

# FOOTPRINTS

## April 2022

*Newsletter of the Border Bushwalking Club Inc A5665  
Affiliated with Bushwalking Victoria*

President	Ian Trevaskis 0425 782 983	president@borderbushwalkingclub.com.au
Membership, Data base	Nola	membership@borderbushwalkingclub.com.au
Treasurer	Eve	treasurer@borderbushwalkingclub.com.au
Secretary	Vanessa	secretary@borderbushwalkingclub.com.au
Newsletter Editor, VP	Ralph	newsletter@borderbushwalkingclub.com.au
Activities Coordinator	David	activities@borderbushwalkingclub.com.au

Ira: Meeting Suppers & Social Convener, Dick: Equipment Officer, and general committee members  
Sandy, David B., Alwyn & Wendy

### From the President's stump

Hello all.

It's so good to be able to at last get out and about and enjoy a number of Club activities without the many restrictions that have plagued us over the past two years!

Our Activities Program continues to offer heaps of activities that cater for a wide range of interests and abilities, and I once again commend our Leaders for offering to organise and run these events. (Please make sure you regularly check the Club's website to see what's been added to the calendar of events.)

At our recent Committee meeting we discussed the composition of the committee for 2022/23 with regard to the forthcoming election of office bearers at our May AGM. I'm pleased and excited to report that all those in attendance indicated their willingness to continue as committee members for another twelve months.

Unfortunately, our tireless Secretary, Vanessa will be retiring, which means there will be a vacancy for a new secretary as well as for another committee member to come on board. I would encourage all members to consider nominating for a position on the Committee so that we can continue to provide the leadership and support that has become a hallmark of our club.

Being a member of the Committee means an opportunity for you to have a positive impact on how the Club is managed and for you to contribute in a very real way to the future well-being of the Club. If you are unsure of what's involved, don't hesitate to have a discussion with a current committee member.

Finally, a little reminder from the National Parks Association of NSW that bushwalking is a natural tonic for the modern world ...



*The physical benefits of exercise are well known, but did you know that nature-based activity is good for your mind too?*

*From better concentration to more rapid recovery from illness, to reduced feelings of anxiety and depression, taking time out in nature is proving time and again to be the ultimate tonic for today's technology stress society.*

*And you don't have to spend days out in the bush or be a wilderness enthusiast to reap the benefits. A study published in 'Proceedings of the National Academy of Sciences' found that a 90-minute walk through a natural environment reduces rumination and can significantly lower the risk of mental illness compared to a similar walk through an urban environment.*

I hope to see you soon on a bushwalk, a bike ride or a paddle sometime soon.

Ian

## Next Club Night, Tuesday April 5, 2022

Finally, we can meet for a regular club night. It's been a long wait for some, and for many new members it will be their first experience one. Doors open at 7:00 pm to catch up with friends and the meeting kicks off at 7:30 pm

Nathan Mobbs from PERSONAL BEST PHYSIOTHERAPY will lead a discussion on KNEE PAIN. Nathan is looking to dispel some myths, outlining what treatment options are available to people, where physiotherapy fits in, some practical demonstrations of assessment and possibly even basic treatment; if he can find a willing - or even unwilling volunteer.

Nathan will be supported by team members Jayde Butler and Tim Buchanan

The meeting will be held at the Senior Citizens, Meeting Room, at the rear of Cube Complex, Hovell Street, Wodonga (Havelock Street end of car park).

## Notice of AGM Tuesday May 3, 2022

The Annual General Meeting of the Border Bushwalking Club will again be held at the Senior Citizens, Meeting Room, at the rear of Cube Complex, Hovell Street, Wodonga (Havelock Street end of car park). The meeting will start at 7:30 pm and will be followed by a regular Club night.

Reports from the office bearers will be included in the May issue Footprints for you to read prior to the meeting. We are known to have the fastest AGM in the district.

Would you like to enjoy your membership even more than just participating in events? Nominate for the committee. It's a great way to contribute, keep in touch with what is happening with all of our activities and ensure the club continues to offer an exciting range of events. We meet in each other's home over a glass of wine; as much social as formal.

A nomination form is attached to this email for your convenience.

NOMINATION FORM  
for the 2022 ELECTION of OFFICE BEARERS  
of the BORDER BUSHWALKING CLUB INC. A5665

NAME of NOMINEE: .....

POSITION (Please CIRCLE): President, Vice President, Secretary,  
Treasurer, General Committee

PROPOSED BY: .....

SIGNATURE OF PROPOSER: .....

SIGNATURE OF NOMINEE: .....

DATE: .....

Return to the Secretary, Border Bushwalking Club Inc at  
[secretary@borderbushwalkingclub.com.au](mailto:secretary@borderbushwalkingclub.com.au) or deliver to the Secretary before the  
commencement of the Annual General Meeting on May 3 2022

**New member; a warm welcome to.....**Linda Powell

## **BBC 'book' added to our website – 17 years of walks 2004 - 2021**

As new activity leaders join our club, they bring their knowledge of our stomping grounds and add to the diversity of walks and activities offered. However as other leaders step back or move on, activities can become forgotten.

The purpose of this document is to allow club members to easily find activities that have previously taken place that they may not have been previously aware of. Hopefully you might then be inspired to lead some of these activities yourself.

The document also serves as something of a time-capsule of the many, many, activities (390 pages worth!) that have taken place over the years and the leaders that led them.

You can access the document via Members > documents and forms > [BBC 17 years of walks 2004 - 2021](#)

P.S. You may be thinking why does the document start in 2004 when the club is much older than that? Well, that's as far back as our electronic newsletter records go back.

Before that, our historical newsletter copies are paper versions in the club's archive (and no one wanted to retype all the activity descriptions for the earlier years).

Congratulations David. A mammoth effort.....Editor



## Trip reports

### Two days paddling The Upper Murray River

Over the last 3 years, we have been spending a relaxing, social weekend paddling different sections of the Murray River.

Last weekend the weather was perfect for our 2 days of leisurely paddling/floating on the section of the Upper Murray between Bringenbrong Bridge, Tintaldra and Clarkes Lagoon.

Most people opted for a leisurely start to Saturday by staying at Tintaldra Caravan Park Friday night. Leaving Albury early on Saturday morning we towed the trailer full of canoes up to the bridge for a 10am start. The river was not only a perfect temperature for swimming, but it also had a nice flow and enabled us to paddle at just under 8kmh. This was good because what we initially thought would be a 30km paddle ended up slightly more at 45.5km.



The river drops quite a bit as it winds its way towards Tintaldra. There were lots of small sections of rapids as the gravel races pushed the water around sharp bends, that were lined with willows and debris, causing more turbulence.

These sections were fun to paddle and navigate. We found nice sandy banks for smoko and lunch and passed a few people trying to catch cod. It was late when we all finally reached Tintaldra and even later by the time we went and got the cars that were left at the start and brought them back. This pushed our dinner time at The Pub back and it was almost 9pm by the time all 16 meals were on the table.



Sunday morning was foggy and we let it lift before starting what would turn out to be a really, short section to Clarke's Lagoon.

Thanks to Mick for towing the canoe trailer all weekend and returning them all to Dave The Canoe Guy in Albury without any issues. Well maybe just a little one, but that's another story.

Deb

45.59 km

Distance

5:53:08

Time

7:45 /km

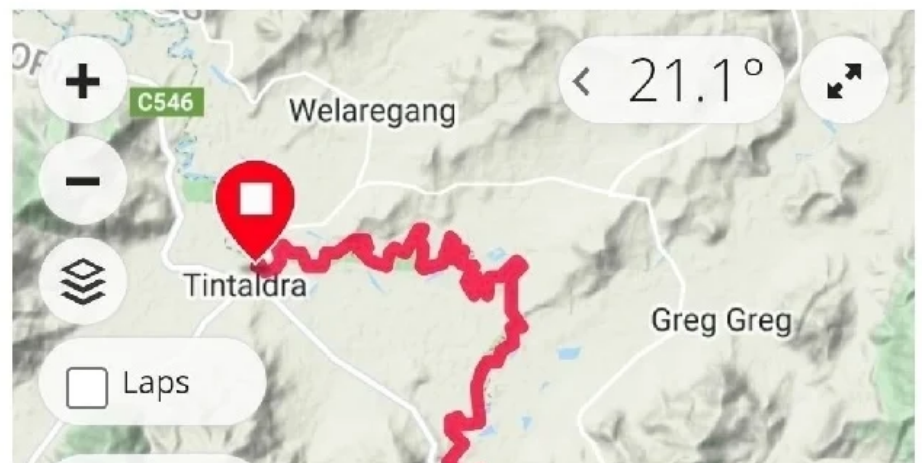
Avg Pace

--

Total Ascent

1,520

Calories



## Nine go adventuring In the High Plains

After some furtive checking of the BOM weather app throughout the preceding week, eight of us braved the grey drizzly morning to join Bernadette on a ramble around the gorgeous alpine meadows of the Bogong High Plains.

We set out from the horse yards near Pretty Valley pondage and followed the Fainter Fire trail west towards Tawonga Huts, ruing just a little the recent track works that had added a layer of tricky-to-walk-on rocks to the trail surface.

The pea-soup low cloud meant there were no spectacular views of Mt McKay (1849m), Mt Jaithmathang (1852m – pronounced “Yit-ma-thang” according to the chatty Parks Ranger) or Mt Fainter South (1883m), but it did mean we tended to focus closer at hand, and for me at least it was a special treat to see so many alpine daisies, eyebrights, bluebells and trigger plants still in flower.

Following morning tea conversations with the Ranger and other hikers who had camped overnight at Tawonga Huts, and much admiring of the enormous snow gum beside the main hut, we backtracked to the route across to Pole 333 accompanied by intermittent drizzle with bursts of driving rain.



We got a lucky break in the weather to lunch amongst rocks beneath the invisible Mt Jim (1818m) and then plodded cheerfully on to Cope Saddle Hut where another group was boiling a billy.

Following the poled route back to the carpark many of us by now had decidedly wet feet, having failed to pack waterproof over pants, but luckily the day was still warm and the company uplifting!

Thanks to Bernadette for competently leading us on, and to Pauline for sharing her delicious, dried banana cinnamon leather recipe.

Shrike O'Malley





## Tali Karng; Alpine National Park

By 8pm on Thursday night all 7 of us had arrived at McFarlane's Saddle campground and set up our tents for the night. As we'd all had a big drive to get to our campsite, and we only had an easy 13km to walk on Saturday we decided to have a sleep in and a later than normal start at 9am.

We had also decided that as the hut at Nyimba Campsite hasn't been rebuilt since it was burnt down in the 2019/20 fires and with rain predicted we would camp for 2 nights at Millers Hut.

When we set off along the McFarlane's Saddle walking track, the clouds were hanging low on Mt Wellington and The Sentinel. Turning onto The Wellington Plains Walking Track our view across the wide grassy plain was very different to that of the High Plains. This area was severely burnt in the 2019/2020 fires and the snow gums and grasses are slowly recovering with regrowth providing a tasty meal for huge numbers of sawfly larvae.



We took the Moroka Track, turn off to Mt Wellington, but the higher we climbed the thicker the whiteout became. We gave up summiting Mt Wellington and heading south along the Mt Wellington Track we headed for Millers Hut.

The hut would prove to be a dry place to sit, chat, cook and thanks to Mick and his fire making skills a great place to dry wet gear.

We arrived at Millers Hut with just enough time to set up tents before the rain settled in for the night. And inside the hut we stayed until bedtime, when the mad dash to tents was made in between showers.



Saturday wasn't too bad, with misty wet drizzle, requiring wet weather gear. Leaving Millers Hut, the track is pretty flat until it descends, crosses a creek and then steeply climbs to Nyimba campsite, before passing Riggall Spur campsite and onto Gillious Track that would take us down to Lake Tali Karng.



Gillious Track winds gently through stands of tall trees and ferns, with some parts burnt and recovering while other bits were unburnt. The very steep 600m descent down to the lake, zig zagged for about 1.5km before spitting us out on the lake shore. The weather had cleared for our descent, and we were able to take off our wet gear.

After lunch and still without rain gear on we started the climb back up. It seemed much easier and quicker going this way. Just as we hit the top of Gillious Track the weather closed in again and we were back in rain gear. By the time we got back to Millers Hut we once again were more than happy to have the dry, warm hut to shelter in.

And when we woke on Sunday it was all blue skies and sunshine that we walked back to McFarlane's Saddle where our adventure had started 2 days earlier.

Deb



## Mt Pilot Walk & Sing Twilight Picnic

In celebration of the date 22/02/2022, a group of 24 gathered at the base of Mt Pilot at 5pm and sang a stirring rendition of *I Am The Ancestor* by Barb McFarlane, accompanied by ukulele and magpie chorus. At this stage only 3-4 participants had not previously climbed to the summit.

Reaching the top, we knew we were in for some spectacular weather with a storm hovering somewhere around Wodonga and thunder clouds adorning the horizon. Here we sang *Noah's Shanty* by Malcolm Abbs with all the animals "comin' up two by two".

It came as a surprise to many that we were to continue walking along a little-known trail heading towards the Yeddonba heritage area. Four elected to wait behind instead of navigating a short but steep rock scramble, while the rest of us meandered through native woodland to stop at the far precipice where we sang Paul Kelly's *Meet Me In The Middle Of The Air*, based on Psalm 23 with a beautiful solo by Doug.

Returning to the main summit for dinner, we harmonised with three tunes while watching a truly majestic sunset – *The Broken Chain* by myself, *Let It Go* by Michael Leunig and



Suzann Frisk, and *Two of Us* by Lennon/McCartney. The alarm was set for 20:02pm and we finished singing in a blaze of orange glory.

Many thanks to all those who came along, joined in the singing, listened from afar and emailed pics afterwards....plus a text letting me know that another alarm was set for 22:22pm, just to get all those little ducks lined up in a row 😊. When will we next gather to celebrate such a double-digit date?

Leanne

## Mt McLeod Overnighter

With our group of six reduced to four by last-moment illness, we headed off from the Mt Buffalo Reservoir at 10am, taking the scenic shortcut route along a narrow and leaf-littered ledge through towering trees and wild undergrowth.

It was a steep climb at times with numerous rest stops to make sure everyone had caught their breath...and around many a bend someone was heard to be saying "I think we're nearly there" only to be confronted by yet another bend and another climb!

Finally, sensing imminent rest and lunch, two surged ahead to claim prime tent real estate at Dels Plain, a beautiful 5-site valley nestled 1km below the summit.

After lunch, rest and numerous cups of tea, three headed up to Mt McLeod for some spectacular 360° views and spent a good amount of time working out which valley/road/town/mountain-peak was which.

As there's no hut at the campground, we had a convivial dinner under the stars and three-quarter moon watching the distant mist roll in. Crossword puzzles and licorice allsorts followed for dessert.



It came as a shock to see head-torches bobbing towards us in the dark around 9pm – two young hikers had just decided that even though all the sites were fully booked, they'd come up anyway and try their luck! Hmpphh!

But what could we do, we actually had a spare site and yes....there really was plenty of room.

But....hmpphhhh! Much hushed talk about principles and remembering what it was like to be 'young' ensued.



After a sleep-in start, our descent went much faster fuelled by an anticipated swim in Lake Catani. We stripped into bathers at the carpark (some displaying more or less modesty than others) and farewelled Pauline around midday, then it was a mad dash into what Rex described as 'spanner water'.

Being the end of a long weekend, there was a slightly tedious car crawl into Myrtleford and by the time we stopped for lunch at 2pm, practically the only thing left to eat at the bakery was a sausage roll....but it tasted incredibly good!

Many thanks to Ian, Pauline and Rex for being so supportive and warm-hearted on my first go at leading an overnight hike. It's always good to come away with happy memories, and I have plenty from this weekend of excellent company, amazing scenery and lots of laughs.

Leanne



## News from Bushwalking Victoria

### Save the date – FedWalks 2022

We are pleased to announce that FedWalks 2022 will be based at Wangaratta on the weekend of 1-2 October. Bookings are expected to open in July 2022. Please refer to the brochure below.

David



  
Bushwalking Victoria  
**Federation Walks 2022**  
**October 1-2**

---

**A big wow! W! W! W!**

 **Walks**  
**Wildflowers**  
**Warby Ranges**  
**Wangaratta**

---

**Host clubs**  
**Benalla Bushwalkers**  
**Warby Bushwalkers**

   
**there's more . . .**



**Accommodation options**  
**Painters Island Caravan Park,**  
**Wangaratta Caravan Park,**  
**Wangaratta North Cedars,**  
**Motels, Hotels,**  
**Free camping (with amenities)**  
**at the Showgrounds**

---

**Proposed walks include;**

**Friends Loop**  
**Mount Glenrowan**  
**Killawarra Forest**  
**Sunrise Track**  
**Alpine Views Track**  
**Salisbury Falls**  
**Stypandra Track**  
**Ingrams Rock**  
**Woolshed Falls**  
**Whitebox Track**


**More details from Doug Kneen,**  
**(0409 347 273), and on the FedWalks**  
**website ([fedwalks.org.au](http://fedwalks.org.au)) in early April.**

## Advanced notice from Eileen

For all our drivers passing through Tawonga on your way to Falls Creek and beyond



### **YOU HAVE BEEN WARNED!!!!**

The speed limit along 1200m of the Kiewa Valley Highway where it passes through the Tawonga South shopping strip is soon to be lowered to 50 kph because of increased pedestrian and cycle traffic.

## 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.](#)

Call in and have a chat to Gino, Wendy and Peter for all your equipment needs whether it be hiring or buying at the special BBC club discounted rate.

They appreciate members coming in during a quiet time a few days early. You can then book any items for collection on the day before use. This avoids potentially arriving during a busy time when they are with customers looking to buy products.

**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 April 25 2022.***