

# FOOTPRINTS

## “Emerging once more”- October 2020

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

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**Ira:** Meeting Suppers & Social Convener, **Ken:** Equipment Officer & Policy, and general committee members **Sandy, Glen & Simon**

### From the President's Stump

I hope this finds all our members well and managing to cope with the current COVID-19 restrictions that are affecting our lives at present. COVID-19 continues to dominate much of our discussions at Committee level as we attempt to navigate our way around the many scenarios the virus has thrown up at us.

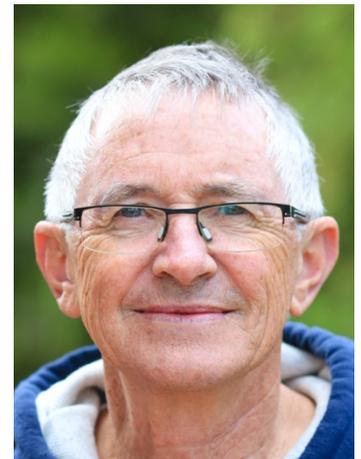
While Club Nights have been reduced in frequency, there is little likelihood that we will be able to meet as a group at the Senior Citizen's Hall this year. The Committee is hoping that Club Nights will be able to resume in February 2021, but who knows!

Once restrictions have been eased enough to allow it, we would like to organise a social event for members, just so we can get together once again as a group. Fingers crossed it won't be too far away.

At our last Committee meeting, Marie, our Membership Co-Ordinator, reported we had 59 Single memberships; 16 Family memberships; and 14 Concessional memberships, plus 9 Life Members. All up we had a total of 94 financial members, plus our Lifers. This is a subtle hint to those of you who may have neglected to pay your membership fees, that it's not too late. (Remember we have not increased the fees for 2020/21).

Our Annual General Meeting has finally been “held” via email and thanks are extended to all those who responded to the three items that needed to be ratified, viz. the 2020/21 Office Bearers and General Committee members; the 2019/20 Financial Statements; and the Club Fees for 2020/2021

On a pleasing note, our Activities Program is as strong as ever, albeit restricting some members' ability to participate, depending on which side of the Border they live. Bernadette recently organised and conducted another very successful and informative Leaders Briefing via a Zoom meeting, with only a few leaders unable to attend. Part of the briefing included mention of the responsibilities of participants in Club activities and Bernadette stressed the importance of participants to only undertake those activities for which they are physically fit and capable and to not take part in any activity if they are feeling unwell.



Leaders have been advised to continue with a number of important protocols, including maximum of 10 participants on activities; social distancing; no sharing of food or equipment; and, limited car pooling,

In other news, Simon Mullumby has decided to stand for a position as a General Board Member at the forthcoming Bushwalking Victoria elections. Having a representative from BBC on the board can only be seen as an advantage for our Club, and it will also mean a voice for all north-east regional Victorian clubs. We thank Simon for his willingness to take on such a position and wish him well.

I look forward to catching up with you on an activity sometime in the near future.

Ian

## **New members; a warm welcome to the following;**

- Marian Van der Steen

## **Bushwalking Victoria Newsletter**

Our club is affiliated with Bushwalking Victoria. Part of your annual membership supports this group of volunteers working tirelessly to encourage bushwalking, influencing stakeholders, track maintenance, bush rescue, training etc.

You can subscribe to your own copy of Bushwalking Victoria monthly newsletter on the home page of their website.  
<https://bushwalkingvictoria.org.au/>

For those who have not subscribed, you can read the current issue on this link;  
<https://mailchi.mp/bushwalkingvictoria/september-bushwalking-news-subs?e=12de186b76>

## Trip Reports

### Glen Creek Walk, or Victorians on the Loose.

For our first walk after 7 weeks in lockdown, we had not just great weather but great company also. The neighbours paddock had dried out so we didn't get muddy feet, and after passing the fallen tree that produced a forest with its branches, we were soon heading uphill, noting greenhood orchids and an abundance of wattle.

The views of Mudgegonga, Mt Buffalo, Mt Stanley, and Mt Jack were admired before heading downhill and off track. Every year this bit gets a little bit more overgrown, but a very considerate animal had left a track to follow down to the first creek crossing.

Morning tea was enjoyed at the old campsite, with two billies still hanging in the fireplace. Then across the creek and a short sharp ascent had us back on the track. This undulating stroll had us admiring large swaths of tiny white flowers, and Ira was able to educate us on these.



The millions of little white flowers were early nannies. We also saw 4 varieties of greenhood orchids, little pink and white caladina orchids and wax lip orchid. Yellow stars in the damper gullies and some hardenbergia, bush pea, heath and grevillea alpine in drier areas.

Thanks Ira, I'm going to try and remember these for next year.

After several more creek crossings and lunch, the steep climb up didn't bring any complaints (that I could hear, 😊), and then the undulating track found us back at our starting point. We did come across a huge arrow and question mark, the forest

fairies were making sure we went the right way.

No afternoon tea could be offered due to covid restrictions, (sadly it was heard some only came for the afternoon tea), but I would be happy to have you all back next year when we may offer this.

Pauline

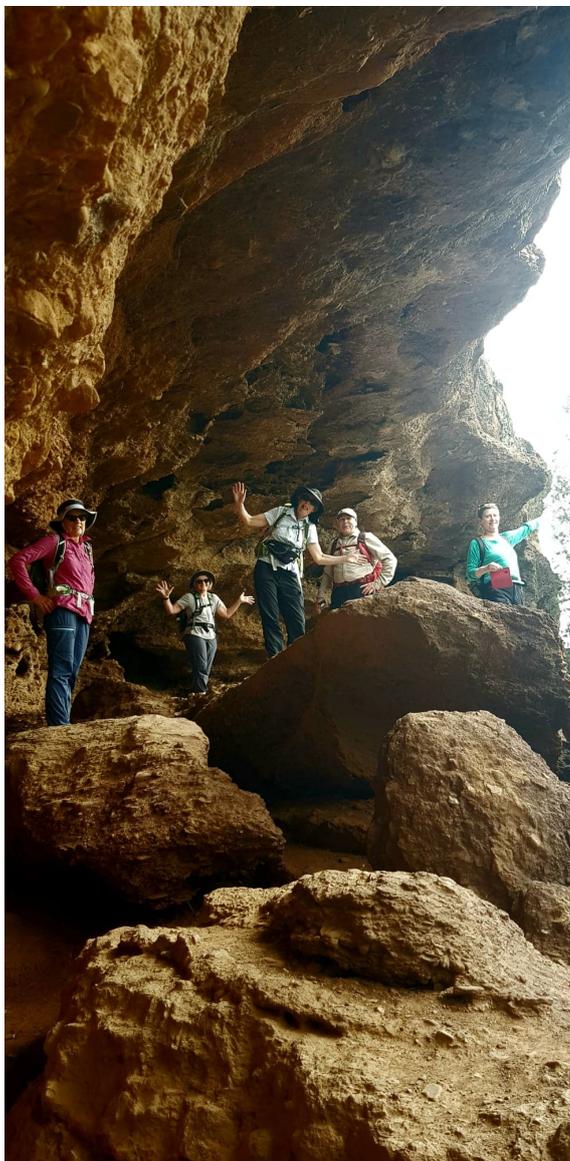


## Galore Hill and Morgans Lookout, NSW

We'd heard that it was a great season for canola and wheat crops, and as we drove out to Galore Hill Scenic Reserve, a patchwork of yellow and green stretched in every direction.

Galore Hill has caves that one of Australia's most bloodthirsty bushrangers; Mad Dog Morgan, used when hiding out from authorities, during the 1860's.

We took the dirt management track that contours around the bottom of the hill and we walked tracker David, identified the tracks of roos, goannas, snakes and small marsupials.



After a break in a clear area, amongst a sea of purple we headed up to the saddle. From here the track contoured up and around the rocky outcrops that provided shelter and view points for Mad Dog Morgan.

Continuing on to the summit, we found a spot for lunch with views for miles.

Leaving the views behind we headed down the hill and back to the cars, before heading off to Morgans Caves, which are just out of Walla Walla. This massive white granite outcrop was used by Morgan as a vantage point to watch for approaching victims and police.

The Lookout is popular and was busy with families enjoying a great spring day. After climbing the new ladder to the highest of the giant boulders, the view from the observation platform once again confirmed that this season had been a good one. Thanks to everyone who came.

Deb

## Tumbarumba to Rosewood Rail Trail, NSW



Wanting to walk somewhere different the Tumbarumba to Rosewood Rail Trail seemed like a good opportunity to explore a new area and get out of Albury. This 21km of shared pathway, is the first NSW rail trail on public land, and was officially 'virtually' opened on 3<sup>rd</sup> April 2020.

It was shorts and t-shirt weather right from the beginning, and after meeting at the Rosewood Trailhead 8 of us headed towards Tumbarumba to start the walk back to Rosewood.

The rail trail follows the old railway line that ran from Wagga Wagga to Tumbarumba. It winds its way through a valley and mainly follows the Mannus Creek.

We crossed 4 rejuvenated trestle bridges and passed the sites of the former Glenroy and Wolseley Park railway stations.



The trail has distance markers every kilometre and information boards at significant places explain the history of the area.

The rail trail has really brought the community together and throughout the day we chatted to lots of volunteers, who were planting trees (a type of snow gum that's native to the area) that will line the path in years to come.

It was nice to be out and enjoying the perfect weather that we had.

Deb



## Member Profiles

### Pauline McLaughlin; life member (2009) and almost every role on the committee

*Where do you live?* Albury

*Where else have you lived?* Sydney, Exeter, Moss Vale, Canberra

*When and how did you first become involved in bushwalking/skiing etc.?*

When I lived in Canberra, I belonged to the YHA group and we went on bushwalking and skiing trips. My first backpack trip was from the top of the Thredbo chairlift, a night at Blue Lake hut (doesn't exist now), and down to Geehi.

*Tell us about your first activity with BBC*

On July 23<sup>rd</sup>, 1989 I went on a short walk to Morgan's Cave, 50 kms north of Albury led by Edna Jakobs.

*What roles have you had within the club?*

Club member, committee member, treasurer, secretary, president, and walks leader.

*What do you love most about walking or other club activities?*

Visiting beautiful places with like-minded people.

*What is the club activity that stands out in your memory?*

*Why?*

There are many, but an extraordinary one was GANGERANG 1999. The description in Footprints was:

*About 5 or 6 days (however long it takes!) of wilderness walking in the Kanangra Walls- Kowmung River area of the Kanangra-Boyd National Park. Some on track. 70-80 kms.*

9 of us enjoyed the wonderful wilderness walk, but by the end of the walk we had 3 injured walkers and we were met by a helicopter searching for us. No need to winch anyone out and all ok after some medical help.

*Which activity do you most wish you could do now?*

Ski to Kelly's hut.

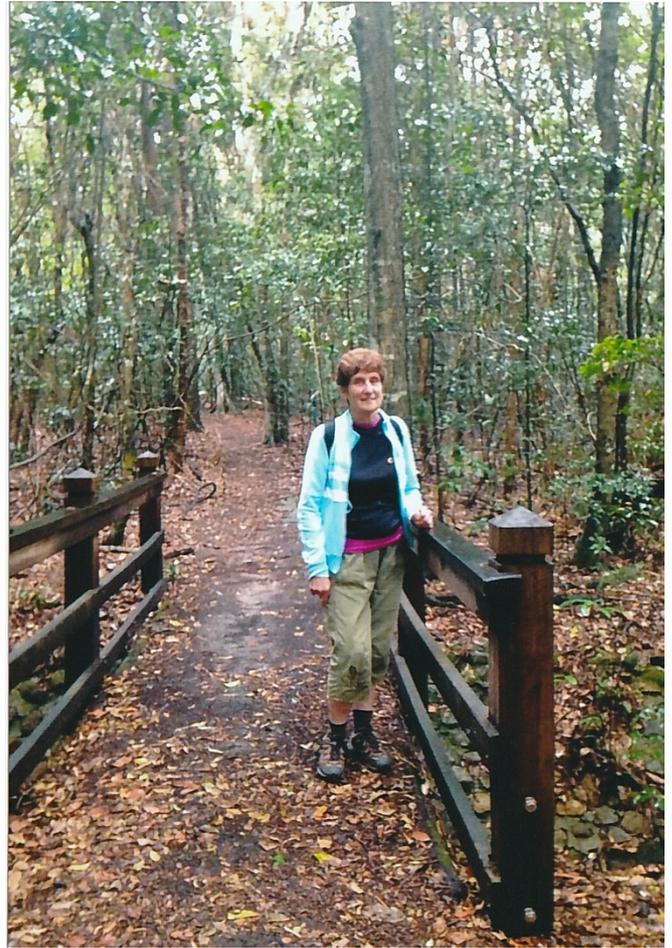
*What are you doing to make the most of our current situation?*

Gardening, walking, knitting, visiting, enjoying coffee with friends, zoom meetings.

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

*Tell us one thing about you that most people wouldn't know.*

I was learning to fly but didn't advance to a licence.



## Deb Kahn; walks leader, activities coordinator and keeper of the maps

*Where do you live?* Albury

*Where else have you lived?* Randwick and Trundle

*When and how did you first become involved in bushwalking/skiing etc.?* I became involved when my kids were old enough to look after themselves for a day and my friend Jan invited me to go on a walk with her.

*Tell us about your first activity with BBC* I can't remember my first activity, so it must have been uneventful. But I do remember a walk to The Pinnacles with Bruce Keys, that was interesting!

*What roles have you had within the club?* Walks and activities coordinator, keeper of the maps, walk leader.

*What do you love most about walking or other club activities?* I enjoy all aspects of walks/activities, from the planning, through to the walking, and finally the hot chips and beer at the completion. Walking is physical, mental, social and emotional, it challenges you and allows you to explore and enjoy places with friends.



*What the club activity that stands out in your memory? Why?* Two walks are my most memorable. The first walk involved taking club and non-club members (who I was prepping for Kokoda) to Youngs Hut via Palings Spur. Someone slipped crossing the river and got concussed, and we spent a long time administering first aid to him before heading up Palings Spur. It was late when we got to Youngs Hut and the weather was turning. It snowed 15cm overnight and collapsed tents.

The other memorable event was when driving home from a walk to The Twins, one of the cars driven by a member failed to take a turn and ran off the road and hit a tree. We were in the car following. We stopped and it was amazing how everyone in the cars jumped out and took on a role and carried it out. There were so many emergency vehicles that turned up, it was amazing. I got the job of ringing the member's husband to inform him that his wife was being helicoptered to Melbourne (as is protocol). Not something that I'd like to do again.

*Which activity do you most wish you could do now?* I was planning on doing my first solo long distance hike in September/October, The 1000km Bibbulmun Track in WA. I have 7 weeks of home cooked, dehydrated and vacuum sealed food in my freezer. Other than that just to be able to walk with my Victorian friends, would be nice.

*What are you doing to make the most of our current situation?* Finding new walks and doing them

*What's something new that you've done or learned since we've been required to stay at home more?* I've learned to appreciate what you can do, rather than focus on what we can't do.

## Learning how to survive the Coronavirus from the Romans

*The following article is an excerpt from the latest issue of Walk, the Ramblers magazine, UK's largest walking organisation with 123,000 members.*

Over recent weeks many of us have had our lives disrupted or put on hold by Coronavirus. However, as we walk past the vestiges of our Roman forbears, it is worth remembering that they had to deal with a plague that was even deadlier. Despite this Rome continued, its communities rebuilt, and the survivors looked back nostalgically on the time of the plague as a golden age.

Moreover, the writings of two individuals from those times – the Emperor Marcus Aurelius and his physician, Galen – are still available for us to read today. There were few reliable drug treatments that Galen could use as he battled with the disease, so he looked at alternative ways to help. In his books on the theory of 'Hygiene' (named after the goddess of health Hygieia) he wrote about the importance of fresh air, getting enough sleep and exercise in addition to carefully considering what we eat and drink.

Trying to stay healthy matters but even more so when our bodies might be asked to fight off a serious illness. Over recent weeks I have certainly echoed Galen in emphasising to my patients the need to get outside every day for some fresh air and exercise. Now, as we move out of lockdown, Galen's focus on a balanced and tailored approach to keeping healthy will become even more significant.



### **Beyond our control**

Both Galen and Marcus Aurelius attached great importance to emotional and mental wellbeing. In his book *Meditations* Marcus Aurelius reminds us that it is not only plagues that matter but also our response to such crises based on our thoughts and beliefs.

Much of the psychological damage linked to coronavirus has been generated more by our reactions to the outbreak than from the disease itself. To deal with this Marcus Aurelius would ask us to distinguish between what we can control in our lives and what we cannot. It is about accepting that our plans can easily be thwarted by events beyond our control and to focus more on those things that are within our power to change, particularly our own judgements of events and our emotional state.

When we next pass a Roman site, it is a good opportunity to stop and enjoy the ruins and their surroundings while we also reflect on the individuals who might have lived there during the Antonine Plague.

Like they will have done, we now also need to work out what is really important to us and to learn how to live our lives more wisely.

***Dr Nick Summerton is a GP and Ramblers member who sits on Walk magazine's Ask the Expert panel.***

***If you would like to read the full article, click on the following link.***

**<https://www.ramblers.org.uk/news/blogs/2020/august/roman-remedies.aspx>**

## Snake Bandages

Spring has certainly sprung, the bees are buzzing, the magpies are swooping, & the snakes are waking up.

We request that all walkers carry at least one snake bandage. Bandaging a leg effectively can require up to three bandages. We can't expect each leader to carry three bandages all the time, as well as other first aid items.

The most effective bandages are "Setopress" bandages. There are some cheaper knock offs, but these do not deliver in length, width or degree of compression, so are not as effective. When it comes to the possibility of a snake bite, while out bushwalking, I think having the best quality bandaging is a no brainer. In any case a Setopress bandage a very good addition to your personal first kit, as it is an effective elastic bandage for other injuries.

To facilitate our members access to the Setopress snake bandages we will do a bulk order, so members can obtain them for \$16.00. A bargain. To put your order in just transfer \$16.00 into the BBC bank account –

BSB 640 000 Account No 111104448 (Please put "snake bandage" in the reference box).

Then send an email to Ken, [kenny52.kt@gmail.com](mailto:kenny52.kt@gmail.com), our equipment officer. Ken will arrange pickup/delivery.

## 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 October 25.***