

GO BUSH

NOVEMBER 2016



BENDIGO BUSHWALKING AND OUTDOOR CLUB INC

Presidents report

Hi folks, it is almost time once again to call it a year.

In reviewing our activities I was heartened to see that we had a reasonably active year. Weekend and week day walks were held consistently and generally with good participation

There were a number of longer overnight activities as well from bike rides, hikes and kayak/canoe trips. The notable ones were:

- Corner Inlet paddle - Pt Welshpool to Johnny Souey
- Murray River Canoe touring, Speewa Ferry near Swan Hill to Tooleybuc Bridge
- The Pilot & Cobberas,
- David Crocker's various walks and rides
- Sale to Painsville paddle.
- Whitsundays Paddling
- Gammon Ranges Walk
- Croajingolong/Nagee Wilderness walk

I would like to thank the leaders for their time and effort and the responsibility that comes with leading an activity.

On this point I would encourage everybody to consider leading an activity, so that we will have an abundance to choose from and also help to pass the baton from the regular leaders to new leaders. This will keep the club vibrant.

Don't forget the Christmas break up at the Kangaroo Flat Botanical Park on Tuesday 13 December. Be there, I'm sure the mozzies will.

Please consult the activities calendar for up-coming activities and note that there are very few in the new year. If you can make a contribution as a leader, please contact Garry with your ideas.

Kerry Cramer

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 16/17

President	Kerry Cramer	03 5441 4422
Vice President	Anne Bridley	03 5442 6188
Secretary	Chris Franks	03 5439 3549
Treasurer	Position Vacant	
Trip Coordinator	Garry Brannan	04 5087 9917
Equipment Officer	Chris Franks	03 5439 3549
Web Master	Peter Pemberton	04 2886 9196
Newsletter	Garry Brannan	04 5087 9917
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

• November 22	Club Meeting – Gammon Ranges , Peter and co.
• December 13	End of Year Function – Christmas breakup Kangaroo Flat Botanic Gardens Camp St, from 6 pm. Anne Bridley ph 5442 6188, bridley_mbb@inet.net.au

Ideas Wanted

Do you have any ideas for the club meeting nights, pictures of special trips you have been on [club or otherwise], interesting people you know who might come and speak at a meeting, or anything else that you might think of to entertain the ever increasing numbers attending meetings. If so, please contact a committee member



Membership fees.

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.

Bits and Pieces

Bushwalking News Victoria

The most recent Bushwalking Victoria Newsletter can be found here.
Lots of interesting stuff – take a look.

<http://www.bushwalkingvictoria.org.au/what-we-do/publications/newsletters>



GoBush

There will be no GoBush published in December.

The next newsletter will be published in mid January; the deadline will be Wednesday January 11th.

Please forward Trip Reports, articles and additions to the activities calendar to Garry – garrybrannan@gmail.com

Calendar



Please give some thought to walks and other activities for next year. If you have an idea for a walk but don't feel confident enough to lead it, talk to a regular walk leader about your idea. We are often stuck for new and interesting destinations for activities.

The following is an extract from **The Age** of November 1st 2016.

Waterproof phone saves kayaker capsized in ocean off Wilsons Promontory.

A waterproof mobile phone has helped to save the life of a kayaker who capsized . . . about eight kilometres away from Wilsons Promontory.

The man, who was wearing a lifejacket, used his waterproof phone to call triple zero and an air ambulance helicopter was dispatched to rescue him.

"It's incredibly fortunate the man had the waterproof mobile phone and was wearing a life jacket or the outcome may have been very different," said paramedic Steve Grove, who winched the man to safety.

I find it amazing that the paramedic used the phrase "incredibly fortunate" in reference to the phone and life jacket. It would be crazy to be paddling off-shore with anything less.

It is an enforced club policy that every person must be wearing a life jacket before setting foot in a boat, regardless of the type or location. To carry just a mobile phone, waterproof or otherwise, is placing rescue in the category of luck; it is the practice of club members to carry one or more PLB's (Personal Locator Beacons) in addition to any number of mobile phones, plus more recently a waterproof marine VHF radio. Safety should never be left to luck.

Garry Brannan

From: Maria Auhl [mailto:M.Auhl@latrobe.edu.au]
Sent: Friday, 28 October 2016 3:01 PM
To: enquiries@gobush.org.au
Subject: La Trobe University Big Toe Arthritis Study

Dear Club Secretary,

I am a researcher at La Trobe University working with colleagues who are studying osteoarthritis and causes of pain in the foot.

We are specifically looking at osteoarthritis of the big-toe joint, a common and painful condition which is known to affect around 70% of people over 55 years of age. Our purpose is to investigate the causes and treatments for pain in the big-toe joint.

We are currently seeking volunteers from the community aged over 18, who are experiencing big toe joint pain, who would like to take part in our study. Taking part in our study involves three visits to the university and monthly questionnaires over a 12 month period.

All volunteers will receive treatment free of charge.

Your support of this study is very much appreciated.

Kind regards,
Maria Auhl

Research Assistant
School of Allied Health
College of Science, Health and Engineering
La Trobe University
Bundoora, Victoria 3086, Australia
T: +61 3 9479 5258 | F: +61 3 9479 5768
Email: M.Auhl@latrobe.edu.au | W: www.latrobe.edu.au/health

Trip Reports

Flinders Ranges day walks, 10 - 25 September 2016.

John Lindner (organiser/report author), Janet Justin, Peter O'Meara, Liesje Wilson, Kate Lindner. Despite this being the wettest, coldest September period I have experienced, we managed to complete most of our planned walks.



Liesje on the benched track crossing the large scree slopes on Mount Remarkable.



Above right: Peter and Janet wading the creek on our walk up Alligator Gorge. We crossed this creek about 15 times as we progressed upstream.

Right: Some made an attempt on Saint Mary's Peak (rear left), while others settled for Mount Ohlssen Bagge (foreground rocks), not quite so difficult.



Below right: Liesje, Janet and Peter on the Yourambulla Ridge, west of Hawker. The countryside all around was very green and lush - weeds or wheat.

Below: At Rawnsley Park Station, we walked to Ferntree Falls, which actually originate on the escarpment of Wilpena Pound. That was testimony that it was indeed a very wet period.



Werribee Gorge Take 2 – November 5th 2016

Its gratifying when someone says at the end of a hike that it's one of the best one-dayers they've done. Even more so when its coming from the likes of legendary Ray Wilson. (Even John said it was extreme but I think he was being dramatic.)

Maybe the feedback from our last attempt at this walk scared off some walkers. In the end we only had five starters, John L, Barb and Lionel, Ray (the man) and Hans. Perhaps we were lucky there weren't more because during the course of the hike we managed to 'drop' Lionel in the river; during a second crossing he fell through our improvised 'bridge', and this all happened before lunch!

We enjoyed our lunch break at a pleasant pool just upstream from Blackwood Pool. The sun was out and the syncline and other rock formations on the opposite bank proved most fascinating.

John had waded across the river both times in his sandals but Ray and Hans' feet were still dry. To avoid any further river crossings after lunch, Ray led us up and ever upward into what turned into some serious hill-climbing, till we got to the very peak of Eagles Eyrie – a spot not visited by too many tourists.



John, Ray, Lionel and Barb.



When coming up from Junction Pool to this peak, it looked like it's just another ridge which leads you up to the very top of the range, however you would be misled. There's an unexpected saddle in between, which you have to drop down into before being confronted by a virtual cliff face opposite as the last challenge to be passed before you get to the top. So for the last bit we ended up doing some basic 'rock climbing/ scrambling' for 50 metres .

After this it was just another normal walk, over the rolling hills cloaked in big sections of Patterson's curse and detouring back off our track to Falcons lookout. Apart from the great overview of the gorge from here, we also saw the heaps of young rock climbers, learning their basic climbing skills. On a clear day you can see the skyscrapers of the CBD a mere 55km away, but today there was a fair bit of haze and they were hard to distinguish. In any event, it's hard to believe that such a rugged landscape exists so close to the Melbourne CBD.

In the morning we met lots of young hikers /walkers undertaking the normal Werribee circuit and here were we, an odd assortment of bona fide, card carrying, Senior concession card holders undertaking a hike (which by one persons measure ranked somewhere near extreme), showing those young whipper snappers that there's still some 'Oomph' left in those 'old timers'.

So Congratulations and good on you all, for giving it a bash!

(So Lionel, there's no need to shower and wash so frequently on future hikes.)

In the end most 'survivors of the day' were blown away by the steep drop-offs, spectacular vistas and sheer ruggedness of the gorge itself.

Hans Tracksdorf , Tour Leader

Sunday 30 October-Hepburn Regional Park.

Whilst waiting in Forest Street at 9am for any additional walk starters, a male Koel flew directly over and called as it past us. What a start to the day!

On a fine sunny day in Hepburn we walked the “Breakneck Gorge” walk in the Federation Walks booklet (reference below). Mosquitoes were not a major irritation. Hans found a nice spot for morning tea on a small ridge jutting towards Sailors Creek and we had lunch at Jacksons Lookout. Both spots were elevated and caught the breeze minimising any mosquitoes.

The weather front started to appear in early afternoon and the clouds and wind started to pick up whilst we were enjoying afternoon tea in the Hepburn Mineral Springs Reserve café. The Currawongs in nearby trees had a distinctive call alerting us to the need to get moving. A very light shower was the first rain for the walk as we walked the short distance to the cars.

In answer to Gayle’s question related to where Sailors Creek flows, I found on a quick check on the Internet it seems Sailors Creek flows into Jim Crow Creek which flows into the Loddon River near Guildford.

Thank you to Anne, Barb, Janet, Ellen-Mary, Gayle, Lionel, Hans, Peter, Mervyn and Mark for supporting the walk.

Reference. Federation Walks 2015. Walk 6. Breakneck Gorge pages 18-19.

Bob Jones.



Lunch at Jacksons Lookout.

Activities . . . December and beyond

Please note that the Granites of Mt Tarrengower day walk has been **CANCELLED**.

Sunday 4th December Bike Ride – Western half of the Bendigo Bushland Trail

The Bendigo Bushland Trail encircles the fringe of Bendigo on tracks & some roads. For this ride we will meet at the Golden Square Senior Citizens' Centre in Old High St, Golden Square, then ride south on the linear trail to meet with the Bushland Trail in Kangaroo Flat. Then we ride clockwise on the BT to Long Gully, leave the Bushland Trail and follow the Long Gully Trail to Lake Weeroona, and back on the linear trail and Bendigo Creek to the start.

Bring: Reliable bike, torch or lights [we will ride under Charing Cross], helmet, lunch, morning tea, nibbles, suitable clothing for the weather, plenty of water [1 litre at least], sunscreen, and mosquito repellent.

Afternoon tea [coffee] at Lake Weeroona.

Meet: Golden Square Senior Citizens' Centre, Old High St, Golden Square at 9am.

Garry & Rechelle ph 04 5087 9917 garrybrannan@gmail.com

Tuesday 13th December – Christmas breakup.

Kangaroo Flat Botanic Gardens

Meet: Kangaroo Flat Botanic Gardens and Reserve,
Camp St, Kangaroo Flat.

Time: 6pm onwards

Facilities: Picnic shelter with 2 BBQ plates, toilets

Bring: Picnic meal and/or BBQ food & drink, chairs, mosquito repellent. Please note that the COGB does not allow alcohol consumption.

Contact: Anne Bridley, 5442 6188,
bridley_mbb@iinet.net.au



Thredbo Diggings, Kosciuszko National Park

Saturday 21 to Sunday 29 January 2017 (9 days).

Type: Base camps with day walks in the Kosciuszko NP (last done 2015)

Camp(s): Our main base camp will be at Thredbo Diggings on the Thredbo River. We may also stop, camp and walk at Swampy Plains and Tom Groggin on the way up or the way back to Bendigo.

Attractions: Alpine wildflowers at their best, great scenery, beautiful rivers

Gradings: There is a wide range of walks available, ranging E to M to H. You choose walks that are suitable for yourself. We do not all have to be on the same walk at the same time. But we will therefore need various leaders for the different grades.

Dates: Saturday 21 to Sunday 29 January 2017 (9 days). I cannot accept people who want to join for fewer days – it becomes too complicated. It's "all or not at all".

Weather: We are subject to the extremes and vagaries of alpine weather. The time allocation allows for days in which we may be camp-bound or limited to being low altitude tourists (eg Thredbo, Jindabyne)

Organiser: John Lindner, ph 5448 3406, jwl.bendigo@gmail.com

Group limit: 12. Full details available from John upon request.

Friday 24 - Sunday 26 March 2017 – Johanna Beach Weekend

Preliminary Notification – Johanna Beach, Via Lavers Hill

A weekend of walks , beaches , café food , exploring nooks and crannies and relaxing.

Parks Victoria require campers to book campsites here. Bookings need to be made sometime in January/Feb, but check with me first.

Potential Day trips from a Base Camp may include , Milenesia Beach walk, Dinasour Cove Revisited, and The Deep Sea – walks selected will depend on the weather and how agile people are.

For people who don't want to camp, there are alternative accommodation options nearby and at Lavers Hill just 15 mins up the road.

Trip could extend into Monday for those interested

Hans Tracksdorf ph 04000 49 891

BBOC ACTIVITIES CALENDAR

Date	Description	Rating	Comments	Contact
November				
<i>Tuesday 22nd 7.30pm</i>	<i>Club Meeting - Presbyterian Church Hall, 35-41 Forest St.</i>		<i>Gammon Ranges, Peter and co.</i>	
<i>Saturday 26th November</i>	<i>The Granites of Mt Tarrengower</i>	<i>D/W</i>	CANCELLED	<i>Hans Tracksdorf ph 04000 49 891</i>
December				
<i>4th Sunday</i>	<i>Bike Ride – Western half of the Bendigo Bushland Trail</i>	<i>Easy</i>	<i>The Bendigo Bushland Trail encircles the fringe of Bendigo on tracks & some roads.</i>	<i>Garry & Rechelle 04 5087 9917</i>
<i>Tuesday 13th December</i>	<i>Christmas breakup</i>		<i>Kangaroo Flat Botanic Gardens Camp St, from 6 pm.</i>	<i>Anne Bridley 5442 6188</i>
January 2017				
<i>Saturday 21 to Sunday 29 January 2017 (9 days)</i>	<i>Base camp with day walks. You choose walks that are suitable for your self.</i>	<i>E/M/H</i>	<i>Based at Thredbo Diggings on Thredbo River, Kosciuszko Natopnal Park.</i>	<i>John Lindner, 54483406</i>
<i>Tuesday 24th January</i>	<i>Club Meeting - Presbyterian Church Hall, 35-41 Forest St.</i>			
<i>Sat or Sun 28/29th</i>	<i>Day walk – Leader required</i>			
February				
<i>Tuesday 28th February</i>	<i>Club Meeting - Presbyterian Church Hall, 35-41 Forest St.</i>			
<i>Sat or Sun 4/5th</i>	<i>Day walk – Leader required</i>			
March				
<i>Friday 24 - Sunday 26</i>	<i>Johanna Beach Base-camp Weekend</i>	<i>BC DW</i>	<i>A weekend of walks , beaches , café food , exploring nooks and crannies and relaxing.</i>	<i>Hans Tracksdorf ph 04000 49 891</i>