

# Brindabella Bushwalking Club Newsletter

April 2017



Jerrawangala Falls - off the Braidwood to Nowra

## Contents

Editorial	1
Contributing Articles	1
Cancelled walks	2
Phone Numbers	2
Pot Luck Dinner	2
Next Big Trip	2
Facebook Page	2
Travel Insurance - over 80s	3
Mallacoota Meanderings	4/5
Great South-West Walk	6/7
This 'n That	8

## Editorial

It's been a difficult start to the year, with many walks cancelled due to the oppressive heat and, more recently, several cancelled due to the wet! April is making up for that, though, with glorious weather and this is reflected by the greater numbers attending the walks.

The President has provided so much for this edition that he has a page to himself - his 'pontifications' are on page 8. He also contributed the two trip reports and accompanying photos. Thanks Peter.

Work has begun on developing the program for the next 6 months. If you would like to lead a walk or two, or even if you'd like someone else to lead a particular walk that you like, then please let one of the Walks Committee members know soon. Their contact details are:

- Easy Weekend Walks - Jillian Bellamy [geoffb@apex.net.au](mailto:geoffb@apex.net.au)
- Med Weekend Walks - Robyn Gallagher [gallagher.robyn@gmail.com](mailto:gallagher.robyn@gmail.com)
- Easy Wed Walks - Robyn Kelly [rkelly13@tpg.com.au](mailto:rkelly13@tpg.com.au)
- Easy/Med Wed Walks - Kathy Handel [khandel@bigpond.net.au](mailto:khandel@bigpond.net.au)
- Med/Hard Wed Walks - Peter Wellman [wellmanp@inet.net.au](mailto:wellmanp@inet.net.au)
- Social activities - Lucinda Lang [lucinda@homemail.com.au](mailto:lucinda@homemail.com.au)
- All other activities - Peter Dalton [daltons2@tpg.com.au](mailto:daltons2@tpg.com.au)



## Contributing Articles

Suitable articles are always welcomed and photos make them better. It may not be possible to use all the photos. We will include the photographer's name in the newsletter, unless they ask us not to bother. If it is not your photo, you must have the photographer's permission to use it.

An article may be edited to correct spelling errors and to suit the newsletter's style by restructuring, cutting to fit, and even re-writing sections if the editor believes that will better appeal to readers.

The newsletters will also be placed on the Club's website.

## How Do You Know if a Walk has been Cancelled?

If there is enough time, the leader will advise the Membership Secretary (Davinia Wells) that the walk has been cancelled and she will send an email to all members. If there isn't, then somebody will be delegated to go to the meeting place to let people know.

Leaders are asked to also let Terrylea Reynolds know and she will put the message on the club's facebook page.

This is another very good reason to regularly check facebook to see if there have been any changes.

The Rules for Walkers, the Walks Grading System and the email addresses of the Walks Committee are all in the current Walks and Social Program

## Adding a Phone Number on the Sign-On Sheet

If a walker is badly injured or becomes seriously ill, or collapses from any cause, then they will be taken to hospital. The leader will telephone the number that was placed on the sign-on sheet to inform them. This person will then know what has happened, which hospital to visit and where the car has been left. Without a phone number, all of this becomes problematical. Please add your phone number when you sign the sheet.

## Pot Luck Dinner

Don't forget our **Pot Luck Dinner** on Friday 12 May at 6pm, at St Margaret's Church hall at Hackett.

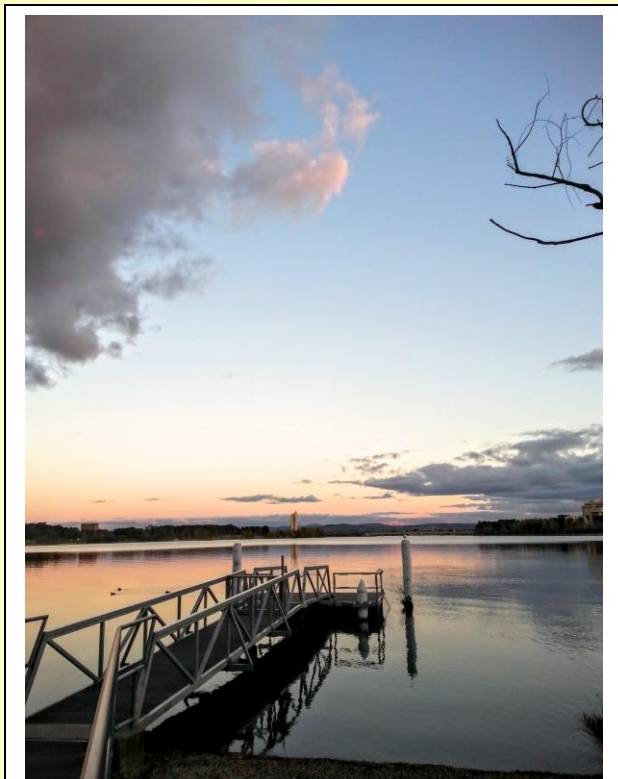
Contact Lucinda Lang (0437 992550) by Friday 5 May to book a place and discuss a contribution. Bring along your dancing shoes and enjoy a fling with [Franklin B Paverty](#).

## The Next big trip

Madeira for two weeks in June - there might still be some vacancies for this exciting trip - contact John at [j.clune@bigpond.com](mailto:j.clune@bigpond.com)

## BBC Facebook Page

The facebook page is attracting plenty of interest and Terrylea is keeping it up to date with photos, walk reports and much more. Visit it at: <https://www.facebook.com/BrindabellaBushwalkingClub/> You can set your facebook page to receive notifications every time there is a new post.



Lake Burley Griffin

## Travel Insurance for the Over Eighties

Once you pass 70, travel insurance starts to get a little more expensive and restrictive. By the time you reach 80, some insurance companies no longer want to know you. Many of those that will insure you require you to pay a premium that is close to the cost of the international air fare to get you there and back. Even then, the list of exclusions is quite daunting.

BBC recently asked members for advice on what they do, and to provide recommendations if they have received a good deal from an insurance company. Davinia Wells has collated these for us, and here they are.

1. You can get overseas insurance with Cover-More, FastCover and also Seniors Ace. [Apparently Seniors Ace is now called Chubb]. Generally, travel insurance for over 80s won't cover existing conditions.

2. Both insureandgo and Southern Cross travel insurance provide for travellers up to the age of 99. Both can be googled and give online quotes.

Insureandgo are cheaper than some other companies and they paid up without a fuss when travel had to be cancelled. With Insureandgo you are able to answer questions online and then they will give you a quote. When insureandgo was telephoned they gave prompt and polite advice.

3. Allianz is probably the best says an 82 year old who used them for a Christmas/New Year cruise.

4. If you join COTA you can use their insurance, but premiums are not cheap.

5. Some members use <https://www.aussietravelcover.com.au/>. This website has an instant quote function and they do provide cover for over 80s.

6. One member has taken out Tick insurance <https://www.finder.com.au/travel-insurance> and thinks that they will insure people up to the age of 100.

7. Another member has used FastCover, but has also heard of Insureandgo and will possibly use that company for their next trip.

8. The Australian Bridge Federation sponsor offers insurance for people up to the age of 90, but applicants need to be a member of a bridge club.

The site is <http://www.abf.com.au/> and the insurance part is at <http://www.tbib.com.au/abf/abf-tbib-travel-insurance/>

9. One respondent has used a variety of insurers and has found the search a "bit of a mine field, as they all seem to outbid each other with special offers, inclusions etc." This member has used ICover as well as PROBUS Travel Insurance.

10. One member accesses Allianz Insurance that comes as a privilege with a CBA Gold Card and after the age of 81 is no longer free. Also extra fees are incurred with Allianz for pre-existing conditions. It is very important to read the fine print.

11. Husband and wife members of our club use WorldCare. WorldCare cover people up to the age of 86.

### Mallacoota Meanderings 5 - 11 March 2017

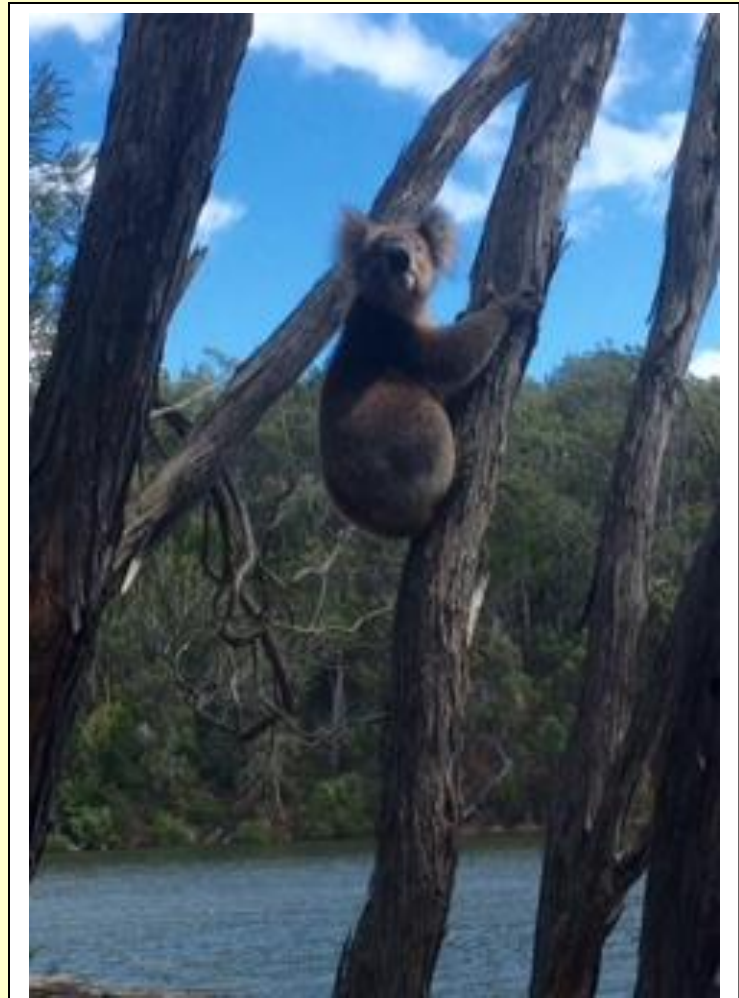
Our [Karbeethong Lodge](#) overlooked the Mallacoota Inlet and the view was amazing. The lodge had been built in the 1920s and, over the years, has accommodated quite a few famous people - among them the playwright, C.J. Dennis and the cartoonist, Michael Leunig. In its early days, Mallacoota was something of an artists' colony accommodating people such as Henry Lawson and Arthur Streeton.




It was also the home of an arthritic sixteen year old [Kelpie Bench](#) 'Tilley', whose brown colour matched the floor. She was always lying down in the way and tripping up the guests. She was very calm and never seemed to mind too much. As a young dog, she had been under-rated as the runt of the pack and sold cheaply but had astonished the breeder and our host (who had bought her) by rounding up a mob of sheep in fifteen minutes even though she had never before seen a sheep.

The koala was probably a bit out of his or her territory and got a fright as we walked past on the track alongside the inlet. We also saw a couple of lyrebirds. This was a good introduction on our first walk. We followed it up in the afternoon with a walk through forest and heathland to Davis Creek Beach, one of the many around the town, which is set in the midst of Croajingalong National Park. The park extends up to the State border where Nadgee Nature Reserve takes over.


Next day, we joined the locals, the Mallacoota 'Footmobiles' in a forest walk followed by morning tea at 'Lucy's', which is also the town's Chinese restaurant. After about fifty orders were placed, Lucy showed her skill in matching coffees to faces. Our hosts were very hospitable and we made the news in the 'Mallacoota Mouth' (see next page). We were told that the only reason we were bumped off the front page was that we were displaced by a photo of schoolgirls in honour of International Women's Day. We look forward to possibly hosting the Footmobiles in Canberra in the not too distant future. In the afternoon, we did another walk along the cliffs above ocean beaches before adjourning to Lucy's for dinner.



Mallacoota Meanderings (continued)


**THE FOOTMOBILES - WALKING GROUP**

We meet outside the Miva-Miva center  
Every Tuesday at 9.30.  
We are a big group of friends, and visitors  
are most welcome.



Last Tuesday we walked to Sandy Point, accompanied by the Brindabella Walking Group.

Nearly 40 of us covered the six kilometer walk, braving the light drizzle, and accompanied by Neal's car, which acted as our support vehicle.

Relaxed coffees at the end of the trip provided opportunities for a friendly exchange of experiences and ideas for future walks.

Thanks to Danny for his photo of the two groups taken on the shore at Sandy Point.

A report on our joint walk with the  
'Footmobiles' Walking Group

On day three, we were meant to take a trip to Gabo Island but were told by the skipper that the sea was too rough so instead we did our 20 k. walk from Shipwreck Creek along the coast to Benedore River where we had lunch and some of us swam. The coastal heath land was swampy and a haven for snakes, two of them very large. There was nowhere to go when one was encountered but fortunately, all of them gave way before us. (On our second last day, some of us were to have an even closer encounter.)

The conditions for the hoped for Gabo Island trip were also problematic on the following day and we opted instead for a climb up [Genoa Peak](#), a walk of only one and a half kilometres but a fairly demanding climb. We were however, well rewarded with panoramic views at the top. Before returning to base we had lunch at the Genoa Falls and had a look at the sights in Genoa township which had been bypassed by the new road.

On our last day, each of us did our own thing. A highlight for me was the sight of a lyrebird going through its song and dance routine oblivious to our presence.

We finished off the week with an appropriately lubricated roast chicken dinner at the lodge. Things did not go smoothly however. Unfortunately the bread went missing, picked up by mistake from a courier from a Methodist Ladies College retreat across the bay. The story soon spread. At the pie shop the missing bread was said to have been intended for someone called 'Keith' and it was generally thought that this was a reference to the Golf Club's caterer. Fortunately, our leader happened to be in the shop at the time and was able to enlighten them as to Keith's identity.

Further urgent inquiries uncovered the full dimensions of the error and arrangements were made for the bread to be returned on the five o'clock ferry. Reports were made throughout the afternoon as to its progress so that our last dinner at the lodge would be worthy of the occasion. Happily, the bread, escorted by the baker herself, arrived as promised in time for the dinner and a good time was had by all.

Thanks to David Wardle for organising and leading this trip.

### The Great South-West Walk - 1 to 11 April 2017

Portland (pop. 9,600), our base, sits at one corner of the 250 k. [Great South-west Walk](#) which winds over a rectangular track through forests in volcanic soil, along the southern bank of the palindromic Glenelg River and returns to Portland on coastal cliffs. At its western end, the track edges into South Australia for a few kilometres. The track and camping grounds are well maintained and the walk itself is very pleasant, covering forest, riverbank and coastal scenery. Occasionally, we came across volunteers clearing the track, one (one armed) camper and a supporter with supplies for a school group walking the track.

The volunteers we met were cheerful retired blokes who get government grants and contributions from the smelter company to keep the track clear.

The track is fairly level and soft under foot and, once under way, we get into a rhythm, which makes the k's pass quickly. I tend to alternate between chatting and contemplating the scenery.



The pace was flat out - Bob took a rest

Although not as spectacular as the Great Ocean Walk, which runs more or less parallel to the famous Great Ocean Road, it has some advantages in having plenty of access points, which make it easy to pick out the best sections. From one of our discussions on the track, it appears that the rangers are very jealous of the funding provided to the Great Ocean Walk.

Our first day was spent on a coastal walk of about 18k along the cliff tops just west of Portland with a mixture of spectacular coastal views and dense bush including the 'Enchanted Forest'. The walk passed [the only Gannet colony on the Australian mainland](#). Not much was happening but, with binoculars, it was possible to make out a few grey young ones and many more on a nearby island. In town, however, it was a Red Letter Day as they hosted their first visit from a cruise ship.

On day 2, we had a change of scene with a pleasant walk through Cobboboonie Forest north of Portland. A bit of a mix-up in coordination of drivers was soon remedied by clever adaptation of walks to suit all inclinations.

Day 3 was another one of beautiful Autumn weather and we walked from the summit of the Mt Richmond, through the forest of the rich volcanic soil to the Tarragal Caves.

Our longest walk was on day 4 when some of us covered 20 k. along the Glenelg River while others rested at the 13k mark to wait for the cars. Some of the riverside scenery, particularly towards the end, was beautiful. Next day we did a pleasant coastal walk taking in blowholes, a 'petrified forest', seal colonies and coffee. It was getting quite warm and some went for a swim. A curiosity about the area is that the water is colder in summer than in winter because of an upwelling of cold water in the summer months ([the Bonney Upwelling](#)). One of our party measured it in April at 16 degrees (c).

Day 6 was the hottest of the trip reaching 28 degrees so we decided on another coastal walk to provide the chance of a swim for anyone who wanted to cool down. Our track included a lengthy beach walk thereby completing the quartet of forest, cliffs, river and beach, the signature theme of the Great South-west Walk.

The final walk for us, although not for the others, was along the river, mainly on the tops of cliffs along what is termed 'the Gorge Walk'. It's very scenic and, over lunch, we looked down on a tourist cruise through the gorge.



You decide the caption

### The Great South-West Walk (continued)

On our last day, a State wide cold front moved in. It was very wet and windy as well as cold and was enough to confine us to the town. We did the tourist things like visiting the small but interesting maritime museum and then repaired to the pub for shelter.

Thanks to John Clune for organising and leading this trip.



John leads the way

## This 'n' That (President's pontifications)

Ever wondered whether you'd have enough information if you had to deal with an emergency on a bush walk? To ensure you have all you need, we are recommending supplementation of the nominated phone number by the inclusion in the front or top of packs a note in a plastic envelope listing the emergency contact number, the relationship to the walker, any allergies and any other information that walkers consider important. Thanks to Barrie Ridgeway for this suggestion.

.....

Developing national standards for commercial activities is a proper function of government. However, problems can arise if their application is extended to voluntary organisations.

We are concerned that that could be the case with the project to develop Australian Adventure Activity Standards and efforts are being made, in conjunction with the CBC and the NPA, to ensure that bushwalking clubs are exempt from any such standards.

.....

Websites are very important for clubs - disseminating essential information to members, providing information to prospective members etc. - and it's important that we keep our website as informative and attractive as possible. Considering the website from the point of view of the user is essential. In this connection, our website could do with some refreshing and a review is under way. Thanks to Allan Mikkelsen for providing essential assistance. We would also welcome any suggestions.

.....

The Presidents of the three Canberra-based bushwalking clubs recently met to discuss all matters to do with bushwalking, as we do from time to time. We are happy with the way we cooperate, particularly with Wednesday walks.

In addition to discussing the need for participants to cooperate with leaders by observing the need to cooperate with leaders' requests to refrain from going on frolics of their own - e.g. to search for a geocache or similar, we discussed a range of measures that leaders might adopt such as greater use of 'tail end charlies', stressing responsibility of each member to maintain communication with the group (particularly with the leader) and giving an appropriate briefing at the beginning of the walk.

BBC doesn't intend to create new 'rules' for these, but we do expect walkers to do the right thing and make the leader's life that little bit easier.

If you would like to chat about any aspect of the club's activities I'd welcome a call on 0437 110 001 or an email to [tford@pcug.org.au](mailto:tford@pcug.org.au)

## Conclusion

We hope you've enjoyed this newsletter and, as always, we'd be very happy to consider items from you for inclusion in the next newsletter - these can be emailed to [walks@brindabellabushwalking.org.au](mailto:walks@brindabellabushwalking.org.au)