

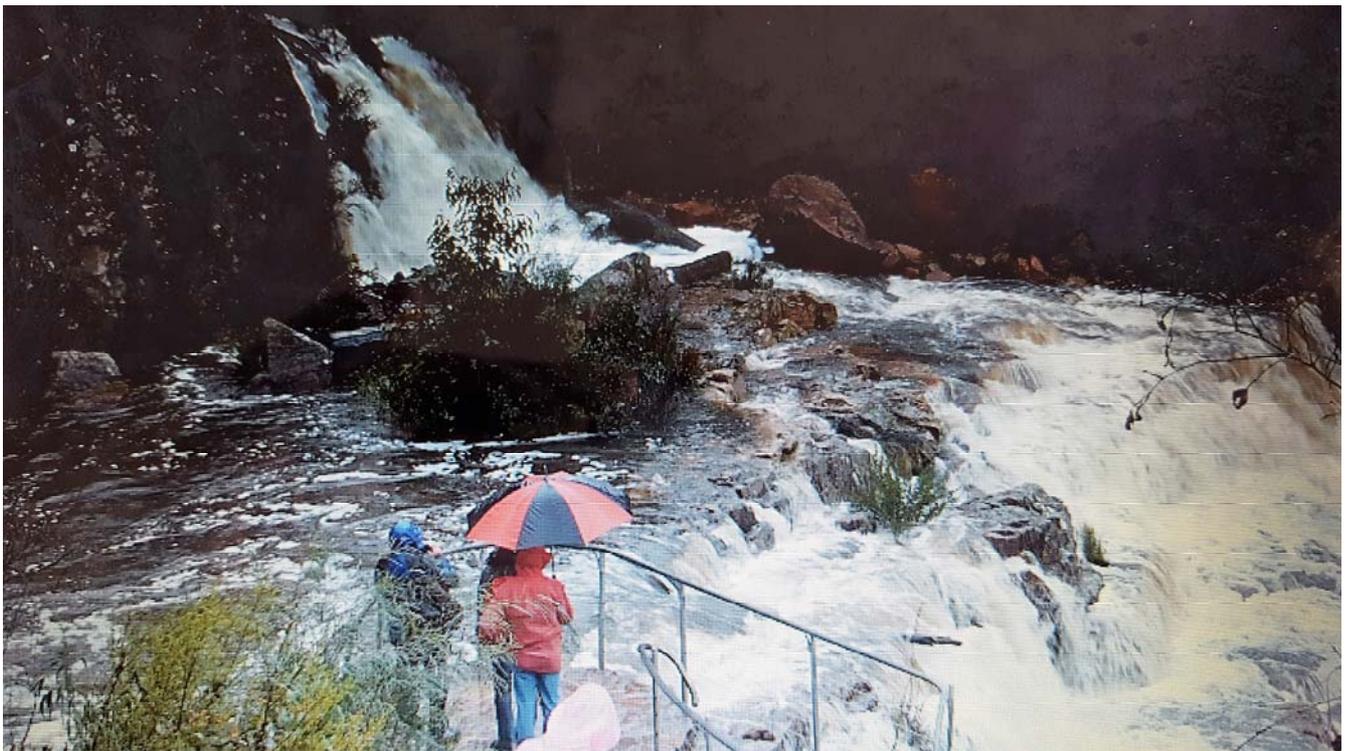


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SHEPPARTON ADVENTURE CLUB inc. A0002706S

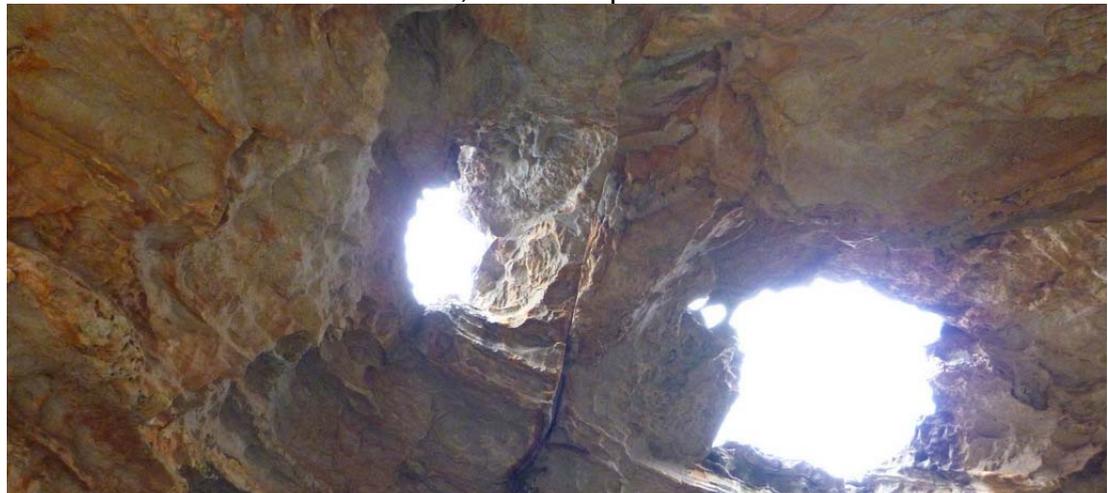
NEWSLETTER October – November 2016

website: www.shepadventureclub.org.au



SAC members at the Grampians

Next club meeting Tuesday 25 October 2016
6pm at the Victoria Lake Shed, Shepparton
BBQ, chat and paddle



The SHEPPARTON ADVENTURE CLUB Inc.

General Meeting: 4th Tuesday of the months: February, April, June, August, October
usually at: 7:30 pm at the Mechanics Institute, Wyndham St, Shepparton.

Correspondence to: The Secretary SAC, PO Box 264, Shepparton 3632
Email: sacvicau@yahoo.com.au

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Newsletter Printing

Our newsletter printing is kindly sponsored by Hon. Wendy Lovell, MLC for Northern Victoria Region
138 Welsford Street, Shepparton



SAC is an affiliated member of **Bushwalking Victoria**

SAC MEMBERSHIP FEES - from 1 September 2016

Single Club Membership	\$35
Family Club Membership	\$60 (2 adults and children)
Concession – Single Membership	\$30 – Pensioner/Senior/Student Cardholders
Concession – Family Membership	\$45 – Pensioner/Senior/Student Cardholders

Membership benefits

Your Bushwalking Vic membership card enables you to obtain discounts at a number of retailers including Ajays (Heathmont), Bogong Equipment (Melb), EMC (Deepdene), Melb Map Centre (Malvern East), The Wilderness Shop (Box Hill), Paddy Pallin, Smitten merino wear Tasmania, Woodslane Walking Guides.

5% on Outdoor Travel tours and all reservations made directly with the office at Bright. Check out their website or join their email newsletter list for tours and current deals: www.outdoortravel.com.au, 1800 331 582 info@outdoortravel.com.au

Discovery Holiday Parks, Cradle Mountain 20% discount off shoulder and low season rates (16 April - 2 December)

Contact Claire on 03 6492 1289, 1800 068 574 www.discoveryholidayparks.com.au

Full Moon

2016: 24 Jan, 22 Feb, 23 Mar, 22 Apr, 21 May, 20 Jun, 19 Jul, 18 Aug, 16 Sep, 16 Oct 14 Nov, 14 Dec

Source: www.ga.gov.au

President's Piece

The recent flooding has focused the attention of your committee in the last week or so, with the question 'to go, or not to go....into the woods when they are in flood?'

Recent flooding along the Murray in particular has had the media occasional report on incidents where people have entered the floodwaters only to later need rescuing. While we 'experienced' paddlers might think to blame the inexperience or naiveté of the persons involved, it does highlight to me quite a stark difference between the world we live in now, and the world that SAC was born into some 40 years ago. I can imagine that club members then would have been more than enthusiastic to get in the boats and explore the local wetlands and rivers while in flood, and provided they were sensible about it, no-one would have got into difficulties, or if they did, they would have got themselves out of it and not needed rescuing and an adventure would have been experienced.

Nowadays, our global consciousness and awareness of every single event, brought about by the omnipresent multimedia services we're all addicted to, has resulted in our law-makers feeling the need to put in place more and more regulations to try to prevent any conceivable/reported mishap from occurring. This means we are becoming increasingly risk averse and is why the canoe trip to Gunbower forest on the 15th Oct was postponed till after the floods have receded. Perhaps it is also a consequence of our natural tendency now to place greater emphasis on planning for things that might go wrong rather than in the past when we just expected it would all be fine and we'd deal with anything if it occurred?

Anyway, it brings me on to something Bushwalking Victoria has recently been seeking feedback on, which are some planned new regulations called ' National Bushwalking Australian Adventure Activity Standard (AAAS)'.
Primarily aimed at providing guidelines and standards for commercial providers of outdoor adventure activities, it

none-the-less seems to also capture volunteer clubs and organisations in its net. Bushwalking Victoria sought submissions from affiliated clubs to draw attention to it's failings in regards to the potential negative impacts this standard may have on recreational bushwalking. Some points made by BWV for affiliated clubs to consider in their submissions are as follows:

- [Your bushwalking club] cannot support the draft core standards. An exemption should be included in them for recreational bushwalkers and community groups
- As recreational bushwalkers, we were not consulted regarding the concept and application of the proposed national AAAS. The AAAS are plainly intended for commercial operators.
- Our bushwalking club will be swamped by compliance paperwork that will not improve the safety of our activities.
- The AAAS are not suited to the needs of recreational clubs and walkers and do not provide a source of expert knowledge.
- Separate guidelines are already available for recreational participants regarding group leadership, equipment, risk management, emergency management and safety.
- The bench-marking of trip leadership skills against a TAFE qualification is an example of how ill-suited and unrealistic the AAAS are for community groups.
- As recreational bushwalkers we will not be able to show compliance with these standards if that was required by, for example, land managers, insurers or courts.
- Exemptions for recreational non-commercial participants are already included in similar standards in New Zealand, the United Kingdom and Ireland.

Quite heavy going I know, so thanks Rachel for putting in a submission to the process to Outdoors Victoria on SAC's behalf. Given all our activities are participated in by adults who know, or are made aware of the risks, hopefully nothing more will change.

So, enjoy getting out into this very green and wet Victoria we have at the moment, it is great to see.

Cheers, Bruce

Route Planning & Times (from Walksafe booklet, by VicWalk/BWV)

When planning a route, take the terrain into consideration and estimate the time for completion of each section of the walk. As a rough guide for the average party allow 1 hour for every:

- 3-4 km on a smooth flat track
- 1-2 km in rough terrain

plus an additional hour for every:

- 500m ascent
- 1000m descent

These times are approximate and need to be modified for fitness, tiredness, pack weight, size and age of party, extreme weather and overgrown or untracked walking. These times do not include rest stops.

From the October 2016 BWV News

See them here: <http://www.bushwalkingvictoria.org.au/what-we-do/publications/newsletters>

I would think I am talking to the converted here as most members would be aware of (and be active users) of this sight. If not I would suggest you take the time to make yourself acquainted with it as it contains much of interest to us on a State wide and political basis.

Further to president Bruce's comment on the continuing battle of Government trying to bury individualism under mounds of paperwork for the perceived safety of a few BWV reports they have made little progress in seeking exemption for recreational bushwalkers in the upcoming "Bushwalking Adventure Activity Standard". We wait to see what the repercussions for Clubs such as ourselves will be.

Among other items of interest are the "Tracks and conservation activities calendar" for those so interested and with time available to assist.

As this is my first attempt at the Newsletter I would appreciate your feed back on content of interest to you. I am reluctant to transcribe reams of text when with a "click" of the mouse you can view the site and all related articles yourself. Please let me know for future editions (Steve)

Calendar of Activities

22-23 Oct	2 day hike	Mt Buffalo overnight walk to Rocky Creek Camp via Mollisons Galleries (approx. 12km). Back on Sunday along the Rocky Creek track (approx. 6.5km). Easy-medium grade, on tracks. We need to book the campsite in advance. Contact Jill or Greg on 58241143	E-M
25 Oct	<i>Club meeting</i>	6pm BBQ at SAC shed. Chat and paddle	Social
26th Oct	Mid-week walk	Strathbogies; Shean's Creek?	?
19-20 Nov	Camp	Mt Buffalo camp to celebrate SAC's (slightly overdue) 30th/40th year. Walks will be offered or you can just relax around the camp ground. Contact: Bruce G on 5824 2548, book a site via parkweb.vic.gov.au	Various
23rd Nov	Mid-week walk	Barmah forest	Easy
26 Nov (Sat)	Canoe/ Kayak	Kayak trip on the Murray River from Thistle bend to Barmah town. 4.5 hour paddle plus breaks along the way, enjoying the diverse birdlife along the river. Moderate level of fitness required and some kayak experience necessary. Kayaks and lifejackets provided. Meet at 8:30am and back at 6:30pm. Please contact Rach on 0400238276 to book in.	Medium
9-11 Dec Fri-Sun	3 day hike	Bogong High Plains hike - 2 night pack carrying walk in Alpine area. Pretty Valley Pondage-Mt Fainter-Mt Niggerhead-Youngs Hut (14km-12km-14km). Possibly travelling to Bright or Falls Creek on Thursday night. Starting the walk Friday morning from Pretty Valley Pondage. From there to Tawonga Huts and then to Little Plain where will set up camp. In the afternoon we will walk out to see the views of Mt Featherstop from Mount Fainter South. Saturday - off track along The Niggerheads to Mount Niggerhead, then meet the Alpine Walking Track and follow it south down Young Spur to Young's Hut. Sunday climb Mt Jim to check out the magnetic anomaly then probably follow the Alpine Walking Track and snow pole lines back to Pretty Valley. Contact Jill or Greg on 58241143.	Medium
2017 21 st Jan (Sat)	Kayak trip	Details to be supplied. Contact Rachel: 0400238276	tbd
11 th Feb (Sat)	Kayak trip		

PLEASE RING THE TRIP LEADER TO MAKE SURE IT IS WITHIN YOUR CAPABILITY AND CONFIRM THAT IT IS GOING AHEAD.

OTHER CLUBS' ACTIVITIES

Benalla Bushwalking Club <http://benallabushwalkingclub.org.au/>
Border Bushwalking Club (Albury & Wodonga) - www.borderbushwalkingclub.com.au
Wangaratta Out and About Club - www.wangarattaoutandabout.org.au/
Bendigo Bushwalking and Outdoor Club - www.gobush.org.au/
Echuca-Moama Bushwalkers - www.echucamoamabushwalkers.org.au
and more can be found at www.bushwalkingvictoria.org.au

TOTAL FIRE BAN

If a day of TOTAL FIRE BAN is declared please contact the Activity Leader for confirmation whether the activity will go ahead or not.

Note: TRIP LEADERS – it is imperative for every trip that temporary members/visitors sign the "Acknowledgement of Risk Form". These completed forms must be forwarded to the SAC Secretary for filing as soon as possible after the trip – otherwise, in the case of a claim, the insurer will not acknowledge the risk.

Form can be downloaded from www.bushwalkingvictoria.org.au , under Members > Forms

Emergency Contact Procedures

All enquiries about the return of participants from club activities should first be directed to the activity leader, and then to the Emergency Contact Person (ECP) for the activity if the leader cannot be found.

It is the activity leader's responsibility to organise an ECP and advise him/her (in writing) of trip & participant details and what to do if contact is not made by the nominated time.

Travel Cost Reimbursement

Option 1: Preferred. Fuel Cost per car plus 5 cents per km per car to be split equally between the numbers of people in the car including the driver. If appropriate, the cost of running all vehicles should be shared equally amongst all trip participants.

Option 2: 25 cents per km per car split between all trip participants.

Summary of Public Liability insurance coverage at 5-3-2014 (from www.bushwalkingaustralia.org.au)

Bushwalking, Track/Hut Construction and Maintenance, Caving, Canyoning, Liloing, Abseiling, Alpine Walking (Summer and Winter), Snow Skiing, Canoeing, Kayaking, Boating, Rafting, Swimming, Cycling, Rock Scurrying and use of hand held ropes as part of a Bushwalk, Orienteering, Rogaining, Leader Training and other related instructions.

Activities NOT COVERED include Rock Climbing, Water Skiing, overseas trips (except NZ) and any activities not listed above.

Trip Reports

Trip Report - August Mid Week Walk – Warby-Ovens National Park



The Warby-Ovens National Park was the location for the Shepparton Adventure Club's mid week walk in August. The area was the best I have seen it in many years after all the recent rains. We were slightly too early in the season for the best advantage of the wild flowers that the area has to offer, but none the less there were many wild orchids just coming into bloom. All the watercourses were running and everything had a fresh feel to it.



13 SAC members and friends set out to walk the moderate grade Friends Track which is a loop walk commencing at Wenhams Camp. With the short diversion to Kwat Kwat Lookout the overall distance was approximately 6 kilometres. Kwat Kwat Lookout has expansive views over the Ovens Valley and Victorian Alps. We lunched at the lookout where we met a group of walkers from U3A Eurora. There are steep sections of the track ascending Mount Warby which gave our "flat lands" muscles a bit of a work out. After descending Mount Warby, we strolled through The Friends of Warbys Arboretum which assisted us in identifying some of the park's diverse range of plants. On our way home we stopped at the Dookie Pub where we enjoyed coffee &/or red wine.

Richard Graves.

Group Photo by Dallas James.

Names from left to right: Dallas James, John Keane, Laura Ash, Patricia McDonough, Kathryn Jennings, Richard Graves, Margaret Clarke, June Lavis, Jan McDougall, Len Taylor, (at back), in front: Ray Mustey, Barbara Brown, Jan Gregory.

Photo crossing bridge by Margaret Clarke.

Mid week Walkers Group September 28 2016 - Rushworth to Whroo Picnic Grounds

With some trepidation we woke on Wednesday wondering what the weather would have in store for us following dire predictions of rain from the weather bureau. They were wrong! A cloudless blue sky and bright sunshine greeted us as we set out for Rushworth. Eleven of us gathered in the main street of Rushworth while the car shuttle was put in place. The walk began from the historic and lovely Anglican Church that sits on the hill at the southern part of the town. We entered the forest immediately enjoying the spring flowers among the iron barks and easily avoiding damp patches and water pools. In time we crossed the road to walk along Cheong Road and enjoyed a belated morning tea. A fork in the track took us onto Old Moora Road and before long we reached the Whroo Picnic Ground and our lunchtime stop. After lunch we walked along the short loop viewing the historic Balaclava mine, noting the huge amount of gold extracted from the mine over nearly a 100 years of operation. Wildflowers abounded with numerous purple orchids and yellow yam daisies. Returning to the picnic ground we piled into the cars and, of course, on our return to Rushworth enjoyed a coffee before departing for home.

Barbara Brown





Saturday September 3rd, Kayak from Seymour to Hughes Creek/Mitchelton Winery area.

Under Rachel's leadership, 5 paddlers took advantage of the fast flowing Goulburn River and paddled 23 km from Lions Park in Seymour exiting at Pat O'Connor's Mangalore farm. While the weather was far from appealing, all the paddlers enjoyed the pace of the river and the opportunity to relax occasionally while still moving at a reasonable speed. Lunch was a highlight as we just happened to find a farmers elaborate BBQ shelter as hunger set in. We all imagined coming back and pitching our tents on that lovely bend in the river and tried to figure out who owned it to get permission.

Thanks to Rachel for organising and leading the trip. Also to Pat O'Connor for allowing us to access the river through his property.



Checking we've got enough lollies to last the distance...



Our 5 star lunch spot with Rachel, Ray, Richard and Wil ready to get back to the water. Our lifejackets stayed on for warmth!

Contributed by Scott & William Birchall.

Mid week walkers Grampians walking trip.

Despite a not very promising weather forecast, eight mid week walkers headed to The Grampians on Sunday 11th September for 4 days of walking. The weather lived up to the forecast with damp days and one very wet Tuesday night with over 75mls of rain. Undeterred, Wed morning we headed off to climb Mt Zero in the North Grampians, only to discover that all roads out of Halls Gap were closed at that point.

The weather conditions meant lots of watching the rain radar and regular group meetings to modify the plans decided on at the previous meeting!! Nonetheless, we had some really good walks and experiences together; several longer walks, a few short walks between and amidst rain showers, visits to the Brambruk Indigenous centre, local art galleries and of course coffee shops, and also a day exploring Ararat.

The highlights were

- Scrambling to the top of Chatauqua peak with the great view from the top, then sliding on our bottoms to get down over the boulders.
- The colours and textures of the wet rocks, bark and tree trunks.
- The wildness and volume of water at Splinters Falls.
- Having the camping grounds nearly to our selves, lots of hot water, no shower queues and no need for small talk with strangers in the toilet block.
- Walking in the mountains in the rain and after it had been raining.
- Listening to the rain bucketing down and thinking of the school kids out in the Wonderland in their tents.
- Visiting Clematis Falls and seeing it with water flowing.
- The wildflowers.
- Walking down to the base of McKenzie Falls; admiring the very skilfully made rock steps and being in awe of the massive amount of water roaring down.
- I enjoyed it all.
- Negotiating, a mob of kangaroos in the dark, between the toilet and our camper.
- When we woke to see the creek in the camping ground 1 m lower than what it was at 1.30am.
- Enjoying companionship at local coffee establishments.

It was a good week!

We all agreed that this trip will go down in SAC midweek folklore and be talked about for many years.

Dianne Hanna

Grampians trip report - Day 1 (22/9/16)

After the nights before description of the walk the Smiths/Clapperton, Camerons and Karen and Peter set out looking forward to exploring the caves we were walking to. The start was fairly easy all we had to do was keep your eyes peeled for pink ribbon tied to a tree or a can, but after a bit we realised that there were no more pink ribbon so we followed our trusty guide Jill to the first cave. As soon as we reached the cave we straight away realised how cold it was. The wind was icy cold, but everyone soon forgot about it because the view was spectacular! After a lot of exploring and a morning tea break we were all ready to head to the next cave. This part was even harder to navigate because there weren't even cans we could follow! But this didn't faze Jill or Greg at all they were able to safely navigate a way through thick bush. We bush bashed for about 3kms. By the time we reached the top everyone was full of scratches and were defiantly ready for a lunch break. We tried to find the entrance of the cave but couldn't so we just sat on top of the mountain and admired an amazing view. After lunch Jill had found the entrance to the cave. After a bit of scary rock scrambling we made it to the entrance. This cave was a lot bigger than the other one with lots of pretty flowers and shrubs. After exploring and a quick toilet stop we all headed back. There were a few little creeks we had to cross and since trinity is the smallest we had to give her a piggy back across them. We kids and Jill were defiantly the fastest so we got a lot of brakes while we waited for the others to catch up. On one of the waits I hadn't realised I was standing on top of a bull ant nest and a bull ant bit me and it stung! After that I made sure that were I stood was ant free but luckily we were almost back at the camp site so I didn't have to wait too long. Over all it was a very nice, fun and exciting walk. Thanks Jill and Greg for organising it.

By Therese Cameron

The Fortress (day 2)

The climb to the Fortress was not an easy one yet very rewarding. After the quick walk down a sandy road we came to the base of what looked like a mountain. The sign at the base said: strenuous walking ahead, and boy was that correct. The thin path seemed to lead onwards and upwards forever. We were frequently updated on the kilometres we had done and how many were left by Jill who had to deal with the 'are we there yet' questions. Morning tea was spent looking out over a beautiful scenery that made the pain of getting there vanish and we left the break feeling very refreshed. The view got better and better the further we moved on as the trees appeared to shrink and the tips of the mountains surrounding us seemed no longer that distant. Meanwhile, the climb backed off and we welcomed a nice change with a steep decline. This meant we were on the final stage of the walk because after that there was only one climb left and then we would be on the top. The Fortress view was even better than I had expected. It left that feeling of being king of the castle as I gazed over the land that extended as far as the eye could see. It proved a great photo opportunity with the magnificent

backdrop behind us making a good picture for a post on Instagram. At the end of the day, I would walk that mountain twice to see that view.

By Taryn Cameron



Thanks to all newsletter contributors for their articles and great photos.

The next newsletter will be out in December, but feel free to submit items at any time. My apologies to Maartje Heuperman who sent in some great photos of the Grampians walk. Unfortunately my computer skills have not risen to the occasion and I was unable to move them from the email to the newsletter. Photos as attachments will make my life much less frustrating please.

MEMBERSHIP FORM

SHEPPARTON ADVENTURE CLUB Inc. A0002076S

Membership Fees for the 2016-17 year are due on 1st JULY 2016.

Please return this form with your payment to:

The Treasurer, Shepparton Adventure Club Inc. PO Box 264, Shepparton. Vic 3632

Please list name of each person and circle their age group (Insurance underwriting categories)

Name _____	U16	16-17	18-34	35-54	55-94	95+
Name _____	U16	16-17	18-34	35-54	55-94	95+
Name _____	U16	16-17	18-34	35-54	55-94	95+
Name _____	U16	16-17	18-34	35-54	55-94	95+
Name _____	U16	16-17	18-34	35-54	55-94	95+

Address: _____

Phone: BH _____ AH _____

Mobile _____ Email Address: _____

Single Club Membership	\$35	_____
Family Club Membership	\$60	_____
Concession (Single Membership)*	\$30	_____
Concession (Family Membership)*	\$45	_____
*Concession applies to Pensioner/Senior/Student Cardholders		
TOTAL \$		_____

Payment options (***please circle***):

1. Mail cheque or Money Order to PO Box 264, Shepparton 3632
2. Direct deposit to Bendigo Bank BSB 633 000
Account No. 129 076 972

Please add your name as the reference and post the signed membership renewal form back.

ACKNOWLEDGEMENT OF RISK - ALL Adults must sign

I acknowledge that when I am participating in any activity of the Shepparton Adventure Club Inc, I am doing so as a volunteer in all aspects and as such I accept all responsibility for loss of property or bodily injury to me however it may occur.

I acknowledge that my participation in this activity may expose me to hazards and risks that could lead to injury, illness or death or to loss of or damage to my property. In particular when participating in abseiling, caving or above the snowline activities I am aware that these activities expose me to additional hazards and risks.

I will make all reasonable effort to avoid or minimise these risks by :

- only participating in activities within my capabilities,
- carrying food, water and equipment appropriate for the activity, and
- advising the leader if I am taking any medication or have any physical or other limitation that might affect my participation in the activity.

I acknowledge that the payment of my (renewal) subscription will be deemed as full acceptance and understanding of the above.

I agree to be bound by the rules of the Shepparton Adventure Club Inc. (which are available from the secretary).

Signed **Date**

Signed **Date**