

FOOTPRINTS

November 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

End of Year BBC Christmas Event; Tuesday December 6, Wonga Wetlands

Our end of year barbecue will be returning to Wonga Wetlands, Albury on Tuesday December 6, after an extended absence.

The club committee will provide meat, bread, tea and coffee. We are again able to share food so members with surnames starting with A to M are requested to bring a salad. Members N to Z could you please bring a dessert. BYO cold drinks.

FOR CATERING purposes please book in with
Ira roboira@yahoo.com.au before Tuesday November 29.

There are some tables and benches, but you may wish to bring your own, along with all your eating equipment. Also consider naming your items as there are always pieces left behind. As we know, mosquitoes are in abundance so also come prepared for them!

The BBQ will be ready for 6pm.

Alison has offered to lead a short bird spotting walk before the BBQ. See Events for more information about this.

If Wonga Wetlands becomes unavailable due to water issues, members will be advised of an alternative venue.



New members; a warm welcome to

- Karen Adcock
- Rosetta Holmes
- Geraldine Bohan
- Lionel Britton
- Bret Critchley

From the President's Stump

The annual Bogong moth harvest, which, according to recent archaeological evidence, goes back at least 2000 years, provided First Nations people who lived near the high country with the occasion for ceremony and trade.

Each year the Indigenous people of southern New South Wales and northern Victoria would meet at Mungabareena on the banks of the Murray River to perform ceremonies, exchange goods and discuss tribal lore. They would then set out on the long trek through the Kiewa Valley and up onto the High Plains to feast on Bogong moths. Bogong moths are high in fat and were prepared in a number of ways, from cooking on a fire to grinding down into a protein-rich paste, which was roasted in cakes or smoked to preserve it for weeks ahead.

The annual harvest was also a trading opportunity, an opportunity for marriage ceremonies to take place and a chance to meet with clans from the Omeo side of the mountains.

I learnt all this and more when researching historical content for a recent novel and it served to remind me that all of the walks we undertake are walks that tread in the footsteps of First Nations people who have come before us and on whose country we walk.

An Acknowledgement of Country is a way to acknowledge and pay respect to First Nations peoples as the Traditional Owners and ongoing custodians of the land and can be made by anybody - First Nations or non-Indigenous. It will often highlight the unique position of First Nations people in the context of culture and history, and their intimate relationship with the land. (A Welcome to Country, on the other hand, is done by a local Traditional Owner or Elder who holds the authority and knowledge to share a welcome from a particular local region.)

It was therefore pleasing to be on a recent club walk when the Leader spent a few moments during our morning tea break to make an 'Acknowledgement of country' statement. This was done with reference to the particular traditional owners on whose land we were on, (Jiatmatang), and in such a way that at no time did it feel like mere tokenism.

I mentioned this at our recent committee meeting and we all agreed that it would be wonderful if our Leaders took a few minutes before or during a walk to acknowledge and pay respect to the traditional custodians of the lands on which they are walking. The words can vary and we would encourage Leaders, if they plan to do an Acknowledgement, to do so in a way that is personal and specific to a particular place.

It's easy to copy an already scripted Acknowledgement, but it's more meaningful to do one in your own voice.

For those new to the district, Mungabareena Reserve is to the east of East Albury and can be accessed from the Riverina Highway just past the Bunnings roundabout or walking from Eastern Hill Lookout off East Street. We are very lucky to have such an important part of First Nation history close by; the billabong is well worth a visit

I look forward to catching up with you all at our Christmas Party at Wonga Wetlands on December 6th by which time I expect I will have 'run in' the new hip!

Cheers,

Ian



An important addition to your club's services

At our recent Committee meeting we discussed at some length the idea of purchasing a light-weight, portable defibrillator (AED). Considering the demographic of our members and the fact that we've had a couple of 'near misses' with walk participants suffering serious cardiac episodes it was decided to go ahead and purchase an AED to be available for Leaders to carry on walks.

We have since purchased a Heartsine Samaritan 350P Defibrillator from First Aid Kits Australia at a cost of \$1,430.00 details of which are outlined below.

The HeartSine Samaritan 350P Defibrillator is a Semi-Automatic defibrillator (AED) that analyzes the heart rhythm and delivers an electrical shock to victims of Sudden Cardiac Arrest in order to restore the heart to normal rhythm. User-friendly and provides easy to understand visual and voice prompts to guide the rescuer through the entire resuscitation process.

Features:

- 8 Year Warranty
- Semi-Automatic Shock Delivery (allowing the rescuer to push the shock button)
- Easy to Follow Visual and Verbal Guides
- Portable & Lightweight
- High level Protection from Dust & Water (IP56 Rating)
- Suitable for use on Adults & Children. (Adult pads included, Child Pads (PDPK04) can be purchased Separately)
- Maintenance Free
- Cost Effective to Run
- Event Recording

The AED weighs 1.1 kg and is 20cm x 18.4cm x 4.8cm



The Committee is still to determine the protocols for the use of the AED and will inform all Leaders when those decisions have been made.

We believe this to be an essential piece of equipment, together with First Aid kits, to help ensure Leaders are prepared for any unforeseen medical emergencies.

David B. Equipment Officer,

Trip report from the Federation Walks Weekend

This year's Federation Walks were based out of Wangaratta. We decided to lead 2 walks that most people would not normally do. Our walks attracted people from a variety of bushwalking clubs across Victoria and it was great to be able to show them something different.

Our first walk on Saturday, took our group of 10 on an 18.5km walk, through the little visited western side of Mt Samaria State Park.

The walk mostly followed the hills of West Track, crossing quite a few creeks that had a good flow thanks to all the rain. We had a break at the top of the first climb. There was not much flat walking, and the descents were a bit rough and at times steeper than the ups.

Every now and then there was a gap in the trees, with views across to Lake Nillahcootie and the surrounding green farmland. We had lunch by one of the creeks before another climb to our highest point 629m.

After a bit of zigging and zagging, we left the track and headed off track to find the spot where we would cross (with permission) onto farmland and eventually back to the road where we had left a car before beginning the walk.



Our walk on Sunday, to The Paps, was much easier and shorter, 12.5km. The Paps are 2 hills near Mansfield that give amazing views across Lake Eildon in the south, Mt Buller, Mt Stirling and Timbertop in the east and Lake Nillahcootie to the north.

The walk was on management track as well as off track up a ridge that took us first to South Pap 679m and then to North Pap 700m, where we had a short break. As it was a short walk we returned to the cars for lunch before heading off.

Mick and Deb



Trip Reports

Nail Can Hill Wildflowers

Eight of us met at the Ryan Road entrance to Nail Can Hill on a bright and sunny Sunday morning. Once again, leader Bernadette Cromarty had appeased the weather gods and there was no forecast of rain, at least for the day. However, she did warn us about killer mosses that had experienced lush growth and extensive reproduction thanks to the wet. The mosquitos were pretty ferocious, too!

The wildflower information walk created by the Friends of Nail Can is a bit different this year, going straight up the hill with larger permanent metallic information boards adjacent to plants of interest. These were most interesting but unfortunately not many of the flowers were in bloom yet, no doubt because of the cool wet weather. Even so, there was plenty to see as we headed towards the Ridge Track.



After admiring the views over Albury and Wodonga we slowly descended along the zigzag towards Pemberton Street and around the base of Nail Can, noticing as we did so that the track had become very wet and eroded, and the ground all around was boggy, too much so to sit on for lunch.

By now it was quite warm, so we had a short break to remove surplus layers and have a drink before ascending back to the ridge via the Unemployment track, a delightful if rather steep footpath that tested our agility and gave us a good appetite for lunch.

The scintillating conversation for which Border Bushies are renowned flowed freely over lunch, mainly about embarrassing situations when heading outside the house in one's night attire (something more discreet than Marilyn Monroe's 'a smile and Chanel No. 5' is recommended, for future reference).

Suitably rested, we made our way back to the cars via Hernia Hill, along which were a couple of wattles still in brilliant flower.

Thanks, Bernadette, for the sunshine and good company on an enjoyable walk. We are fortunate to have such wonderful places so close to home.



Mt Sugarloaf in the Chiltern, Mt Pilot National Park

Around the world there are **no less than 450** mountains, hills, ridges and rock formations named Sugarloaf, so named because their resemblance to the conical shape of refined sugar as it was produced and sold until the late 19th century.



Oh! Now I understand why we kept climbing up and up! Even when we were heading down, we were often still going up! A challenging hike, but what a superb day to be out on the walking trails!

The smell of eucalypts after rain; tree sculptures telling their past stories; the little things; the magnificent views over lunch; reaching gold at the end of the walk.

After five and a half hours, *eleven brave souls had gathered on a weekday* and completed a healthy outdoor exercise, learned new things about each other, appreciated our life experiences, cared about each other's differing needs, and most of all were grateful for the fun, the knowledge, the guidance and safe practice of our leader, Bernadette.

That, to me, is what the Border Bushwalking Club is all about! Alwyn



Leaders Training Report

On 17 September Judy and Jim from Bushwalking Victoria delivered a day of leaders training to our club in Wodonga.

We were joined by a couple of members from the Benalla and Wangaratta clubs.

Topics covered included a session on navigation, planning for an activity (including assessing potential risks), how to lead an activity on the day, and what to do if things go wrong.

It was a really beneficial day, and I'm sure we all learnt a number of tips.



The leader's training is a great (free) benefit provided to member clubs by Bushwalking Victoria (with Judy and Jim volunteering their time as BWV representatives) and I'm thankful for Judy and Jim sharing their knowledge and experience with us.

David

Activities coordinator



Some wise advice from Bernadette, perhaps past its use by date

FROM AN 1897-1898 BRITISH AND IRISH GUIDE FOR CYCLISTS AND MOTORCYCLISTS

Advice on Touring Requisites.

1. Necessities:

Hat or cap	Worn on person	Neckerchief	Dark glasses
Shoes		Prayer book	Pocket dictionary
Trousers		Maps	Passport
Flannel shirt		Spanners/tools	Conversation book
Flannel collar		Oilcan	Guide book
Necktie		Lamp	White collars
Pair stockings		Spare lampwick	White cuffs
Extra stockings		Riding gloves	Tape
1 flannel nightshirt		Cleaning cloths	Sponge
Hairbrush		Padlock and chain	Flannel
Comb		Pincers	Nailbrush
Toothbrush and paste		Shoelaces	Paper and envelopes
Loofah		Saddle cover	Postcards
Gloves		Wire	Stamps
Money		Knife	Pen
Matches		Field glasses	Address labels
Notebook		Studs	Visiting cards
Drinking cup or flask		Scarf and pin	Braces
Waterproof cape		Towel	Belt
Razor		Bathing draw.rs	Permanganate of potash
Strop		Chocolate	French chalk
Shaving brush		Sperm oil	Saddle and shoe lubricant
Soap		Spare spokes	Cotton waste
Fullers earth		Spare nuts	
Vaseline		String	Spare inner tubes if riding a machine with pneumatic tyres
Sticking p'aster/bandages		Corkscrew	
Sulphate of quinine		Barometer	Spares applicable to your specific machine
Carbonate of soda		Pipe and tobacco	
Extra hat or cap		Leather straps	Small silk flag
Cardigan		Treadle pin	
Pugaree		Nail scissors	
Compass		Tyre clips	
Pocket lens		Watch	
2. Luxuries (can generally do without but very nice to have with oneself)			
Slippers		Spare gloves	Writing case
Socks		Spare white collars	Spirit kettle
Spare trousers		Spare neckties	Methylated spirit
Coat		Various underclothing	Candle
Vest		Extra pair of shoes	Pocket filter
Supply of tea		Tow line	Waterproof sheet

Note: If travelling abroad take your money in the form of gold coins.

A revolver is not considered necessary in the more civilised areas of Europe but if accosted by footpads or brigands inform them that you are British and display your Union flag.

Services included in your BBC membership include.

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

1. Sleeping bags
2. Back-packs
3. Hiking poles
4. Waterproof jackets
5. 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 November 24, 2022.