

FOOTPRINTS

September 2023

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

We acknowledge the Traditional Owners of the lands and waters on which we travel and meet. We respect their elders past and present.

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Next Club Night, Tuesday, September 5: double-header! New members' night

The next Club night is our annual new members' night, where new members and anyone who is interested can come along and learn about the Club and how walks operate. There will be descriptions of the various activities the Club offers, the grading system, details of how to book for an activity, and demonstrations of the gear you need to take on a walk. Experienced members will be on hand to share their ideas and answer all your questions. With spring just around the corner, it's the ideal time for members new and old to brush up on what's needed and get ready for a great summer of walking.



The meeting will start at 7:30 pm in the Senior Citizens Room, rear of the Cube Complex, Hovell Street Wodonga, Havelock St. end of car park. Doors open at 7:00 pm for introductions, socialising and a cuppa.

Leaders' refresher meeting



Current and wannabe leaders are asked to come along at **6.30 pm** on club night for a short refresher on policies and procedures. Bushfires, Covid and road closures have played havoc with activities over the last few years but now's the time to make sure all leaders are singing from the same hymn sheet, as the saying goes. Afterwards, we hope you will all stay on to meet new members and share your valuable experiences with them. To encourage this, there will be pizza for those who missed dinner (and the others, of course)!

From the President's Stump

Border Bushwalking Club has a proud record when it comes to accidents and injuries to participants while on Club activities. This is undoubtedly due to the policies and protocols we have in place as well as the experience and expertise of our leaders.

Over almost 45 years, participants in Club activities have suffered only a few minor injuries and mishaps, and when there has been the rare serious incident, leaders have been able to deal with it efficiently and appropriately.

Now that the weather is improving and more of us will be venturing out for day and overnight hikes, it's a good time for all of us to remind ourselves what defines a safe hiker.



Prevention is Better than Cure (many of these points are covered by leaders)

- Choose a walk that matches your fitness and experience.
- Allow enough time to complete the planned hike.
- Check the weather forecast.
- Carry plenty of water and food.
- Wear/carry appropriate clothing and footwear, especially when at altitude (eg: Falls Creek).
- Carry appropriate navigation aids, including a paper map and compass.
- Inform others of your plans and estimated finish time.

On the Track

- Turn your mobile off or switch to 'airplane mode' to preserve battery.
- Don't push your limits – let the leader know if you're struggling.
- Be prepared to change your plans if conditions change.
- If you become lost follow the acronym **STOP** :
 - **S** = Stop – as soon as you realise you are lost and don't panic
 - **T** = Think – about where/when you last knew where you were
 - **O** = Observe – surroundings, check the map, search for landmarks
 - **P** = Plan – what to do, for example backtrack
- Carry a personal First Aid Kit with some basics, including a Snake Bandage

Tools and Resources

- Download the '**Emergency Plus**' App on you mobile.
- Carry a Personal Locator Beacon (PLB) if visiting a remote area with limited or no mobile coverage.
- Read Bushwalking Victoria's '**Walk Safe**' guide.

Let's all make an effort to follow these simple guidelines and to ensure that all of us are 'safe hikers'!

Ian

Last chance to renew your membership!

Memberships are now **VERY OVERDUE**. You have until the end of August to renew your membership for the current year. The AGM voted that membership fees should not be increased for 2023–4. It is still just \$45 and \$35 (Concession) for single; \$80 and \$65(C) for a family of two.

You will need to complete the online risk acknowledgement to renew your club membership. Go to www.borderbushwalkingclub.com.au and follow the prompts. If there are any issues with the form or payment going through, this will become apparent if/when you receive a reminder email to renew [this 'exception' process is less work for our membership officer than emailing to confirm every membership].

If you choose not to renew due to changed circumstances, you're welcome to participate as a visitor and pay \$5 per activity.

Upcoming events

WHAT'S COMING UP IN THE NEXT 6 WEEKS?

For more details of the activity please click on **events** in our club website. You will also find the leader's phone number here. Please ring them to discuss the walk and to book in.

<http://borderbushwalkingclub.com.au/>

Don't forget events are added to the website frequently so check often or you may miss out.

Wednesday Aug 30 th	Yindyamarra Sculpture walk Gr 1 Easy
Saturday Sep 9 th	Nail Can Hill Choose your own Adventure. Gr 3 or 4
Sunday Sep 10 th	Warby Range Walk Gr 3
Sep 16 th –17 th	Terrick Terrick National Park Ungraded
Saturday Sep 30 th	Mt Beauty Survey track and Pole track Gr 2 Easy Medium

There are a few free weekends here. Maybe you could add something. An experienced leader would help you. It doesn't have to be a hard or long walk.

YOU'LL NEED TO PLAN IN ADVANCE FOR THESE ONES:

7 Oct	45th Anniversary Celebrations See below.
18–19 Nov	Blue Waterholes , Kosciuszko NP. Gr 4 Medium /Hard
15–17 Dec	Mt Buffalo Lake Catani. Camp, walk and paddle. Ungraded
20–21 Jan	A weekend canoeing on the Mitta River. Ungraded
28 Jan–2 Feb	Kosciusko more huts and stuff. Gr 4 Medium/Hard
24 Feb–2 Mar	Tasmania Overland Track. Gr 4 Medium/Hard
18–22 Mar	Murramarang (Bateman's Bay). Gr 3 Medium

Safety (1)

With the weather warming up, snakes are emerging so members are reminded to ensure they have a 'snake bandage' in their pack. This is a stretchable compression-type bandage used to apply pressure to the affected limb. The Setopress brand is recommended.

Safety (2)

Everyone should have a basic knowledge of first aid and CPR. Members who complete a recognised first aid course can claim reimbursement up to \$80, comprised of \$40 from Bushwalking Victoria and \$40 from the Club. Red Cross and St John Ambulance in Albury and Wodonga TAFE all run courses.

Safety (3)

Just a reminder that participants on all activities should always carry a basic personal first aid kit and a completed *Emergency contact & medical information* form that is available under the 'Members' tab on the Club website.





Tribute to Les Sobey

The BBC lost one of its life members on 16 July. He was 94 and few people know that he was an adventurer in his early life and loved a challenge.

Les lived in Sydney in his early life and was a keen racing cyclist, winning a prestigious race at age 18. He worked as a toolmaker, but his dream was to get a job in the Snowy Mountains Scheme so that he could ski every day. After some knockbacks, Les and a mate were skiing near Guthega one day when the local engineer in charge asked them if they would be prepared to work as ski patrollers. Les thought he had gone to heaven.

Later on, he worked his way to Germany on a freighter and then based himself in London for a period, during which time he travelled and skied extensively in Europe, including touring the Austrian Alps on a Lambretta motor scooter. He then lived on a kibbutz in Israel for three months before hitchhiking down through Africa. On the

way he climbed Mt Kilimanjaro, being the only member of his group to reach the top. Les also walked through a number of game parks but managed to avoid becoming a meal for lions. As you can imagine, Les had many adventures during the four years that he was away. He returned to Melbourne but later went back to Sydney where, aside from skiing and bike riding, he led a fairly quiet life whilst working in heavy engineering.

In 1978, he heard that the Border Bushwalking Club had been formed in Albury. Les thought that the new club might support a bushwalking shop, so he promptly left his job, moved to Albury and opened *The Outdoor Experience*, first in Kiewa Street and later in Macauley Street. It was the first specialist outdoor gear shop in Albury. Les's first customer was a young lady called Chris Kaberry who bought a japara jacket. Les was so keen to provide after-sales service that he married Chris so that he could keep an eye on the jacket (which Chris still has).

Les and Chris become life members of BBC in 1997 and here is the citation written by Eileen Clark on that occasion:

LES SOBEY. To many of us who started our bushwalking careers in Albury years ago Les Sobey was known as the man who ran the shop in Kiewa Street where we bought our gear, but Les's involvement with walking and the Border Bushwalking Club goes back much further. While still living in Melbourne he was an enthusiastic walker and skier, and I can remember a meeting back in the Burrows House days where he told how the preparation for a weekend's skiing would begin early in the week by purchasing the wood to make the skis.

Les was in demand as a speaker at early meetings of the Club, although his ability to take part in extended trips was reduced by the demands of running the shop. In 1981, he became President of the Club – it was just a coincidence that this was shortly after the birth of his first child? – and he remained on the committee until 1984.

However, his importance to the club has been far greater than simple facts and figures convey. Early in its history, the Club decided to purchase equipment to hire to members starting out in bushwalking, and Les Sobey has been the person who has stored that gear, maintained it, collected the hire charges and worried about it as if it was his own. The Club owes him a huge debt of gratitude for the years of care that he has put into this task.

On behalf of members past and present I would like to thank Les for his hard work and enthusiasm, and it gives me great pleasure to recognise this by presenting him with a Life Membership of the Border Bushwalking Club Inc.

Eileen Clark, President, 6 May 1997

In the late 1990s, Les retired from the shop, but he did not sit around watching television. Instead, he started bike riding with a group of friends. Les planned numerous multi-day trips and they were not for the faint-hearted, as they were much more likely to be in mountainous terrain than in flat areas. In addition, he got back into cross-country skiing. He even joined the Melbourne Walking Club so that he could get access to a hut in the high plains called Wilkies Lodge. This allowed Les to take BBC club members there for week-long visits after skiing out from Falls Creek.

Les made good use of his 94 years. He is survived by his wife Chris, and three children Tom, David and Ellie.

(Thank you to Bruce Key for this tribute)

45th Anniversary Party – Save the date!



Lunch – a vital part of any walk!

The Border Bushwalking Club was formed at a public meeting in June 1987, and its first walk to Mt Table Top (just north of Albury) on 18 June 1978 attracted over 100 participants! To celebrate our 45th birthday, we will again gather at Mt Table Top on **Saturday 7 October**, and we hope many present and former members will join us. More details next month, but there will be short walks, reminiscences and celebrations. Those attending will need to BYO food, drinks and chairs. The property is privately owned, and we thank the owner, Mr Roger Paterson, for allowing us to use it. There will be a charge of \$20 per vehicle to enter the property, and to minimise costs we will organise car pooling from Albury and Wodonga.

Final details in next month's *Footprints* and on the website but save the date and **please pass this message on to any former members you know.**

New members: a warm welcome to

Rod Halstead
Ann Mackinlay
Zilbet Szacsvey
Bianca Hogan



News from Bushwalking Victoria

Bookings are now open for **Federation Weekend**, 21–23 October, being held this year at Trentham in central Victoria. Don't miss this popular annual event that brings together members of our bushwalking community for a fun weekend of walks and social activities. This year provides an opportunity for participants to visit sections of the Wombat State Forest that have reopened after the devastation of the 2021 storms. The forest offers an extensive network of trails, varying in difficulty levels and length - from steep ascents to rocky descents. It promises a diverse range of terrains for us to explore and a variety of flora and fauna to discover. The program will include visits to Lyonville Springs, Garden of St Erth, Blackwood township and Mineral Springs, Lerderderg River, Nolan's Creek Picnic Ground, Balt Camp and Yankee Mine. More information and the booking link are available on the event [website](#).

Bushwalking Victoria provides a number of services for Clubs and members, paid for by a substantial portion of your annual membership fees. One such service is insurance while on Club activities, including personal accident, public and associations liability cover. This cover has been extended to include participants aged from 5 to 94 (previously 12 to 94) **and activities involving e-bikes are now covered**. For full details of what the insurance policies provide, see [Insurance Overview \(bushwalkingaustralia.org\)](https://bushwalkingaustralia.org/Insurance-Overview)

Members of affiliated Clubs can also obtain discounts on purchases from some shops in Melbourne. For full details, please contact Dick at secretary@borderbushwalkingclub.com.au Meanwhile, don't forget that members are offered discounted rates on purchases from *Adventure Gear*, 479 Dean Street, Albury. Call in to see Gino or Wendy to discuss your needs.

Car pooling policy

Traditionally, the Club has encouraged members to car pool for travel to the start of walks to reduce costs, encourage sociability and minimise our carbon footprint. Leaders of activities identify a meeting spot for members to meet and travel together from. Participants are expected to contribute to drivers' costs, with all participants paying the same amount and each driver receiving an equal amount. The leader is responsible for calculating, collecting and distributing 'petrol money' using a formula that takes into account distance travelled, number of participants, number of cars, and a cost factor. **Leaders please note:** the cost factor is currently **\$0.50**.

In response to requests, here is an example of how the policy works. **Participants** are all people undertaking the activity who wish to car pool, including leader, drivers and passengers. Those who do not wish to car pool should tell the leader when booking in. **Designated drivers** are the drivers of vehicle used in the car pool.

Leader uses Google Maps or prior knowledge to get accurate estimate of the distance to be travelled from agreed meeting place (e.g. Bunnings, Wodonga) to the start of the walk and doubles this for the round trip. This distance is **multiplied** by number of cars needed and current cost factor rate:

Distance x number of cars used x cost factor

The calculated number is then **divided** by the number of participants to give an amount in dollars and cents. Round to nearest dollar and collect this amount from each **participant**. Divide this amount equally between **drivers**.

Example:

Seven people book in for a walk at Falls Creek starting and finishing at Cope Hut car park. They meet at Bunnings in Wodonga. The distance to start of walk is 122 km, making it 244 km for round trip. Two cars are needed.

Distance x number of cars x cost factor: $244 \times 2 \times 0.50 = \244

Divide by number of participants (7) = \$34.86. Round up to \$35.00

Leader collects \$35.00 from each participant including drivers (\$245.00)

Two cars were used, leader gives \$122.50 to each driver.

We run a cash economy. To help leaders, participants should bring notes/coins in small denominations.

\$

For Sale

LOWE Cholatse 35 litre day pack, adjustable back size, several pockets, optional dual compartments, hydration compatible, rain cover. Only used a few times. \$100.

Women's boots, Asolo, never worn outdoors, size 9 or thereabouts. \$250.



Contact Eileen at newsletter@borderbushwalkingclub.com.au phone 0412 042 195 or see me at next meeting.

Trip Reports

Lockhart's Gap

Two groups of four recently completed the Lockhart's Gap Crossover walk in perfect hiking weather – overcast, low temperatures and no wind, with the occasional fog and mizzle. The 'B' Team, led by Bernadette, started from the Lockhart's Gap Road end, while the 'A' Team, led by Ian, tackled the much more difficult and challenging hill climb from the Tallangatta Lookout – a relentlessly steep 45-minute, lung busting trudge to the top of the ridge line.

Both groups enjoyed walking through a quiet and subdued bushland, the silence occasionally punctuated by the call of rosellas and cockatoos. We met around the half-way mark, located a suitable log and partook of lunch. After cups of tea and sandwiches and rolls, car keys were exchanged, and we bid each other adieu before continuing on our way.

The resident lyrebirds that usually entertain us with their mimicry were unheard and unsighted in the morning and it wasn't until late in the day that the 'A' Team stopped to listen to a lone male posing as a currawong, a magpie, a rosella, a cockatoo, a wattle bird, and a kookaburra.

The 'B' team, having the less challenging walk, (more like an afternoon stroll), arrived back at Tallangatta Lookout where they awaited the 'A' Team who drove back from Lockhart's Gap and joined them for afternoon tea at the shelter. An enjoyable day was had by all. Ian.



Mt Glenrowan



For the three new members who joined this walk, it was a great introduction to winter walking, and a first-hand experience as to the importance of having the right gear. Despite it being misty, foggy, drizzly and cold for our walk to Mt Glenrowan summit, all three newbies were quite happy to wander through the low cloud that covered Mt Glenrowan all day. We climbed steeply up the new track that would take us to Chick Hill and morning tea. The track from there to the ridge track passes large *xanthorrhoea* (grass trees) scattered through the open bushland, where a few wildflowers were starting to add colour the bush. When we got to the summit, we were surprised to see that we weren't the only bushwalking club wandering up there. A group from Benalla Bushwalking club were having an early lunch at the lookout (that was shrouded in cloud). Despite it being a bit early, we decided to have lunch there also. Accompanied by the misty, foggy, drizzly, cold cloud, we wandered back the way we had come to the cars. Deb.



The Rock



The Rock is a striking hill that rises from the Plains off the road between Wagga and Albury. The Rock is known as Kengal to the local Wiradjuri people and was once used for male initiation rites. It is easy to see how it was seen as a very special place. It is our great privilege to be able to walk up and enjoy the special environment and the views from the top. Whilst it is a short walk there is plenty of climbing and then descending to make it feel like a good walk.

Eight of us enjoyed perfect Winter weather as we reached the summit in time for lunch. We wanted to linger in the sun but as we stood up to go, the weather began to change so we were happy to head down. It was great to have two first timers and sad that two were unable to come at the last minute. I tried to introduce the group to the third name; 'Lion of the Plains'. This name is due to its resemblance to a reclining lion from different angles, but many were sceptical in the extreme.

Another great day in our local area. Bernadette.



Photo credits this issue:

Bernadette, David, Deb, Eileen, Linda

Services included in your BBC membership include.

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

1. Back-packs
2. Hiking poles
3. Waterproof jackets
4. 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 and Wendy 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: 19 September 2023

Contributions to *Footprints* are always welcome and can be sent to newsletter@borderbushwalkingclub.com.au