

FOOTPRINTS - "In Isolation"

Mid May 2020

*Newsletter of the Border Bushwalking Club Inc
Affiliated with Bushwalking Victoria*

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From the President's Stump

So you've been stuck at home, pining for the day when you can shrug on your backpack and head for the hills. The good news is that we can now get back into some hiking and can venture once more into the wild blue yonder, soak up all that nature has to offer and whistle a happy tune!

Of course, there are still some restrictions in place and it looks like the after-hike gathering at the local café is still out of bounds and our usual car pooling is not advisable. In the meantime, Bushwalking Victoria has suggested no less than 20 things to do now that the colder weather means more time spent indoors. For more details check out their website at <https://bushwalkingvictoria.org.au/>

Here are just a few of their suggestions that really took my fancy as one way to beat the cold weather ...

- Do an audit of all your bushwalking gear. Chuck out, or give away anything that you haven't used in the past few years. List any items approaching their use-by date and prepare a shopping list for when your favourite outdoor store re-opens for business.
- Review all your bushwalking photos, including those old colour prints stashed in the shoebox. Choose 25 of the best and create your very own 'Best of Bushwalks' photo book. (There are plenty of online companies offering various options).
- Brush up on your First Aid skills. Recruit your kids to act as your patients and practice applying a triangular bandage, putting them in the recovery position and splinting a broken arm. They'll thank you for the diversion away from homeschooling and they might even learn some valuable first aid basics too! Take the 'Wilderness First Aid Quiz' - <https://blog.nols.edu/getting-down-to-the-basics-wilderness-first-aid-quiz>
- Learn to play the harmonica or ukulele. This way you'll be able to surprise and entertain your fellow bushwalkers when you crowd around the campfire at night. You'll be an instant hit and everyone will be inviting you to join them on their next walk!

Keep an eye on our Activities page on the website now that we are allowed to hike in groups of up to ten. I'm sure there will be a flood of new activities posted soon! Looking forward to seeing you on the track. Ian

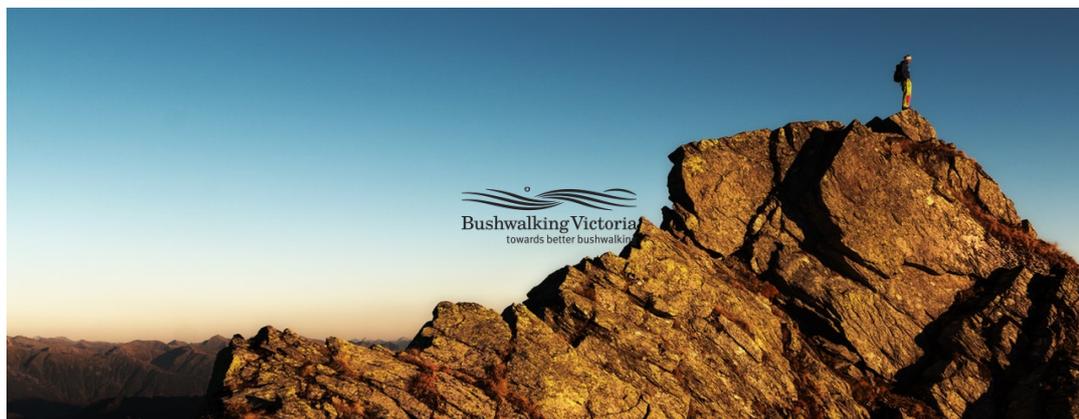
New Members; welcome to Sue and David Butler

Club Activities; check out Events on the website for our new activities

As our President advises in his stump above, the great news is, we are now able to recommence some activities. Please read the information from Bushwalking Victoria regarding current expectations.

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Reduced Victorian Government COVID 19 Restrictions – BWV Advice to clubs

Dear Ian,

The Victorian government has reduced the restrictions that were brought in to contain the COVID-19 pandemic. Among the changes are that people are now able to hike in groups of up to ten people, with some national parks open but camping is still not permitted. The full details can be seen here: <https://www.vic.gov.au/coronavirus-covid-19-restrictions-victoria>

Some national parks will be open – [check park status](#) before going on a trip.

The advice below is provided to help clubs manage risks associated with COVID-19 based on the current restrictions.

Advice for Trip Planning

- There is no restriction on how far you can travel
- Only day walks are allowed.
- Check with the relevant Land Manager that the area you are wanting to walk in is open.
- While it may be tempting to undertake challenging activities allow time for members to regain their fitness
- It is advisable not to carpool - it is difficult to maintain social distance inside a car.
- Select walking routes so that a social distance of 1.5m can be maintained while walking within the group and from other walkers.
- At narrow sections of tracks respect other users and take turns to move through these sections.

Advice for Walkers

- If you are in a high-risk category consider carefully if you wish to be exposed to infection risks from others, even outdoors, and with special measures in place. Some people may have an asymptomatic infection.
- Stay at home if you are showing any symptoms of COVID-19 or if you have had contact with someone suspected to be infected with COVID-19.
- Maintain a social distance of 1.5m at all times.
- Cough into your elbow.
- Scale back ambition - undertake activities well within your ability to reduce the small risk of an accident, which would put emergency services at risk of transmission if a rescue is needed.
- Assume the virus is resilient outdoors. In particular, maintain hand hygiene. Avoid touching shared surfaces and wear gloves. Use alcohol gel/wipes after contacting any surfaces (e.g. gates, fences or benches).
- Do not share personal items on a walk.

The following websites provide additional information to keep you informed:

[Coronavirus \(COVID-19\) National Principles for the Resumption of Sport and Recreation Activities](#)

[Parks Victoria Covid-19 Update](#)

[Safe Work Australia COVID-19 Resource Kit](#)

[Good hygiene for coronavirus \(COVID-19\)](#)

Our club will use these guidelines with some additional alterations as listed below:

- There will be no car-pooling, except for those that live with you, until further notice.
- There will be no sign on sheets but you will be asked to email or text your leader, after you have had a conversation with them, to confirm that you are aware of the risks, willing to follow the leader's instructions and feel the activity is within your capabilities.

It is very important that you follow the additional procedures as outlined by BWV to ensure that all participants are safe.

All the National Parks in our area are open so hope to see you soon, in groups of ten or less.

Club Nights; still suspended until further notice

Membership Fees are now due for the period June 2020 to May 2021.

The committee have decided not to raise the fees this year despite the club continuing to operate with a small loss. Our fee structure would normally be presented at the AGM in May for approval however this has not been possible. It may be some time before groups of 25 people can meet as required by our club rules for an AGM. In the interim the fees are as last year and subject to approval by a delayed AGM.

You can pay by direct debit to Border Bushwalking Club Inc. at Hume Bank; BSB 640 000, Account No 111104448 including your name in the description field for our identification.

- **Single Member \$45, Concession \$35**
- **Family \$80, Concession \$65**
- **Extra Family Member \$10**

Club Activities – In Isolation

Members Forum

As promised in the previous Footprints, we now have a Members Forum up and running. Thanks to those many members who have uploaded photos and description of trees, walks and activities in isolation. If you haven't yet seen the wide variety of posts, sign in and check them out.

Each week we will announce on Events our theme for the week. The next two themes will be

- Water, water everywhere... a lovely paddle down the river or that walk or ride that got a little bit wet.
- My essential piece of equipment. Tell us all about that item you can't leave home without. Good advice or quirky ideas all welcome

Member Profiles

Continuing our idea of sharing member profiles, the next two are included below:

Evelyn Durham; our Treasurer for the last 12 months



Where do you live? Yackandandah

Where else have you lived? Woolgoolga & Sydney (NSW)

When and how did you first become involved in bushwalking? With a group of Sydney friends in 2008

Tell us about your first walk with BBC. It was an overnighter to Youngs Hut. A beautiful walk with snow in May that involved an afternoon helicopter rescue for a participant in the day walk group. Resolved to buy a warmer tent negative overnight temps.

What roles have you had within the club? Treasurer from May 2019

What do you love most about walking or other club activities? Looking forward to each event, being outdoors, meeting new people, seeing different creatures (except for snakes which I seem to walk past, oblivious to their presence).

What the club activity that stands out in your memory? Why? The Christmas social BBQ. Wonderful to just sit and chat without having a 5 min warning and having to reshoulder a backpack.

Which walk do you most wish you could do now? The Hotham / Falls Creek Crossover

What are you doing to make the most of our current situation? Enjoying seeing Eamonn completing his (my) long list of outdoor landscaping jobs whilst I work from home.

What's something new that you've done or learned since we've been required to stay at home more? Re-learned how to operate a rotary hoe, planted an autumn green manure crop, waking early to chase cockatoos and galahs eating the seeds.

Tell us one thing about you that most people wouldn't know. I would follow a career in horticulture if I relived my life again.

Jan Andrews; Life Member



Where do you live? Benalla / South Yarra (well-- based there anyway-- away travelling/ walking most of time ...usually, stuck Benalla now. Much more energy though in virus year... not continually packing/ unpacking, organising trips, researching trips, booking trips, travelling Aus. and O/S several times a year—very tiring at 76 especially with all the joint problems)

Where else have you lived? London, Melbourne (7 suburbs), Moss Vale, Tamworth, Warragul (Vic- born there Gippsland)

When and how did you first become involved in bushwalking? Melbourne University Mountaineering club/ YHA walking club Melbourne. (with the former at age 19 was slowest and weakest walker.

Built up stamina as years went on to run backpacking sking/ bushwalking trips NE Vic in 30's/ 40's, 50's, 60s for Benalla, border, Shepparton bushwalking clubs or friends every weekend & after work. After got bored and couldn't

find new places the challenge was on to find out of the way, compass, unknown *day walks* in gorges and foothills/ local ranges)

Tell us about your first walk with BBC. Not sure but remember Pauline McLaughlin's week long trip on Lord Howe Island in Oct 1993 daywalks from original resort. (the year Benalla flooded and walked home at night no taxis from Sydney bus stop. Found house flooded to 1.5 m and 2 cats on top of bed heads with paws crossed)

What roles have you had within the club? Leader:

1) *canoeing*: (day trips to weekend to 7 day trips with all gear on board including eskies, tents, folding chairs. Eg sandy beach sections Murray river Tocumwal etc, Edwards river (good for Xmas to New Year as no road access before Deniliquin), Hattah Lakes NP NW Vic, Jamieson River, Ovens River, Barmah Forest (including short cuts thru the forest in raging flood down the Murray from Yarrawonga), upper Mitta River above Omeo & also at Blue Duck Inn below Omeo.

7 week long day trips Snowy River NSW base camped on a beach (scary 6 hrs drive from Benalla on own one year on dirt rd chased by motor cycle gang)

2) *ski touring*: Day trips, to 7 day trips backpacking weekend or day trips. Eg The Bluff, Mt Stirling, Koskiuzcko NP, Bogong High Plains NP from Omeo end also, Mt Jajungal (7 days from Corryong,) Dinner Plain

3) *Bushwalking*: day trips, backpacking weekend trips to 7 day backpacking trips. All the NSW & Vic Alps of course. Budawang NP NSW rugged between Canberra/ Nowra, Wilsons prom NP, exploratory day trips all local ranges using map and compass- unknown gorges, Strathbogie Ranges, Warby Ranges, Eldorado off track via waterfalls, Wyperfeld NP in spring with carpets wildflowers. Spring or summer alpine wildflowers one aim.!

What do you love most about walking or other club activities? showing people areas they likely never have known about. Enjoying the company of compatible people with similar interests. Off track best as no one knows where you're going and cant rush ahead---am a leisurely walker and canoeist! Always at back on tracks- don't like them. Like to find new places no one knows about or been.

What the club activity that stands out in your memory? Why? All fantastic- the freedom of canoeing to camp on a remote beach, off track bushwalking big backpack or day pack, zooming down thru fresh snow high plains Marne Point or the flying the gentle slopes of top of the Bluff, vic.

The red dunes and wildflowers on- track walks Wyperfeld NP (was hard to off track walk thru dense vegetation of Big Desert after few years). The multi day bushwalk in Budawangs NP with the huge rock formations.

Canoeing the 7 days Corryong (or Biggara) to Hume Weir several times. Canoeing the crystal-clear Jamieson river, and Mitta river above Omeo with small continuous rapids. Camping on beaches Snowy river and canoeing the fairly hard rapids on day trips NSW section.

Which walk do you most wish you could do now?

-Carry a day pack (arthritis in shoulders), pull luggage on wheels on cobbled European streets (shoulders & chest muscles, Carry backpack O/s- more mobile than luggage on wheels, Anything! Do easy flattish walks. But with osteoarthritis from all the years of bushwalking, canoeing, ski touring – joints are stuffed (knees, lower back, shoulders- no time for joint replacements and too many now).

Can't lift canoes but can still canoe. No rocky steep walks. No skiing down hills can go up them. No long walks.

But still plenty can do and find one of my favourites: 'wallaby gully' 4km or what you make it-- top Strathbogies in spring with masses wildflowers and gentle slopes/ huge rock outcrops, no tracks and fabulous views across Strathbogie plateau.

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

To plant bulbs with knee and back arthritis To get annoyed about no group activities—aqua aerobics, u3a lessons (enrolled in 7 and take one—astronomy), yoga, bushwalking with partner of 26 years (he lives in South Yarra and we're self-isolating of course- not point [*bringing virus up here*](#))

Tell us one thing about you that most people wouldn't know. Worked as a geologist in London & Melbourne—then as a forester/ outdoor ed. adviser/ environmental consultant in NE with Education Dept Benalla for 20 yrs. Retired at 49 to travel and do more outdoor activities

Webinars that may interest you from Parks Victoria; contributed by Simon



INSIGHTS INTO NATURE

A webinar series fortnightly on
Wednesdays at 10:30am

13 MAY Discover Australia's volunteer landscape
with Sara Sterling – Sector Development
Manager, Volunteer Victoria

27 MAY Science for conservation benefits
with Dr Mark Norman – Chief Scientist,
Parks Victoria

10 JUNE Discover Victoria's heritage places
with Dr Kim Wilson and Paul Roser
– Historic Heritage, Parks Victoria

24 JUNE Explore Victoria's underwater parks
with Mark Rodrigue – Statewide Leader
Marine and Coastal, Parks Victoria

Parks VICTORIA **VICTORIA** State Government Environment Land, Water and Planning

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 has now reopened. Call in 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

Cut off date for input to the next issue of Footprints May 26.