

FOOTPRINTS – “In Isolation”

May 2020

*Newsletter of the Border Bushwalking Club Inc.
affiliated with Bushwalking Victoria*

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Club Nights; suspended until further notice

From the President's Stump

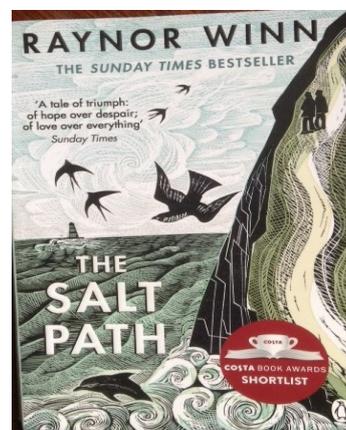
With the current COVID-19 restrictions on where we can go and who we can go with, now is certainly a difficult time to be out and about as much as we would like. For sure, we are permitted to undertake some daily exercise as long as we adhere to the rules relating to 'social distancing', but with a number of bushwalking areas declared 'no-go zones' it looks like the best we can do is a sedate stroll around the neighbourhood streets.

It wasn't that long ago that we could throw a few things in our backpacks, jump in the car and head up into the hills for a pleasant day of bushwalking and communing with nature. Oh, how I wish!

Since this social isolation decree means more time to hang out at home, I've opted to seek some visceral outdoor experiences by revisiting the books that satisfy my cravings. So, here's my short list of recommended reads that will take you out of your lounge room and into other worlds and other places that hopefully, one day in the not too distant future, you too can explore and experience yourself.

The Salt Path by Raynor Winn is a true story about an English couple who lose their house and livelihood and make the impulsive decision to walk the 630 miles of South West Coast Path from Somerset to Dorset through Devon and Cornwall. With few funds they carry everything on their backs and wild camp on beaches and cliff tops.

This little gem could almost inspire you to give it a go too!



A Walk in the Woods by Bill Bryson describes his attempt to walk the 2,100 mile Appalachian Trail that stretches from Georgia to Maine in the USA. Bryson proves to be an entertaining guide on this journey through astonishing landscapes of silent forests and sparkling lakes. An adventure, a comedy, and a celebration, A Walk in the Woods has become a modern classic of travel literature.

Into the Wild by Jon Krakauer isn't your run-of-the-mill outdoor adventure. In 1992 a young man, Christopher Johnson McCandless, hitchhiked to Alaska and walked alone into the wilderness. He had given \$25,000 in savings to charity, abandoned his car and most of his possessions, and invented a new life for himself. Four months later, his decomposed body was found by a moose hunter. How McCandless came to die is the unforgettable story of Into the Wild.

Endurance: Shackleton's Incredible Voyage by Alfred Lansing. This harrowing and legendary tale about Ernest Shackleton's 1914 attempt to reach the South Pole reminds us of the resilience and courage of those early explorers. For five months Shackleton and his men, drifting on ice packs, were castaways on one of the most savage regions of the world.

Shooting the Franklin by Johnson Dean is a cracking read about a group of mates who grew up paddling some of Tasmania's most famous rivers including the mighty Franklin. After an earlier failed attempt Dean, and his three companions, completed the trail-blazing journey down the largely unknown river in 1958.

Perhaps you could tell us your recommendations for some outdoor adventures we can take from our lounge rooms?

Looking forward to seeing you on a track, a bike path, a river, or a ski slope as soon as we get through all this.

Ian

March 2020 New Members Night BC (Before Coronavirus)



Trip Report

Navigation Training

Along time ago, in a galaxy far, far away people were permitted to walk in our high country. March 21st was very close to the last of these all but forgotten, days.

John had put a lot of planning into a navigation course at Rocky Knobs (Falls Creek) even further into the distant past. It was to be an extension of the Leadership Course held in early 2019 but was offered to all members after a successful day in Chiltern Forrest.

Heavy rain, possible surgery, overseas travel and bushfires plotted against us but we finally had a date. John and Rosemary would be back from their latest overseas trip and Judy from BVW training thought she'd come along to support us and see how John ran the day.

Yes, I did say overseas trip. Whilst they made it back a few days before the mandatory 2 weeks quarantine rule the decision was made that John should not participate.



In stepped Judy and Michelle, who is a new recruit to the training team. They took over John's well-prepared course and took a team of 8 on an intrepid journey into the unknown. Numbers had changed greatly as illness and concern about this new virus, (what was it called again?) impacted on decision making.

A flotilla of cars arrived at our start point, as car-pooling was deemed unwise, and quick orientation and revision was undertaken before we began pushing our way from waypoint to waypoint. Each participant took turns in guiding us over the course. John had mentioned 'some scrubby bits'. He must have been laughing from the comfort of his isolation.



The participants had a wide range of skills and confidence, but all agreed that they had learnt a lot over the day. The acronym PASTA was heard frequently and a big bowl of it was certainly deserved by all; with refreshments.

Thanks to Judy and Michelle who so capably stepped in at very short notice and John who put so much into the preparation.

One day we made even get to go back up and capitalise on our recently honed skills. Sigh!

Bernadette

Club Activities: all of our favourite activities have been postponed until further notice.....however;

Club Activities during our period of isolation

By early May our website will have a forum up and running as Bernadette flagged in her April 16 email to all members. The forum will allow members to upload photos, add a description, provide the option for other members to add their comments similar to other apps you may be familiar with.

Each week we will have two activities. One will be photo based and the other will be based on responding to a challenge or reflection. These activities will be listed in 'events' once we are ready to launch them.

So you can start to think about it now, in the first week you will be asked to post a photo with the theme 'trees' and/or tell us about what you are doing to keep fit, become fit or maintain fitness.

These events are designed to inspire, amuse, involve and entertain so play it straight or be creative; the choice is yours as long as we are positive in our spin and avoid political comment. Many will relate to the things we do as a club but some may be about the things we talk about on activities or just life in Covid times.

We will also include profiles of members that help us get to know each other better. The first two are included below;

Glenn Mackinnon; one of our two new committee members

Where do you live? Wodonga

Where else have you lived? Moonee Ponds, South Yarra, Scottsdale (Tas), Puckapunyal, Keppera (Qld), Wodonga, Finley, Albury, Leeton, Dubbo, Kilmore, Townsville, Wodonga

When and how did you first become involved in bushwalking? Been walking all of my life, rejoined BBC last May.

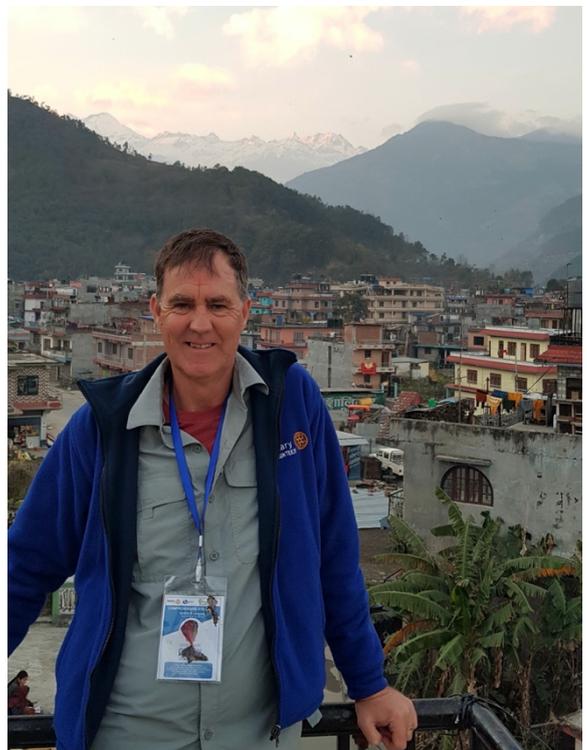
Tell us about your first walk with BBC Lockhart's Gap

What roles have you had within the club? Treasurer (way back) and now general committee

What do you love most about walking or other club activities? Getting out into the great outdoors, camping overnight, learning other member's stories.

What the club activity that stands out in your memory?
Why? Feathertop full moon trip.....because I failed miserably and returned to Harrierville.

Which walk do you most wish you could do now? Routeburn Track in NZD...just completed the Milford Track and would love to return to that stunning part of the world.



What are you doing to make the most of our current situation? Walking 15km's per day with my young border collie and going out hiking by myself in our local area each Sunday for a few hours.

What's something new that you've done or learned since we've been required to stay at home more? Work remotely from home

Tell us one thing about you that most people wouldn't know. I once (and only time) wore my wife's clothes out to a restaurant....bank wives were having a girl's night out and it was my way of protesting....they paid for my meal and drinks...and I drank plenty that night!

Eileen Clark; life member, walks leader and past committee member

Where do you live? I live in the middle of Lavington, it's the house with the unkempt garden.

Where else have you lived? Several places! My early years were spent in southwest London, very close to the Wimbledon tennis courts. In my final year of High School, the family moved to rural Kent, just outside Canterbury. I left home a couple of years later and settled in Sydney, then got married. In 1972 we moved to Albury because Sydney houses were too expensive! We had never been here before and my husband's employer booked us in to the Viscount Motel on 'Rollover Corner', where the Good Guys whitegoods shop is now. We arrived on a cold Saturday evening in May, and as we drove in to the motel all we could see were people of many ethnicities standing around looking very cold. We found out later that they were a troupe of Brazilian dancers who scandalised the town by performing in very scanty costumes!

When and how did you first become involved in bushwalking?

This one is hard to answer. Growing up in Wimbledon, we lived close to Wimbledon Common (home to the Wombles and Jonathon Creek's windmill) which is an extensive unspoilt area. My mother would take us up there for 'walks' on many Sunday afternoons and later we would go by ourselves. I joined the Girl Guides and did some hikes and also discovered Youth Hostelling. It all came to a halt when I moved to Sydney. I was afraid of sunstroke, bushfires and snakes and I knew no one who went walking. I was busy with a new job, TAFE two nights a week, and the attraction of a 'Palais de Danse' just round the corner; the whole drugs, sex and rock 'n' roll package, or rock 'n' roll at least! We'd been in Albury about ten years when my son and I had a few days at Howmans Gap and I discovered the mountains, and from then on I was hooked.

Tell us about your first walk with BBC. Come on, how good do you think my memory is? It would have been early 1980s, about five years after the club was formed, and I think it was to Beechworth with Edna Jacob. It must have been OK because we came back for more (in those days my young son was a permanent feature).

What roles have you had within the club? Most! President, Secretary, Treasurer, Newsletter Editor, Committee Member, walk leader. I still lead walks and also keep statistics on the walks we've done for the Activities Coordinator. I also have the grand title of the Club's Field Officer for Bushwalking Victoria, and report matters that need attention, such as fallen trees on fire trails or broken signposts etc.

What do you love most about walking or other club activities? I love the physicality of walking, it's such an easy exercise for someone who was born a klutz with no co-ordination. I love being outdoors in beautiful places, especially wild, open places with mountains around. The Club allows me to get these experiences with the added bonus of fun and friendship'

What the club activity that stands out in your memory? Why? It's hard to pick out just one. I remember one of the first working bees at Youngs Hut. We walked in on the Saturday morning in fine windy weather and worked hard to clear rubbish and dig the pit for the toilet before settling down to a convivial shared meal and snuggling in our tents



as the temperature dropped. My son woke me early the next morning wanting to know what had happened because it was all white outside. It was the first time he had seen snow and the excitement on his face was wonderful.

Another walk I remember was on 28 April 1996. It was my second time up Mt Bogong. The first time, a few years earlier, we had been swathed in mist, but this day was incredibly clear, fresh and sparkling. We stood on the summit and could see to Table Top, north of Albury. We got back to the cars about 6 pm, tired but happy, and I turned on the car radio and heard of the dreadful Port Arthur massacre. The contrast between the horror of that event and the brilliant purity of day we had had was striking.

And I suppose I should mention the walk in May 2018. We practice for emergencies, rehearse scenarios in our minds, but this time it was real. The day was cold, with snow on the ground. I led a walk into Youngs Hut and on the walk out one member of our group became very ill and needed evacuation by helicopter. While we waited, it was a challenge to keep the patient and everyone else warm. The rescue came just on dusk and the rest of us had to walk 10 km out in the dark on a clear but bitterly cold night. By the time we got back to the cars, bootlaces were frozen and trouser legs thick with ice.

Which walk do you most wish you could do now? Spion Kopje, looking down on Falls Creek and Howmans Gap and across to Mt Bogong.

What are you doing to make the most of our current situation? I make sure I get vigorous exercise every day, either a walk up One Tree (aka Red Light) Hill on the northern outskirts of Lavington, or an hour of gym exercises in the back yard. I'm a bit of a gym junkie and my trainer has worked out a program for me using soup cans, a cushion and the car bonnet.

What's something new that you've done or learned since we've been required to stay at home more? It's not exactly new, but I've started an email group with my brother and all 14 of my maternal first cousins, who are scattered across England, Scotland, Wales, France, Spain and Canada. We have been in touch intermittently over the years, but none of us ever had everyone's email address. We've now sorted that out and the emails have been flying thick and fast. We've located Grandpa's War medals and found out who plays golf. One aunt turns 100 soon so we are trying to work out how to have a virtual party if travel restrictions are still in force.

Tell us one thing about you that most people wouldn't know. Oh, now you're asking! I have to admit that I am totally addicted to jigsaw puzzles. I hope Mrs ScoMo and the kids enjoy the ones she bought.

Services included in your BBC membership include;

A range of gear is available from the club to hire at a very minimal rate

- Sleeping bags
- Back-packs
- Hiking poles
- Waterproof jackets
- We even have a dehydrator if you want to prepare your own meals

Safety equipment is available free of charge for leaders of club activities

- First aid kits
- GPS
- PBLs

All of the above is stored and managed by [Adventure Gear, 479 Dean Street, Albury.](#)

Adventure Gear is currently closed until further notice however call in AC (after coronavirus) and have a chat to Gino and Kell for all your equipment needs whether it be hiring or buying at the special BBC club discounted rate.

Disclaimer All statements and opinions expressed in articles published in 'Footprints' are those of the respective authors and do not necessarily represent the views of the Editor, the Committee or members of the Border Bushwalking Club.