

# Go Bush



Bendigo Bushwalking and Outdoor Club Inc. July 2023

## July Club Meeting Special Guest Speaker Dr. Brian Harkins

**Tuesday 25<sup>th</sup> July at the Presbyterian Hall 35-41 Forest St Bendigo at 7.30pm**

Brian Harkin's passion is empowering bystanders with the knowledge and confidence to provide hands-on CPR and the use of Public Access Defibrillators, should they witness a cardiac arrest.

He is an internationally respected paramedic, healthcare manager and academic who has worked in the USA, Ireland, United Arab Emirates (UAE) and Australia over the past twenty-five years. Last year he wrote a PhD titled 'The Importance of Bystander Participation for Out-of-hospital Arrest in Victoria, Australia'.

Brian is also a member of the Australian Search and Rescue K9 Team and is the trainer of Kosmo – an air scenting search dog who has its own Instagram Account [Kosmo\\_Trainee](#).

**Come along yourself and/or bring a friend on Tuesday night for this free talk and demonstration from Brian Harkins – one of Australia's foremost defibrillator exponents. Hear about Search and Rescue operations from an insider's perspective.**



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## Trip Report for Terrick Terrick Walk Sunday 16<sup>th</sup> July

Seven people including four new faces joined Roger and Hans on Sunday morning for the planned walk through the Terrick Terrick National Park. These were Michelle, Kay, Claire, Naomi, Nicole, Shiao and Gail. First stop off was the Eaglehawk Bakery for Hans' coffee fix and to await the other car which Hans had wrongly directed to petrol station near Bendigo Stadium. The Terrick Terrick Park is just north of Mitiamo, one hour north of Bendigo, so it's not all that far away.

The first hill climb was onto the very top of Mt Terrick, not very far at all, from the car park. The weather was perfect and the skies clear and from here we obtained our first, all round 360-degree panoramas. From this 'peak' we ambled down thru some fairly open country before entering the cypress pine forests. These are fairly sparse and open and typically found around the Murray and further north in NSW.

They are not generally found south of Bendigo. We also came across some remnant cacti plants, which were interesting in their randomness. A few weeks earlier I'd been up in the Murray Sunset Country and saw the odd one or two kangaroos. As we hiked through the forest there were literally tens and tens of kangaroos crossing our route, up ahead. I'd say in the order of 100 all up, by the time they'd all passed us. We all chatted as we walked across the broad valley which very gently headed up to our second 'peak' on the Reigals range.

Once on top we got all of the spiffy vistas again. From here the farmland stretched 'flat as a pancake' for 360 in all directions. We could see Mt Hope and Pyramid Hill, not all that far away to the north. We discussed that that might be another journey, next time. On top we all lined up for a set 'jump shot'. This worked out pretty spectacular with Nicole achieving some magic 'air'.

Walking a bit further along the open summit, we came to what I think is the actual 'Reigals Rock'. It's hard to miss because it's solitary, just like a giant blob of ice cream! We climbed to the very top for our lunchtime stop. There was hardly a breeze, and it was a most magnificent location. With everyone rested we climbed back down to the base of the rock and continued our walk. Shortly after we came across a strange manmade earthen base wall circa 4mx4m. How it got there and what it was a mystery. Parks had resumed this farmed land over 40 years ago, so it couldn't be recent we didn't think.

Once back down in gum trees this time, Claire and Hans compared the Garmin watch, versus the old-style compass to navigate a bearing to our next destination, Bennetts Rock. Both methods aligned and shortly after, came out onto the top of this Granite outcrop. From here we took in for one last time, the great views to the north, before then heading back south back towards our starting point. We hiked back into and through the Cypress forests before arriving back at our cars at around 3.15.

The whole loop took us 4.5 hrs. From here we adjourned to the legendary Mitiamo store, with its amicable host (she was flooded out last year), for coffee and ice creams before returning back south to Bendigo. It had been a most enjoyable day out for all and an opportunity to meet a whole lot of new walkers. Hans

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## Terrick Terrick Day Walk



## News Items from the Committee

**Newsletter for July & August issues** - please note that David Crocker, Newsletter Editor, will be away for a few weeks on a well earned international holiday and as such the Committee will take on the responsibility for producing the July and August issues of the newsletter. To that end we request that during this time Activity Leaders please send trip information and photos etc into the Club email address - [enquiries@gobush.org.au](mailto:enquiries@gobush.org.au) - for inclusion in the July & August issues.

Have a wonderful trip David!

**Activity Leaders** - Activity Leaders are to note that there has been a committee-endorsed update to the information required on the *Activity Registration / Risk Acknowledgement form* and are advised to please use this new form, dated May 2023 on future trips. The form is being emailed to current Activity Leaders and will be made available through the Club's website.

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 forwarded to the secretary either with a scan to the club's email address or a photo/scan to 0466 004 610**

### Notice to Members and Visitors:

- members and visitors should always have their personal emergency information on their person for all activities - [Participant's Emergency Contact & Medical Form](#)
- members and visitors to note that 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.



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★	<b>AGM</b> - the committee advise that the club's <b>AGM</b> will be held on <b>Tuesday 26 September 2023</b> at 7.30pm just prior to the club general meeting at the Presbyterian Church Hall, 35-41 Forest St Bendigo.
★	<b>Membership</b> - the committee advises that an email reminder will be sent to all members for re-registration in June for the 2023/24 financial year. <i>Members are encouraged to pay their membership as soon as possible and prior to membership ceasing on 1 July.</i> Membership Form is on the last page of the GO BUSH Newsletter or on the Club's website at - <a href="#">Membership Form</a>



## 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 Acknowledgment of Risk before participating on any activity. These details should be collected by the walk leader via the appropriate form, together with the fee, and passed on to the treasurer to record the names in the temporary members book.

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

## BENDIGO BUSHWALKING AND OUTDOOR CLUB INC

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

Meetings - 4<sup>th</sup> Tuesday every month [except Dec]  
Presbyterian Church Hall, 35 - 41 Forest Street  
Meetings start at 7:30 pm sharp

Membership: Single \$40.00  
Family \$60.00

E-Mail: [enquiries@gobush.org.au](mailto:enquiries@gobush.org.au)

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

BBOC is affiliated with



## COMMITTEE 2022-2023

President Graham Borrell 0438 437 680

Vice President Hans Tracksdorf

Secretary Donna Guille 0466 004 610

Treasurer Greg Doubleday

### Committee Members:

Ian Barry

Peter O'Meara

Sandy Raeburn

### Other Tasks:

Trips Coordinator Graham Borrell

Web Masters Donna Guille & Ian Barry

Newsletter Editor David Crocker

The statements and opinions expressed in articles herein are those of the individual authors, and do not necessarily represent the views of the Bendigo Bushwalking and Outdoor Club inc.

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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,

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

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## Big Hill Range – Springs Road South Mandurang

**Wednesday 26<sup>th</sup> July**

**Description:** Not a great distance to be walked on what is presently a well 'graded' track along the Coliban Main Channel, but an area not to be rushed. Examples of the historic infrastructure required to control the speed and passage of water through and across the Great Dividing Range is a highlight along with views of the beautiful Sedgewick valley and the Harcourt granite belt. Not all native, flora and fauna are varied and abundant in this area for the observant. BYO morning tea, coffee/water, snacks or light lunch to be enjoyed at a choice location along the track. Participants should also carry their own basic first aid gear and Emergency Contact details. Easy (for reasonably fit). The walk will proceed – Rain, snow or shine but not if very windy. 6-7km Half Day walk. Fuel: Zone 1 share ride \$5.  
**Leaving at 9.05 am** Camp St Kangaroo Flat – (BBQ shelter at Kangaroo Flat Botanical Garden/reserve)

**Contact:** Kerrie Norris Ph. 0488 297 532

## Baringhup Day Walk

**Saturday 29th July**

This will be a loop walk along the east side of the Loddon River then across Cairn Curran Dam wall & more walking before returning on the west side of the river. I love this area, and anyone interested can learn more by Googling 'Bryant Cairn Curran' & the link provided. Refreshments in Maldon afterwards. Car-pooling may be necessary. Rating is Easy. Bookings preferred. More at the July club meeting. Visitors Fee \$2.00.  
Ray Wilson 54478862 (msg can be left)

### **Beginners' Snow Camp Mt Buffalo**

**Thursday 27<sup>th</sup> – Sunday 30<sup>th</sup> July**

#### **DESCRIPTION:**

If you have never camped in the snow, don't have adequate gear, and are convinced you would freeze to death, this is for you!

Three nights camping on snow next to a warm (open fire) picnic shelter, with day trips either on foot, snow shoes, or XC skis (depending on numbers and snow conditions).

Possible destinations include The Horn, The Hump, The Monolith

Brave participants will need to talk to the organiser to arrange suitable gear and clothing. Note that all cars must carry chains.

**Contact: Andrew M**

**ph 0418 135 934 or 5423 2022**

**taragump@hotmail.com**



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## Great Dividing Range – South Mandurang Half Day Walk

Wednesday 2<sup>nd</sup> August

**Description:** This walk is in the southern section of the Greater Bendigo National Park, also referred to as the Big Hill Range. The Coliban Main Channel features at the start and finish. Once starting the ascent to the top of the range, glimpses of surrounding locations can be identified such as Bendigo hospital and churches and the Mandurang valley. The demarcation line at the top between, agricultural estates and the box and ironbark forest - significant in the local water catchment network, is stark. Time will be taken to look at some special points of interest in the area. BYO morning tea, coffee/water, snacks or light lunch to be enjoyed at a choice location along the way. Participants should also carry their own basic first aid gear and Emergency Contact details. Easy/Medium (for reasonably fit, some off-track, steep and rocky sections). The walk will proceed – Rain, snow or shine but not if very windy. 7-8km Half Day walk. Fuel: Zone 1 share ride \$5. **Leaving at 9.05 am** Camp St Kangaroo Flat – (BBQ shelter at Kangaroo Flat Botanical Garden/reserve) **Ring** Kerrie on 0488 297 532

## Hepburn - Breakneck Gorge Walk

Sunday 6<sup>th</sup> August

A circuit walk taking in some of the Historic sights of Hepburn, including Villa Parma, one of the oldest buildings in Hepburn. Across into the mineral Springs reserve. Will then take in Jacksons Lookout up the hill, before looping back down the valley to the Golden Spring. We then follow the old mining walkway alongside the valley, where you can see the houses of the rich and famous before crossing the main road at the narrow 'Breakneck Gorge causeway. This has been artificially built up. The track then continues around the western side of the Hepburn Football reserve before we then make it back to our cars. The total distance walked is not far, possibly 6-7km.

I will possibly coming from somewhere other than Bendigo, so I have scheduled the meetup site at the side of the Hepburn Primary School, in Main Road Hepburn, at circa 9.30 am. For Bendigo Starters The meeting site would be Lansell Plaza Carpark, in front of Rebel Sport, at the southern end, with departure at 8.30 am. Arrive a few minutes earlier. This event will be weather dependant. Rated Medium.

Ring Hans on 0400 049 891

**Trip Leaders should ensure that all non-financial members of the Bendigo Bushwalking Club pay a \$2.00 Visitor Fee and all walkers must sign the Bendigo Bushwalking Club's Risk Acknowledgement Form.**

## Mount Alexander Day Walk

Sunday 13<sup>th</sup> August

A former member of the walking club described Mt Alexander as the only true mountain in central Victoria and it's easy to see why when you experience the changes in vegetation that occur. The views to the east and west, especially at sunset are unheralded in the region. Any walk here is a walk to remember. A loop walk is planned for mid August with a Medium rating. Departure time is 8.30 am from Rebel Sports at Lansell Plaza. Meet 10 minutes prior to sort out cars. Cuppa and cake afterwards.

Ring Ian on 0457 540 564



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## Falls Creek Skiing

Friday 18<sup>th</sup> to Sunday 20<sup>th</sup> August

This ski trip to Falls Creek will be for beginners. We will most likely stay off the mountain and go by bus each day. It is proposed to ski the groomed trails around the resort. Basic lessons can be provided to any first timers. Please change the description on the calendar to easy. Please contact Kerry Cramer as early as possible regarding this weekend so that travel and accommodation (and possibly gear) can be arranged. Departure time to depend on work finish times (on Friday 18th) by participants.

Ring Kerry on 0409 537 799



## August Club Meeting

Tuesday 22<sup>nd</sup> August 7.30pm

### How GPS Works

And why it's so useful – even for technophobes.

Andrew will explain the physics behind GPS systems and give illustrated examples of their use.

“Should I buy a GPS?”

“Can I use my phone?”

“How accurate are they?”

“Do they work under trees?”

“Do they make paper maps redundant?”

“Where is Buzza's hut?”

“What if there's no phone reception?”

Find the answer to these and all your other questions.

Special Presenter Andrew McLean 0418 135 934 or 54232022



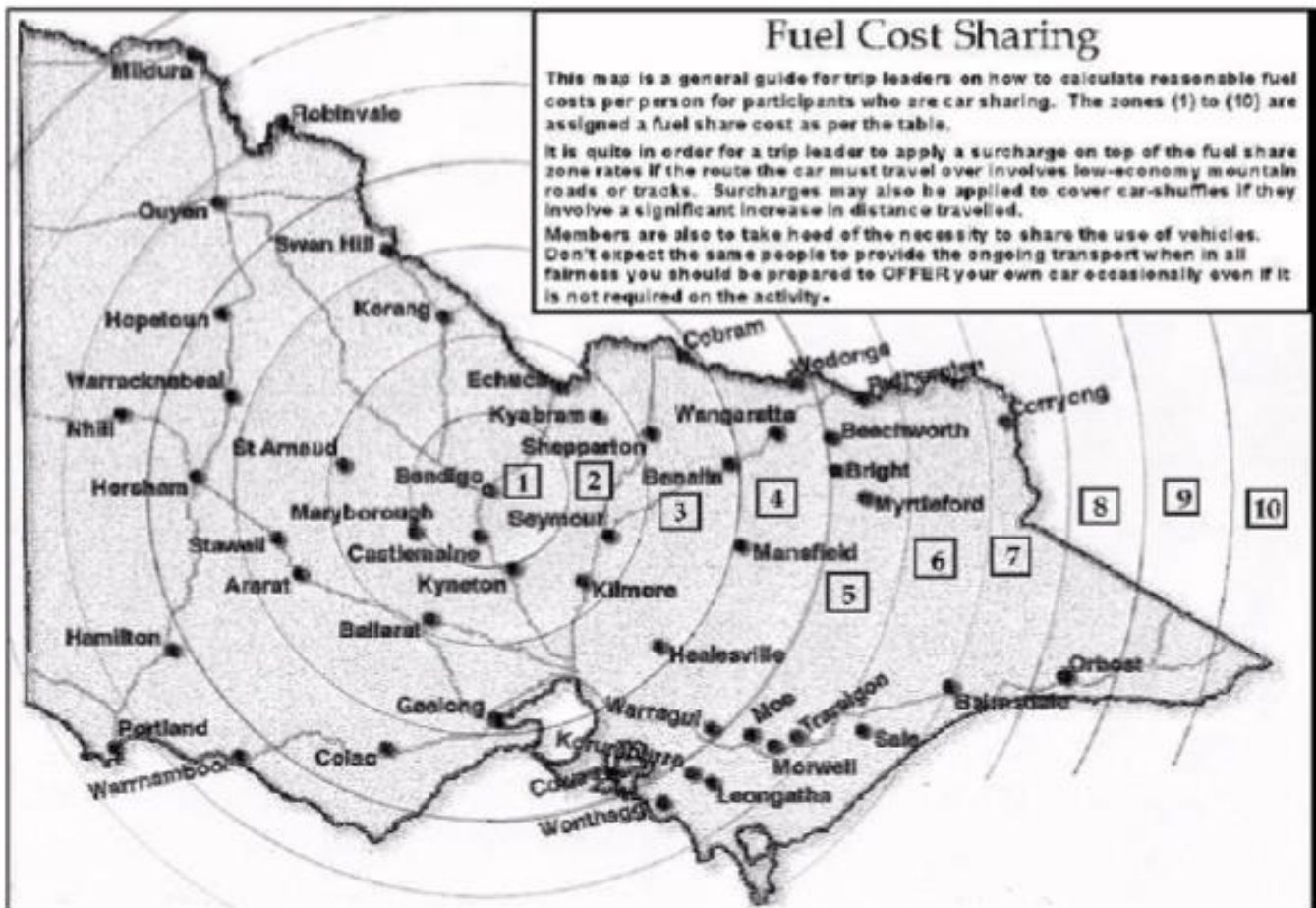
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## Mt Lofty Day Walk

Sunday 27<sup>th</sup> August

It's almost Spring. Time to spring into action and tackle the lofty heights of Mt Lofty. The bush is alive with colour and it's just the perfect time to get out and see a few relics in the Australian bush. Despite its lofty name, here is a mountain that defies description - How itts is not Speculation. About 11km for the day and coffee and cake afterwards in beautiful Redesdale. Departing Forest Street Club rooms at 8.30 am, arrive a few minutes earlier.

Ring Buzza 0438437680



### 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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## Lunchtime at Reigals Rock



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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: \_\_\_\_\_

### 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

### Emergency Contact:

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

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

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

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

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

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

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



### CLUB MEETING NIGHT - MEAL CATCH UP FOR THOSE INTERESTED

Meals are pretty promptly arranged (no long wait times) and they are reasonably priced \$16-\$28 and they have a Seniors Menu. So anyone ordering, even at 6.30pm should be out of there by 7.15pm.

The Venue is 9-10 mins from Forest St Hall.

<b>TIME:</b>	<b>6:00pm</b>
<b>LOCATION</b>	<b>KANGAROO FLAT SPORTS CLUB</b>
<b>CONTACT</b>	<b>HANS T mob 0400 049 891</b>

### 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.



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## Bendigo Bushwalking Activities Calendar

Date	Description	Rating	Comments	Contact
<b>July</b>				
Tue 25th	Monthly Club Meeting	Easy	Presbyterian Church Hall	35-41 Forest St Bendigo
Wed 26 <sup>th</sup>	Big Hill Range	Easy	Half Day Walk	Kerrie N 0488 297 532
Thu 27 <sup>th</sup> to Sun 30th	Mt Buffalo	Easy/ Medium	Beginners Snow Camp	Andrew M 0418 135 934
Sat 29 <sup>th</sup>	Baringhup	Easy	Half Day Walk	Ray W
<b>August</b>				
Wed 2 <sup>nd</sup>	Great Dividing Range	Easy/Med	Half Day Walk	Kerrie N 0488 297 532
Sun 6th	Hepburn	Medium	Day Walk	Hans T 0400 049 891
Sun 13 <sup>th</sup>	Mt Alexander	Medium	Loop Walk	Ian B 0457 540 564
Fri 18th to Sun 20th	Falls Creek	Easy	Snow Camp	Kerry C 0409 537 799
Tue 22nd	Monthly Club Meeting		Presbyterian Church Hall	35-41 Forest St Bendigo
Sun 27 <sup>th</sup>	Mt Lofty	Easy	Day Walk	Buzza 0438 437 680
<b>September</b>				
Sun 17 <sup>th</sup>	Mt Korong	Easy Medium	Day Walk	Peter O 0428 512 970
Sun 24 <sup>th</sup>	Werribee Gorge	Med/Hard	Day Walk	Hans T 0400 049 891
Tue 26th	Monthly Club Meeting		Presbyterian Church Hall	35-41 Forest St Bendigo
Thu 28 <sup>th</sup> to Sun 1 <sup>st</sup> October	Cocoparra National Park	Easy Medium	Base Camping + Day Walks	Buzza 0438 437 680