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### Membership Fees

**\$40 per Person**

**Subs due 1<sup>st</sup> July**

# Sunraysia Bushwalkers 2018

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## October 2018



Affiliated with::  
  
Bushwalking Victoria  
towards better bushwalking

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### Subscriptions due in July

\$40 for the year.  
Direct bank transfer  
BSB 063 520  
Acc 00907072

Or bring to the meeting.



### TRIP OPTIONS FOR 2019

Michael Jobe discussed some trip options for 2018 & 2019 including Maria Island and Freycinet in March/April 2019, Heysen Trail in the Cape Jervis area Nov 2018, Munda Biddi Track April 2019 and Kepler Track walk with an added bike ride in Feb 2019. Please give expressions of interest to Michael. Minimum numbers apply and bookings will need to be made.

Bill Sutherland, Geoffrey Allen and Roger Cornell will be completing the walk from Healesville to Walhalla in March/April 2019. If anyone is interested in this walk please contact Bill.

## ABORTED ATTEMPT AT WALKING COWANNA BEND (ISLAND)

Six people met at Merbein PO on Sunday morning 7th October, namely Marion, Jeff, Maureen, Roger, Greg and I (Elaine) (Fig 1). After parking the vehicles, we all surveyed the “swiftly moving” water. Roger & Jeff carefully waded in. At one particular moment we all almost saw “too” much of Roger’s legs & the shorts couldn’t be rolled up any higher, (*sorry no photo evidence of this*) hence the decision was made that the water was too deep & unpredictable to cross.



Figure 1 Elaine

Greg

Maureen

Jeff & Marion

We set off (on an alternative walk) & there was plenty to see along the way and the track was very walkable. The (Murray) River was quite wide at the corner where we met the island.



There were week-end/ers & a few people fishing but no other walkers, so it made for a pleasant couple of hours. Halfway through we found a fallen tree which seated us all, where we enjoyed a cuppa, a snack and a chat.

A pleasant couple of hours.

*Elaine*

**Roger’s Trip notes** – Alternative walk towards Abbotsford Bridge covered a distance of 8.37klms return and took 1hr 56minutes in walking time. This includes wasted time trying to get onto Cowanna Island?? **Note for next time** – take water transport as the cutting has deepened since I last walked it some years ago.





## November Event

The club event in November ( 11th ) is a paddle at Hattah. It appears we have enough interested to go ahead with this trip. A walk may take place as well later in the month.

Details at the meeting or Contact Peter 0438321898

Break up ideas will be discussed at the meeting. Please bring along any suggestions to the meeting.



### Ascent 'Explore' Women' Bushwalking Shoes Review by member Meryl Hale

As a physio, I regularly recommend the Ascent brand of shoes, so I was more than happy to accept the offer to trial this new range of shoes designed for bushwalking women.

It would have been helpful if my correct size had been supplied, but I figured this could be overcome to some extent by wearing thick socks. Size- wise, I am normally a 7.5, & this would have been perfect, so that's handy to know.

Ascent are known for their well-contoured & properly supportive footbed without being rigid. These 'Explore' shoes deliver on this important point. They also have a comfortably wide toe-box and snug heel box.

The upper fabric seems pretty wear resistant & scrubs up easily after dusty Mallee walks. I'd love to be able to comment on these shoes' water-proof credentials, but short of dancing around the sprinkler in the front yard, that opportunity just hasn't arisen.

Maroon & black combine well to give a stylish shoe that suits both the work & leisure environment. I found the flat, nylon laces a bit slippery, needing double bows to keep them secure. This could be easily remedied.

My vote is still out on the grippiness of the sole. The tread is definite without being chunky and tractor-like, and performed well enough on dry Grampians rocks. I'll add a postscript comment on the sole once it's rained.

I felt a little exposed in a shoe, rather than a boot for bushwalking. And while I like the 'Explore' shoe, I would still choose a boot for extended walks or challenging terrain.

Overall, I think this is an attractive well-made walking shoe, that will really suit those who like to meet the bush from well-formed tracks & it is suitable for a good range of terrain. Ascent's great footbed remains a winner for the 'Explore' shoe. Give them a try - I think you'll like them.

In Mildura, Ascent footwear is available through Athlete's Foot @ Centro. I've been told the 'Explore' shoes will retail for approximately \$170. Not sure when they will be available.

Meryl

## Bushwalking Victoria information regarding Working with Children – More info at the November meeting.

### **CONSIDERATIONS FOR BWV AFFILIATED CLUBS**

BWV affiliated clubs are separate legal entities. As such they are advised to develop and implement Child Safety Policies and Procedures that are specific to their club needs.

#### **4 Working with Children Checks (WWCC)**

Where trip and activity leaders have direct contact with children during activities that are directed at children or open

to families, clubs must ensure leaders have a current Working with Children Check. This is irrespective of the presence of parents/guardians on the activity concerned.

This includes assistant leaders if they are present. For walks directed at adults, a Working with Children Check for leaders is not required, however, if there is a possibility that children may be present then the need for a Working with Children Check should be determined by the Walks Coordinator based on assessed risk.

#### **How to apply for a WWCC**

As community groups it is important for bushwalking clubs to be known and seen as child - friendly and compliant with current laws. It will be an asset to a club if all leaders have current Working with Children Checks (WWCC). It is a simple, free and quick process that can be done at a local post office or online. A WWCC is valid for 4 years. Reporting RoseMarie\_23762-Clubs should have a process in place where any child safety incidents can be reported and have a clear policy on how incidents will be handled once reported.

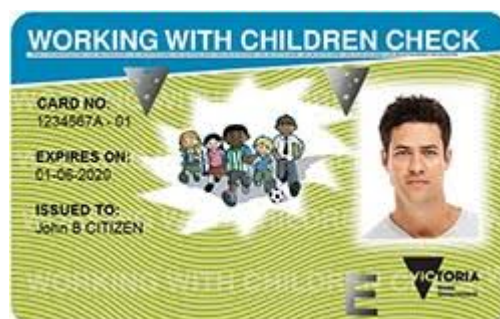
### **Risk Assessment**

In a general sense, with an increased focus on encouraging family walks, Trip Risk Assessment forms may also need to be adjusted to reflect what parents must agree to when going on a family walk and that they acknowledge that they have been advised on what to wear, what to bring, sunscreen, hats, first aid, emergency procedures (e.g. a child gets lost), inappropriate/unruly behaviour, special needs children, walk hazards, etc.

Mike Grant

Secretary: Bushwalking Victoria

18 September 2018





## CALENDAR

2018

November 7th	<b>Meeting</b>	
11th	Hattah Lakes/Chalka Creek Canoe Paddle and/or	Contact Peter 0438321898
TBA	Millewa or Merbein Common or Koorlong State Forest	Contact Kym 0409940552 or Noel 0428214966
December 5th	<b>Meeting</b>	
TBA	End of Year Break-up	TBA

***Note:*** All activities and dates are subject to change. Always contact the Leader to register your attendance.

### **IMPORTANT INFORMATION**

It is necessary for all participants to carry a whistle on all walks as per the BWV guidelines. The following are the whistle signals

**1 long blast acknowledging a distress signal**

**3 short blasts for distress**

**4 short blasts indicating an emergency and for walking party to regroup ASAP**