

FOOTPRINTS

August 2022

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

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

Next Club Night, Tuesday Sept. 6, New Members Night plus buy, sell and swap

Despite all the challenges of COVID, record numbers of new members have joined in the past two years. To help you all gain the most from your membership, whether new or current members, come along to the New Members Night to.

- Learn about booking activities, what questions leaders will ask and what do the levels really mean
- Understand how to hire gear from the club to try before you buy; tents, jackets plus much more
- Meet the leaders, put a face to the names
- Explore our website and links to other worthwhile sites
- Enjoy a Pizza before moving into small groups
- Visit our activity "stations" to understand what each has to offer and what equipment is necessary
 - Day Walks
 - Overnight Walks
 - Multi Day Walks
 - Canoeing
 - Cycling
 - X-Country Skiing & Snowshoeing

Bring along your unwanted gear to swap or sell. Alternatively buy someone's gear that they no longer have a use for; always a good night for bargain hunters or new comers on a limited budget. Rock bottom prices for quality gear.

The Meeting location is Senior Citizens Meeting Room, at the rear of Cube Complex, Hovell Street, Wodonga (Havelock Street end of the car park).

New members; a warm welcome to

- Francis Petulla
- Malcolm Waters
- Jessica Carlin

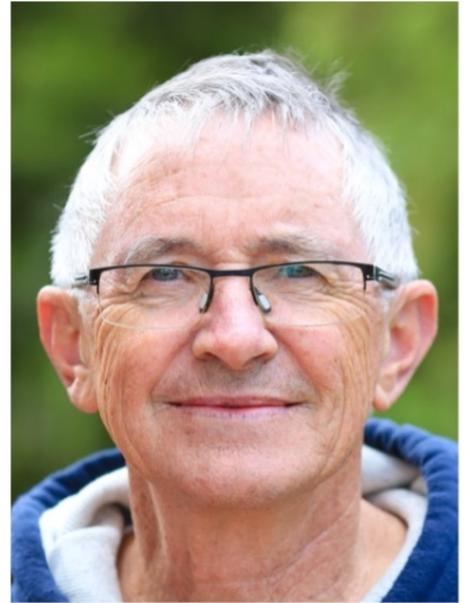
From the President's stump

Just in case you didn't happen to notice, Winter is here. Yes, it's that time of the year when the days are shorter, the sun is rarely sighted, the winds blow cold and the rain sheets down. Oh, and there's snow up in them, there hills!

(Apparently, it's an annual event that follows autumn and precedes spring.) There are some who find Winter a challenging time, a time to hunker down in front of a blazing fire or snuggle beneath the warmth of a doona, or better yet – escape to warmer climes where they can get around in nothing more than a tee shirt and shorts.

Yet Winter can be a great time to spend in the outdoors, for to hide indoors is to miss out on some truly magical experiences. As well as the magical experiences, there are a number of health benefits to be got from spending time in nature during the cold winter months:

- Exposure to the cold actually increases your energy levels for hours afterward. This is not only true for your physical activity levels, but also includes a boost to your decision-making abilities.
- Getting fresh air in the winter months will help you avoid some of the bacteria and viruses that can thrive in a home once the heating has been cranked up. In fact, drier indoor air helps viruses survive longer, making colds and flu more likely. Getting outside gives your body a break from indoor air, while boosting your immunity.
- Spending time in nature in the winter can help reduce bodily inflammation and swelling. Think of it as a giant ice pack.
- Cold weather boosts metabolism and helps you to burn fat faster than warm weather. So, consider not giving up your daily walks when the weather turns cold, instead look at it as an opportunity to kick your health regimen up a notch for even better results.
- You'll be getting some of the vitamin D that many of us become deficient in during the winter. Vitamin D plays a critical role in health, affecting everything from [mood](#) and immune system function to cancer risk. When we're inside more, we aren't getting any vitamin D from the sun which can go a long way in helping us to fend off [SAD \(seasonal affective disorder\)](#), depression, and insomnia.
- Time spent in nature is highly effective at [reducing stress](#). Take time in winter to really stop and admire the beauty of nature in the wintertime and to connect with our natural world on a deeper level.



During Winter, the Border Bushwalking Club offers a number of opportunities for members and friends to soak up some of these magical experiences whilst benefitting from being outdoors.

As well as the Tramway Walk and Mount Sugarloaf day walks, there's also spontaneous trips to Falls Creek to do a spot of cross country skiing with the borderskiers group, or head up to Mount Buffalo for a spot of snow shoeing.

Remember to check the Club's website page regularly for all our Winter activities and to see what else is happening later in the year.

I look forward to catching up with you somewhere cold!

Ian

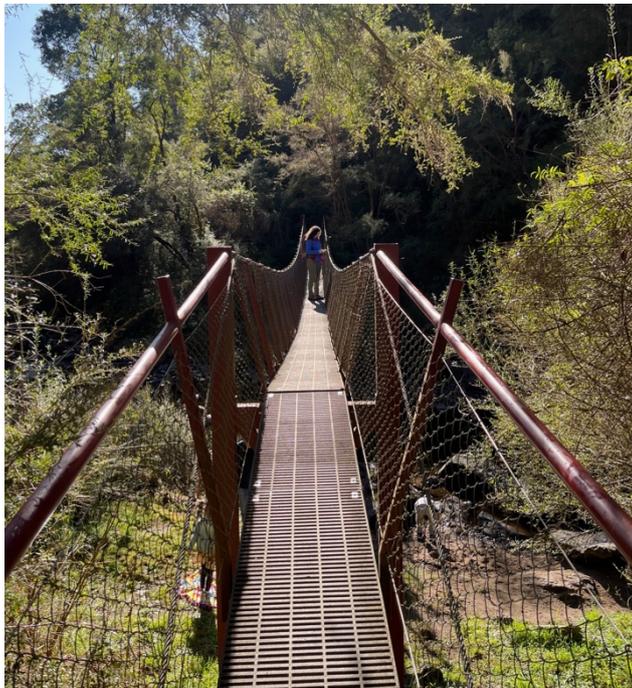
"I wonder if the snow loves the trees and fields, that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says. "Go to sleep, darlings, til the summer comes again."

Lewis Carroll

Trip reports

Mt Beauty

At last, it was a perfect winter's day for this walk. I had originally planned the walk to be along the ridge from Tawonga Gap but changed it in view of how much snow there was around to somewhere lower. There was still frost on the ground as four of us set off up the Survey Track beside the Mt Beauty Golf Course, but the sun was shining and the air clear. The Track runs roughly parallel to the Falls Creek road, climbing steadily but not steeply through the forest for about 3 km and with frequent glimpses across to the snow-covered Mt Bogong.



swing bridge to see the gorge, where it was quite cool because little sun penetrates the steep walls in the middle of winter. Then it was back to the cars, after a very pleasant walk.

Morning tea was taken at Cranky Charlie's corner, then we crossed the road and walked up the gravel road for a short way until reaching the Pole Track, which took us back into the forest and past numerous mountain bike paths with strange names. After a while (what, you expect precise details?) we turned off the Track to start the scramble up to the summit of Mt Beauty. This requires a steep and sometimes slippery climb up one of the MTB paths, but with some pulling from the front and pushing from behind we all managed the climb, not that there is much to see on the flat summit!

Then it was a gentle descent on an alternative track to the lunch spot overlooking the township of Mt Beauty. The old log had gone, and we could sit on a newer, larger tree trunk someone had chopped down for us and bask in the sunshine.

Eventually we moved on, back to the Pole Track and down the hill towards the cars. We took a short detour to cross the



Eileen

Leader Training and Tailored Support

Key points:

- Leader training is scheduled for Saturday 17 September at the Wodonga hall. It is free. It will be of benefit to all members – not just current leaders – as I'm sure we can all benefit from Judy's experience (from Bushwalking Victoria) in planning walks, navigation, how to safely conduct and participate in walks etc.
- I am also offering a series of co-leading days. I will work with you before, during and after the activity, to go through and explain all the steps involved, provide any assistance, feedback etc., - whatever you need to feel comfortable. I'm also happy to do this outside of these scheduled days, but just wanted to 'get something on the calendar' as a starting point.

Please contact me via activities@borderbushwalkingclub.com.au if you are interested in either of the above.

Some extra comment:

As a starting point I acknowledge that not all club members are able to lead activities for many various reasons. I also acknowledge that many club members contribute in other ways – such as through the committee or having led activities in years gone past (thankyou).

Nonetheless, it's clear that most activities on the program over the past year or so have been led by a small group of leaders – many of whom are currently travelling, have been travelling, and/or have other commitments. Hence the program has been a bit 'quiet'.

I'm doing all I can as activities coordinator, with the committee's support, to try to develop new leaders through the leaders training and the offer of tailored support, timed to coincide with coming into the spring/summer/autumn walking season.

However I'm not going to target individual members, and I definitely don't want to put more pressure on our existing leaders. Hence, if you're keen to contribute then please get in contact with me.

Alternatively, if you have any other ideas how we can better support potential activity leaders, or even go about managing the activities we do have – please get in touch with myself or another committee member. Otherwise, I guess what's on the activities program will continue to be reliant on what the current small group of leaders put on.

David – Activities Coordinator

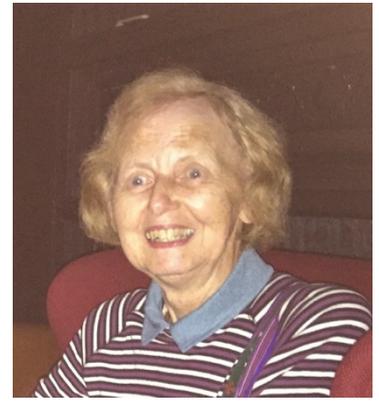
PS. Ralph usually likes pictures for the newsletter so here are some pictures from my June Larapinta trail (NT) trip.



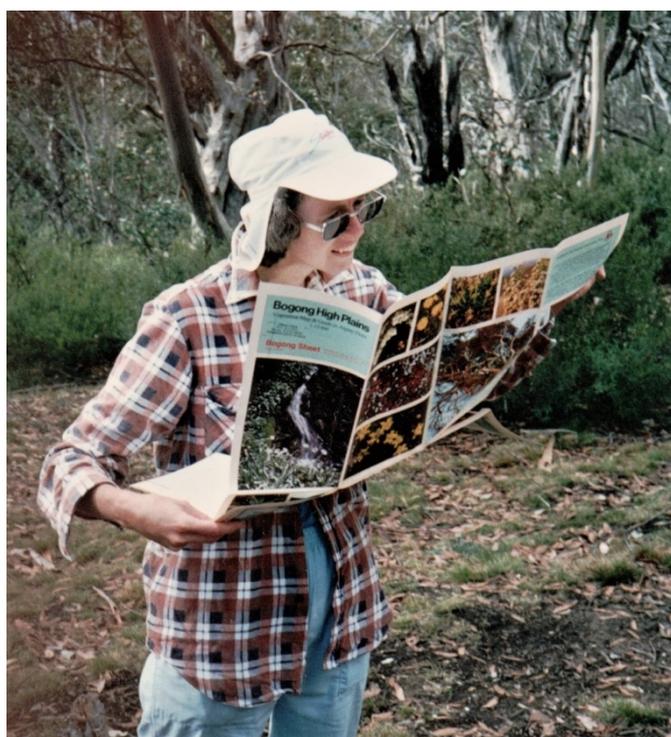
A short history of the Border Bushwalking Club

In our last edition of Footprints, the committee thanked Eileen for providing an excellent presentation to the Albury and District Historical Society earlier this month on the history of the Border Bushwalking Club.

As many of our new members will not know the history of the club, Eileen's presentation is included below



The Border Bushwalking Club began in 1978 after a 'Letter to the Editor' in the *Border Morning Mail* generated sufficient interest for a public meeting. This was followed soon after by a walk to Table Top attended by 120 people in the rain! I cannot verify that some ladies turned up in high heels, nor that the leader carried a stepladder to assist people over fences, but they are good stories that exemplify the Club's friendliness, can-do spirit and slight tendency to exaggeration in trip reports. We now have about 140 members, with a committee elected annually.



Our main activity is bushwalking, with trips from half a day to weekends or longer, locally, interstate and occasionally overseas. We also do cycle rides, cross-country skiing and canoeing, while some walks have focused on leaders' talents and knowledge of plants, birds and, more recently, community singing. We also have social activities including the (in)famous Sliding Bottle nights, where members would gather to show a few slides of activities while partaking of a drink or two. In 2018, we held a weekend in Beechworth to mark the 40th Anniversary and planning is underway for the 50th Anniversary.

Many of the practices initiated in the early days of the Club remain in place today. Activities leaders are all volunteers and are supported by a Co-ordinator who arranges a mentor for new leaders. Walks are advertised on the website, and members must contact the leader by phone to find out the meeting place, and for them jointly to ascertain that the activity is within the member's ability.

Visitors are welcome but must pay a token temporary member fee.



To assist new members, the Club has good-quality equipment such as tents, stoves and rain jackets for hire for a nominal fee. While most of us can stand a little discomfort, having good gear can mean the difference between life and death in an emergency, especially in the mountains.

Until Covid struck, we used car pooling to get from a meeting place in central Albury or Wodonga to the start of the walk. This promotes sociability while reducing costs and pollution. A complicated formula is used to work out cost sharing between drivers and passengers and calculating 'petrol money' is one

of the more onerous tasks for leaders, especially the mathematically challenged!

We hold monthly meetings, and these are just getting back to normal post-Covid. Meetings consist of a guest speaker, updates from the President and socialising over a cuppa. The meeting venue has changed several times, reflecting changes in Albury's streetscape. We started at Burrows House (now part of MAMA), then the Nurses' Recreation Room at the old Base Hospital in Wodonga Place (demolished), followed by Age Concern in Townsend Street (now Live Better), and currently we use the Senior Citizens' Rooms in Wodonga.

We have a monthly newsletter 'Footprints', once produced laboriously by typing on a stencil, printing with a hand-operated printer while getting covered in gooey black ink, followed by a team of newsletter elves who did collating, addressing and posting. Today, the magic of email replaces all this, but we rely still on a volunteer editor and contributors to send in items. Like most groups, we also have a website (www.borderbushwalkingclub.com.au)

We have also seen many changes since the early days, and I'll highlight just a few of these. One big change is immediately obvious when comparing photos of the old days and now. The style and standard of clothing has improved markedly! Back in the 1970s, bushwalkers' clothing came from Army surplus stores and Op Shops. Wool was the fabric of choice;

it kept you warm even when wet so walkers wore khaki trousers, flannel shirts and hairy sweaters. One Op Shop used to have a rack of 'Bushwalkers' Specials' each autumn, selling surplus ageing sweaters and flannel trousers cheaply. Now we have synthetic fabrics for all seasons, and outdoors



gear has become high tech and high fashion, with a range of designer labels for those so inclined and price tags to match.

Another big change has been the march of bureaucracy, or the change from 'she'll be right' to 'where's the paperwork'! By their very nature, outdoor activities are inherently risky, and clubs are now expected to undertake risk assessment and minimisation. As a consequence, adverse incidents beyond bumps and bruises are mercifully very few. This change began in 1985, when, like many groups across Victoria, we became incorporated following changes in legislation to protect volunteers. This required hours of meetings where we pondered over the constitution, model rules and reporting requirements. We were also required to organise insurance for the Club, which we now do through Bushwalking Victoria, the umbrella group for clubs in the State. This has become progressively more expensive over the years and now takes about two-thirds of each member's annual fee.

Over the years, the Club's operations have been codified in a book of policies, covering everything from commercial advertising to conduct of the AGM, and most things in between. With the advent of social media, one recent policy governs the taking and posting of photos in which members are recognisable (permission required), and another requires that a responsible adult with a Working With Children Check must be present whenever people aged under 18 years are taking part in activities.



Leaders are expected to provide reports on each activity, which are published in the newsletter and archived, and should an incident occur, a detailed form must be completed for examination by the Committee to determine whether it was handled properly or could have been avoided. Following one serious incident, an illness emergency on the High Plains requiring helicopter evacuation, a full debrief meeting was held for those involved.

These changes have meant that training for leaders and members is now important. While every activity is an opportunity for informal peer learning,



we have also organised training days, a first aid course and navigation exercises to ensure that all activities are safe and enjoyable.

Like many clubs, the average age of members is rising, and we would welcome some younger members and a few more volunteers, but we intend to keep putting our best foot forward for many years to come.



EXPLORE
NE Vic.

2021/10/02

FEDWALKS
2022
.....
30/09-3/10



A GREAT WEEKEND EXPLORING
THIS RICH ENVIRONMENT
Our Website will have walks details
23rd July, TryBookings to open from
6th August. Book your accommodation
to suit your needs (links on website)
and extend your weekend -lots to
enjoy -food, wine, cycling, or more
walking! Come and discover NE Vic.

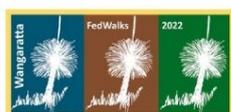
WARBY OVENS NP

WANGARATTA

LOCAL RAIL TRAILS

FOR MORE INFORMATION::

 FedWalks22@gmail.com



 <https://fedwalks.org.au/>

How to get on board with Borderskiers

Our cross-country skiing and Snowshoeing activities do not always appear on the events listing.

Unfortunately snow and weather cannot be accurately predicted a few weeks out.

We have an alternative system that Ian outlined at the May Club Night.

First if you are interested you need to download WhatsApp. It's pretty straight forward if you are not already using the App.

Next send Marie a text message on 0431 210087. Make sure you include your name in the message.



Marie will then send you an invitation link to join the Borderskiers message group. Just follow the link to join; and you're in. You will receive a message each time a snow event is planned with updates if plans change. If all else fails ring Marie on above number.

Car Pooling changes

With the increase in fuel prices over recent months, the committee have decided to raise the kilometre running cost to 40 cents per km shared equally amongst vehicles regardless of size or power.

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 August 24, 2022.