

GO BUSH



Bendigo Bushwalking and Outdoor Club Inc. August 2023

August Club Meeting Special Guest Speaker Andrew McLean

Tuesday 22nd August at the Presbyterian Hall 35-41 Forest St Bendigo at 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.

Another beautiful day for a Mount Alexander walk



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Trip Reports

Club Meeting Tuesday 25th July Brian Haskins

At the July meeting, Associate Professor Brian Haskins gave a presentation on by-stander CPR and defibrillation. More than 20 members and guests attended, and they had the opportunity to try their hand at CPR and set up a defibrillator on a several manikins. Brian highlighted the great improvement in survival rates when CPR and defibrillation are instituted quickly by bystanders. The key message was that you don't have to be an expert to make a difference. Brian and his paramedic students from La Trobe University in Bendigo are very happy to present to other groups on this and related topics as part of their community outreach program.

Brian is also a member of the Australian Search and Rescue K9 Team and trains an air scenting search dog called Kosmo who came along as his assistant presenter. Big hit! We can follow his training on his Instagram account Kosmo Trainee. Thanks to all the members and guest who attended and participated in the spirit intended. Separate information has been supplied for those who are interested in purchasing an affordable defibrillator for themselves, family or friends. (Peter O'Meara)



Mt Buffalo Snow Camp 27-30 July

Thursday 27/7 saw Andrew M, Pat M, Allan E (guest), Kerry C and Ross H arrive at Lake Catani camping area to find very little snow. Hans T arrived early Saturday. Kerry, Ross and Hans set up their tents on the grass (a good move, as it turned out) whereas the rest of us used the tent areas, which are covered in compacted gravel. Despite having to use a block of wood to get my tent pegs in, several fell out of the mush when it rained heavily the first night! Over the three days we dodged a bit of rain (never looked like snowing) and got several day walks in, getting to View Point, Dicksons Falls, Lake View, The Monolith, the Chalet (couldn't see much from the lookouts) and round the Lake. Kerry Hans and Ross got to the top of

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the Horn (very windy) and the other three of us decided to make tea at the Horn car park instead (but still very windy!). Very little snow for this time of year, but very pleasant surroundings and company anyway. Andrew



Baringhup Day Walk

Saturday 29th July

We had 8 starters (6 members & 2 visitors) for this hitout on a sunny morning, with 4 vehicles in convoy as we drove thru the Bradford Hills & the Central Victorian granite country all looking glorious. We passed the basalt old Baringhup primary school sadly only recently closed.

Our walk took about 3 hours with us walking up the east side of the river, then across the dam wall and back along the west side. We continued to a small park north of the bridge for a breather before walking downstream through beautiful river-redgums - one of which had a fairly new sign declaring it was on the Australian National tree register & was believed to be 300 years plus. I had forgotten how beautiful the river looked here.

Lynwood Grange is an old villa which stands like a sentinel on the nearby hilltop. We had prior permission from the owner 'Robert' to visit the property, so we all jumped the fence and spent the next hour looking over the place & taking in the scenery. The villa was used for the filming of the ABC mini-series 'The gold Diggers' which is currently screening. The place could not have looked better with its manicured lawns & surrounding farmlands. Absolutely stunning!!

We ended with a relaxing walk down the main sand grit drive to the vehicle entrance/exit gate. Everyone was pretty satisfied. Thanks to everyone who participated: Peter, Janet, Gail, Joanne, Kerrie, Deidre & Bernie & who made it so enjoyable.

Ray

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Hepburn - Breakneck Gorge Walk

Sunday 6th August

Sunday started out clear and sunny as four starters headed off from Bendigo, destination Hepburn Primary School. Here Michelle, Nicole, Claire, Vicki & Hans No 1 and Hans No 2 (Club Hans) met up with Rechelle and two hikers from Ballarat Club, Angela and Mandy. First stop off on our tour were the formal Italianate gardens at Villa Palma, in Main Road, Hepburn. The Villa is straight from the 1860s and adjoins Peppers Resort.

Everyone was a bit like 'Wow!', we never knew these were here! From here it was only across the road, across the suspension bridge, into the mineral springs reserve, where we had to stop for a coffee at the Springs pavilion. It actually looked closed but there was an 'Open' sign on the door, and it did make a good coffee. From here our tour took us up thru the reserve, past the various mineral water pumps until we headed off on a road/track into the bush. With Hans' exceptional 'fly by the seat of your pants, navigational skills, we first discovered an intact old glass bottle, embossed with 'McKay Ballarat' and then in the process, overshot our turn off to Jacksons look, by only a mere 1 km!! Anyway this gave us all a chance to group navigate, by pooling Garmins, mobile phones and Hans', 'I think it's back that away!' So, we wandered up and down some hills before arriving at Jacksons lookout just in time for a lunch stop. (We had another consensus.)

A few people said that the lookout was a bit rickety and only suitable for two at a time, but it wasn't swaying more than 5 degrees, so I reckon it could hold all 9 of us! After taking in the views of Daylesford from up here, we continued on, back along the track, downhill into Hepburn. The track then continued along the side of a broad valley which I've always taken to be Breakneck Gorge Track. After walking along this very picturesque track for 15 mins we came to complete section, circa 10m wide that had been completely washed away. Thought it was strange that there were no warning or detour signs here? We weren't going back, so Hans scrambled down the slight decline in ground level and shimmied his way across and back up thru the blackberries and prickles on the other bank. It wasn't difficult, it's just that it was slippery and greasy and there were no handholds.

A slip would mean you'd end up getting muddy. Him having a trekking pole helped. None of the others had brought one. Anyway, as everyone slipped and shimmied across, Hans pulled them up the 1.2 climb at the other end. We all successfully got across, so now everyone thought they were on a real hike! We finally got to the bottom of the gorge, the part where the main road crossed it anyway. From here we crossed over and continued on the other side, from where we could see the big brickwork Culvert constructed a long time ago, to allow the water to flow under the causeway. The track now curved around and headed up another river valley, also very spectacular and this one even had cascades.

After less than 1 km, we left the track to climb to the top of the escarpment, which led up to the Hepburn football reserve. (No sport on today). From here we walked back along Main Road, which enabled us to have a closer look at the big, wrought metal clad houses, which presumably are set up for tourist accommodation. We were impressed with the fact they had their own Tesla charge stations there!

We were back at the cars at around 2.30, so it hadn't been too big a day out, except for the washaway. The 'group navigation and Survivor challenge course', all gave us a chance to bond, a bit more than would normally be the case. Everyone was already talking about when the next walk would be!

Geographically Embarrassed Leader – Hans

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Mount Alexander Day Walk

Sunday 13th August

Fifteen walkers on a perfect sunny winter's day. All up 9 km. Thank you for joining me (Ian) on the Mt Alexander walk. Kerrie, a new walker with Club said, *'Thankyou to Ian and everyone for your company. Today was my first walk with the club and I reckon I'll be back. It was great that everyone could go their own pace and members waited for each other,'* while other comments included Louise who said, *'Thanks Ian and all the wonderful walkers. Looking forward to another walk with you all,'* as well as Lisa saying, *'It was a lovely morning out.'*



★	AGM - the committee advise that the club's AGM will be held on Tuesday 26 September 2023 at 7.30pm just prior to the club general meeting at the Presbyterian Church Hall, 35-41 Forest St Bendigo.
★	Membership - 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 - Membership Form



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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 - 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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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 - 4th 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

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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Upcoming Activities

Falls Creek Skiing

Friday 18th to Sunday 20th 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 C on 0409 537 799

Mt Lofty Day Walk

Sunday 27th 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. 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. The walk is rated Easy.

Ring Buzza 0438437680

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.

Werribee Gorge Day Walk

Sunday 17th September

Spectacular Circuit walk with some climbing and steep descents. Ascend up onto the hilltops before descending to the Werribee River. There is one cabled section to aid walkers who may need that security. The distance is about 10 km in length and the Grade is Medium because the track it is up and down. Meet at the clubrooms in Forest Street for 8 am departure. Contact Hans T 0400 049 891.

Bendigo Bushwalking and Outdoor Club Inc. Annual General Meeting

7.30 pm on Tuesday 26th September at the Forest Street Clubrooms

It's AGM time again. Clubs rely on volunteers to conduct walks and also to give up some time to go on the committee. It's a pretty easy task and involves just one meeting a month on the 2nd Tuesday of the month.

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Cocoparra National Park Base Camp

Thursday 28th September to Sunday the 1st of October

Mount Bingar in the Cocoparra National Park could have been far more well known throughout the world if it wasn't for the storm fronts that occasionally sweep across southeastern Australia. Sidings Springs in the Warrumbungle National Park near Coonerbarabran in northern NSW, is a world-renowned observatory, but when Bart Bok and the Australian National University were looking in the early 1960's for prospective sites to replace the Mt Stromlo Observatory near Canberra (which suffered from too much light pollution), Mt Bingar was the initial choice - before deciding in favour of Sidings Springs.

The club hasn't visited Cocoparra National Park for a few years and with the Friday before the Grand Final being a public holiday, a long weekend has been created. Cocoparra is a fine example of the rocky red gullied mountains of inland Australia but of course is much more accessible, being a five-hour drive north of Bendigo – near Griffith. Spring is the ideal time to visit the area with the promise of beautiful sunny days, of spring flowering and waterfalls. The Woolshed Flat camping area is accessible for tents as well as vans and camper trailers. You can do walks or just take it easy in the sunshine (as far north as Sydney). Walks are Easy or Medium. Fuel Zone 6-7. Ring or text Buzza 0438 437 680 to confirm your place and departure can be arranged for Thursday or Friday.



In 2013 the Club climbed the escarpment to Mt Bingar in the Cocoparra National Park

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Stuart Mill, Kara Kara National Park

Saturday 7th October

This day walk is the other half of a day walk I put on a few years ago. This time we will explore the eastern part of the park. It is very steep, some walking on tracks some in bushland. There are toilets and a camping ground at Teddington Reservoir, that will be our start point. Estimated distance 10kms, but we can cut it short if inclement weather. Expect to see feral goats, foxes and a puma or two. Weather could be anything, so bring wet weather gear. Bring food and water. Bring a compass.

MAPS: Parks Vic St Arnaud Range National Park. Visitor's Guide.

GRID maps, Redbank North 1: 25,000 Topographical Map. Nr 7524-2-N.

Redbank South 1:25,000 Topographical Map. Nr 7524-2-S.

FUEL share: Ring 2 (currently \$30.00) ECP: Rose D. 5442 1432.

Departure at 8 AM at the club rooms. CONTACT: Bill C 0408 545 256.

Lake Boort Day Walk

Sunday 15th of October

The walk would involve an easy 7-kilometre walk around Lake Boort, lots of birds and plants as well as the opportunity to find many Aboriginal scar trees. Some of them are currently under water, but the water level is going down. There are some other walks as options for those who want a bigger day. Following the walk, we would then visit Paul Haw's Aboriginal artifact museum Yung Balug Aboriginal Artefacts Museum (yungbalugmuseum.com.au) that we have visited a couple of times recently. *Boort's significant Indigenous history on a global scale - ABC News*. No charge, but donations encouraged so that he can keep the museum open. The walk is rated Easy. Meet at the Forest Creek clubrooms for the 8.30am departure. Ring or text Peter O on 0428 512 970.

Federation Weekend Bushwalking Weekend at Trentham

Friday 20th to Sunday 22nd October

<https://fedwalks.org.au/walks-program/>

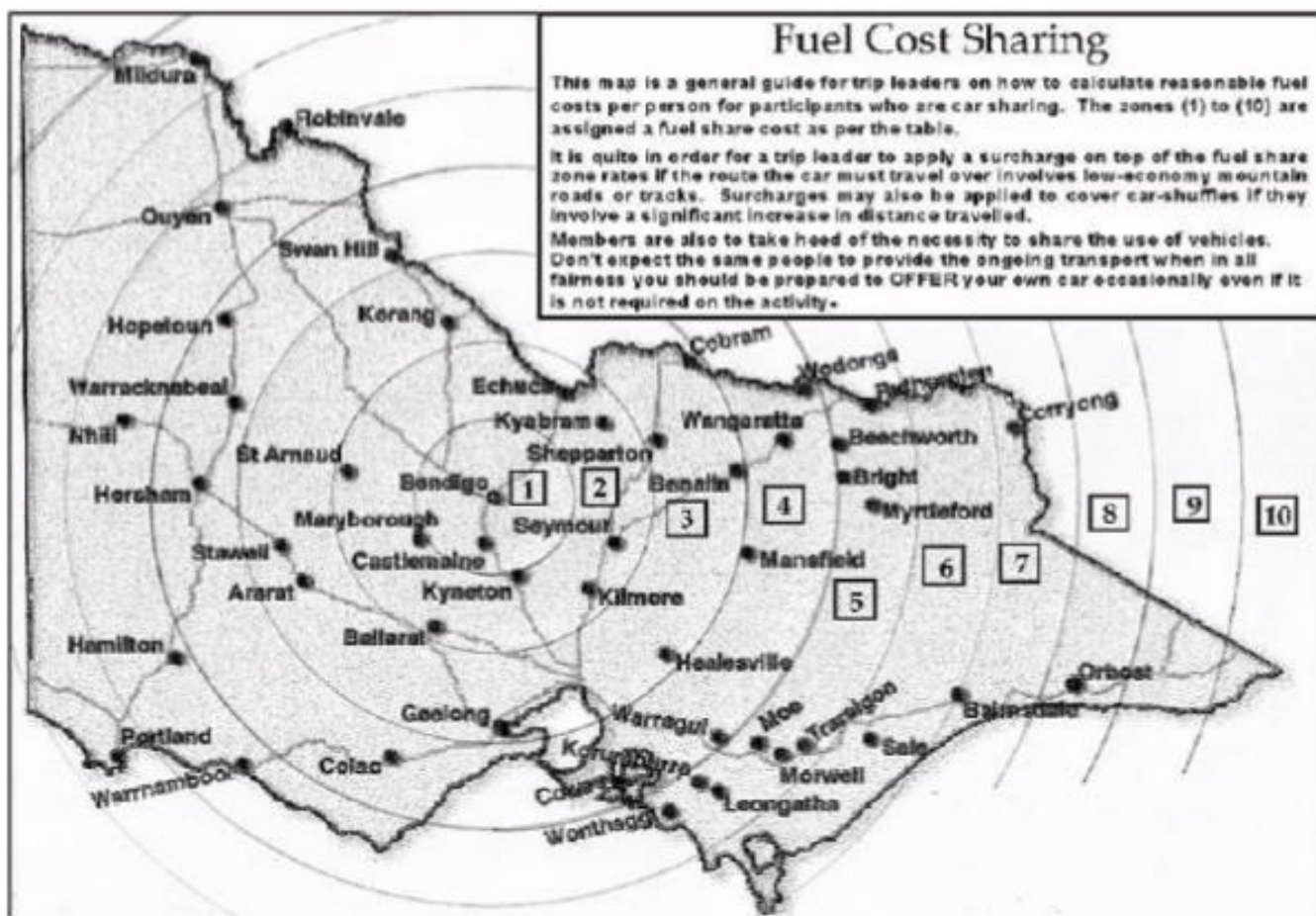
Your registration fee of \$35 includes: 1. Two activities led by experienced leaders 2. Comprehensive souvenir walk booklet and 3 - Afternoon tea provided at the hub. Twenty Day walks of various gradings and lengths on both Saturday and Sunday from which to choose.

Friday - Arrive early and explore the area, catch up with friends at your accommodation. Registration will be open from 3:00pm- 6:00pm (or check in prior to your walk on Saturday morning).

Saturday - Registrations open from 7:00am. Mustering times range from 7:45am to 10:00am and will be advised closer to the event. A safety briefing will be done prior to your walk. Please arrive early! Afternoon tea will be available on your return. Most walks will return by 3:30pm. A catered dinner (limited numbers) will be held at Trentham - more details to come!

Sunday - Registrations open from 7:30am. Mustering times range from 7:45am to 10:00am and will be advised closer to the event. A safety briefing will be done prior to your walk. Please arrive early! Most walks will finish prior to 4:00pm. Have a safe trip home or, extend your stay (and accommodation booking) to make the most of the wide range of visitor attractions in the area.

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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: _____

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 Gratings

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.

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

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.

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
August				
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 th	Mt Lofty	Easy	Day Walk	Buzza 0438 437 680
September				
Sun 10th	Fryerstown	Easy	Day Walk	David C 0409 425 604
Sun 17 th	Werribee Gorge	Med/Hard	Day Walk	Hans T 0400 049 891
Sun 24th	Mt Macedon	Med	Day Walk	David C 0409 425 604
Tue 26th	Monthly Club Meeting Annual General Meeting		Presbyterian Church Hall	35-41 Forest St Bendigo
Thu 28 th to Sun 1 st October	Cocoparra National Park	Easy Medium	Base Camping + Day Walks	Buzza 0438 437 680
October				
Wed 4th	Crusoe Reservoir 6 pm	Easy	2-hour Evening Walk	Buzza 0438 437 680
Sun 7 th	Kara Kara National Park	Easy Medium	Day Walk	Bill C 0408 545 256
Sun 15 th	Lake Boort	Easy	Day Walk	Peter O 0428 512 970
Wed 18th	Crusoe Reservoir 6 pm	Easy	2-hour Evening Walk	Buzza 0438 437 680