtled south, keeping a wary eye on the progress of the black cloud – black from ground to sky.

We had a couple of quick breaks and made a decision on what path to take. Go bush down a creek bed, or, stay on the road and move fast, this we did.

Footsore, we returned past "the dam", then we looped southwards around on a track, and would you believe the storm had moved away from us, so it was sunshine all the way back to the car. We took a bit of a short cut nearing the Loddon river. Observing some old steel water pipes, we skirted around some very steep rocky gorges. We made our way back through the crowd, campfires and celebrations to the cars, with a nice comfortable heavenly seat to sit on.

Well fellas, I measured the maps a couple of times and always come up with the figure of about 19kms!! This does not include the hill and dales!. Too much exploring.

There were no mutinies and I thank you stout people.

Bill Clark.

PS: We drove home looking up at a wonderful example of a huge storm cell, a Cumulonimbus Incus, probably above the Murray river.

## Mt Samaria Trip Report

The plateau was implanted with great weather for this weekend. We met up with the Bendigo Field Nats on arrival. They were camped in the same location and we would like to thank them for their entertainment and hospitality. Their trip was organised by John Lindner although we didn't see him for the whole weekend.

Each group did their own thing, and Saturdays walk for us was to Back Creek Falls, then along the northern ridge line to the old saw mill tramway, where we followed it as it descended getting steeper and steeper and steeper.

There was agreement that we should not attempt to climb the same route, so after looking for the remains of a non-existent sawmill, we followed a 4WD track home. Sundays walk entailed Mt Samaria summit as well as Wild Dog Creek Falls and upon finishing we stopped in Merton for a cuppa & scones.

Thanks to Melinda, Janet & Hans for their participation

Buzza



## Activities . . . November and beyond

Tuesday December 15th End of Year Function:

Dinner at the Lake View Hotel , 204 McCrae Street, 7:00pm.

Booking essential. Contact Kerrie Norris – 5447 8017

\*\*\* Please note – Dinner is at the **Lake View Hotel**, not the Motel as previously advised

---

Club Meeting.. Tuesday January 19th (date change – it's the 3rd Tuesday)

White Hills Botanical Gardens - 6pm - BYO BBQ, chair, and something to share.

Contact any Committee member for further details.

---

There will be no GoBush in December. The deadline for the next edition will be January Wednesday January 7th

*Please forward Trip Reports and interesting articles to Garry at [garrybrannan@gmail.com](mailto: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.



### Club Calendar

A glance at the Calendar will reveal that there is very little in the way of 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](mailto: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.*

## BBOC ACTIVITIES CALENDAR

DATE	DESCRIPTION	RATING	COMMENTS	CONTACT
Tuesday 24th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.		Liesje Wilson – “Summer Walking in South West Tasmania.”	
28th or 29th	Day Walk Leader wanted			
November 28 to December 13	Kosciuszko National Park	Hard Alpine	Booked out	Garry Brannan 0450879917
<b>December</b>				
Tuesday 15th	End of Year Function: Dinner 7:00pm.		Lake View Motel , 204 McCrae Street. Booking essential	Kerrie Norris 5447 8017
<b>JANUARY</b>				
Tuesday 19 (note date change)	Club Meeting - White Hills Botanical Gardens – 6pm		BYO BBQ	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
Jan 31st	Day Walk Leader wanted			
<b>February</b>				
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
Tuesday 23th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.			
28th or 29th	Day Walk – Leader wanted	E		
<b>March</b>				
Tuesday 22th 7.30pm	Club Meeting - Presbyterian Church Hall, 35-41 Forest St.			
27th or 28th	Day Walk – Leader wanted	E		
<b>April</b>				
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

E – Easy M – Medium H – Hard D – Day DW – Day Walk PC – Pack Carry BC – Base Camp