
❖ WALKING SA News ❖

Volume 19 Issue 2

Winter 2011



Newsletter of the
Walking Federation of
South Australia Inc
Greening Australia Bldg
5 Fitzgerald Rd
PASADENA

All correspondence to:
Post Office Box 1094
PASADENA SA 5042

Phone (08) 8276 5090

Webpage:
www.walkingsa.org.au
Email:
office@walkingsa.org.au

Office Hours

Tuesday & Thursday
9am- 3pm

*Uniting all
people actively
concerned with
bushwalking
for the
protection &
advancement of
their mutual
interests*

Walking SA is
supported through the
Office for
Recreation & Sport
and the Government
of South Australia



Walkers on a newly designed steel footbridge along the Rocky River Trail, Kangaroo Island, recently re-opened after the devastating 2007 bushfires.

Featured in this edition of Walking SA News :

- ◇ President's Words
- ◇ Lightweight gear
- ◇ Opening of the 2011 walking season
- ◇ Jenny Prider memorial seat
- ◇ Bushwalking Australia update

and more ..



Government of South Australia
Office for Recreation and Sport

be active.

Walking SA Exec. Committee

| | |
|----------------|--|
| President | Ron Jackson (<i>Keep Walking</i>) |
| Vice President | Bill Gehling (<i>Adelaide Bushwalkers</i>) |
| Hon. Secretary | Liz O'Shea (<i>WEA Ramblers</i>) |
| Hon. Treasurer | Jayne Jennifer (<i>Women in the Bush</i>) |
| Principal IT | Chris Moad (<i>Chris's Walking Group</i>) |
| Principal WAC | Fran Lucas (<i>WEA Ramblers</i>) |
| Principal TTU | John Eaton (<i>Retired Teachers Wlknng Grp</i>) |
| C'ttee Member | Thelma Anderson (<i>Noarlunga Bushwalkers</i>) |
| C'ttee Member | Myra Betschild (<i>Women in the Bush</i>) |
| C'ttee Member | Alan Bundy (<i>Keep Walking</i>) |

Walking Access Committee

| | |
|-----------------|----------------------------------|
| Fran Lucas | (<i>WEA Ramblers</i>) |
| Arthur Ward | (<i>Adelaide Bushwalkers</i>) |
| Mary Denton | (<i>WEA Ramblers</i>) |
| Thelma Anderson | (<i>Noarlunga Bushwalkers</i>) |

Trails Technical Unit

| | |
|-------------------|--|
| John Eaton | (<i>Retired Teachers Wlknng Grp</i>) |
| Secondees on call | |

Administration Officer

Ruth Tipping

Next General Meeting

Tuesday 17 May 2011
7:30pm

Conference Room, Greening Australia Building
5 Fitzgerald Rd PASADENA

Our Guest Speaker will be Ingo Webber from *Doctors for the Environment*. Ingo will speak on the health effects of climate change and take a light hearted yet satirical look at some of the politics involved.

We encourage club delegates, members and interested friends to come along to hear the presentation and to mix socially with fellow walkers and committee members.

Gold Coin Walks



The First of our tri-fold 'gold coin donation' walk brochures has now been completed. These brochures are designed to increase public interest in the activity of bushwalking and generate a desire for further experiences in the field. They contain written route information with a map of the walk

area and will be on display at various Walking SA booths during outdoor events (with stocks also on hand at the office). Costs will be met by a gold coin donation from recipients.

This particular walk '*The Coro+ Combo*' circuit commences in Coromandel Valley and provides a 2½ - 3 hours circuit variously alongside the Sturt River and through a series of reserves before returning to the start point. It is hoped to create further similar brochures for other walks in the foreseeable future.

Newsletter advertising 2011

Rates (incl. GST)

| | |
|-------------------|-------|
| 1/8 Page Vertical | \$33 |
| 1/4 Page | \$55 |
| 1/3 Page Vertical | \$66 |
| ½ Page | \$99 |
| Full Page | \$154 |

Flyer (plus printing and insertion costs p/a) - \$176

Editorial deadlines

| | |
|--------|------------|
| Spring | 25 July |
| Summer | 25 October |

All enquiries to Walking SA 8276 5090

office@walkingsa.org.au

President's Words**Opening of the Walking Season, 3 April 2011****Address by Ron Jackson, President, Walking SA**

A good afternoon to all and, on behalf of Walking SA, welcome to this Celebration of walking: the opening of the 2011 South Australian walking season.

A special welcome to the distinguished guests (*Warren Bonython AO, Jamie Shephard, Hon. Tom Kenyon, and Mayor Marion Smith*) as advised by our Master of Ceremonies Dr Alan Bundy, who is himself a 2005 recipient of the AM.

It's been a Walking SA tradition for many years to hold this annual celebration to herald the opening of the walking season, and we are delighted to have member-club Friends of the Heysen Trail as our co-hosts in this their 25th year of operation.

Many present would not be aware that Walking SA was formed in 1992 out of the walking clubs of the day to provide a unified voice for the walking community and to advance their mutual interests. No one club could realistically fulfil these functions.

I've heard several people ask, 'What does Walking SA actually do?' and it takes some time to explain, so to this end a tri-fold brochure on the subject (*DISPLAYED*) has been produced and will be sent out to member clubs and selected non-member groups. They are available at the Walking SA booth here: please pick one up and familiarise yourself with the organisation's function. You will find the 'bottom line' is that it sets out to maximise walking opportunities.

From a member-club perspective, please remember that Walking SA needs grass-root support, ie PEOPLE, to continue with its function, so if you are:

- ◇ enthusiastic about bushwalking
- ◇ have the desire to further our great recreational activity
- ◇ willing to put time and effort into the cause

please advise our office of your interest. We do need new people to assist, both within and external to the executive.

On the subject of trails! We have had some positives during the years and these include:

- ◇ link trails at both ends of the Sturt Gorge Recreation Park, mainly due to the efforts of Friends of Sturt Gorge
- ◇ Funding for improvements to Mt Lofty Walking Trails, and extensions to the Lavender Federation Trail
- ◇ discussions with Onkaparinga Council and others re a proposed trail network in the Willunga area
and also
- ◇ Mid Murray Council re the possibility of further walking opportunities in the Saunders Gorge area

This is not a complete list and I recommended that you follow our progress through the 'Trails Updates' column in the Walking SA newsletter. If not properly circulated in your club, drop us an email and we will include you on our E-newsletter list.

President's Words (cont.)

I suppose the main negative this year, as in recent years, is our inability to complete the historic Pioneer Women's Trail due to lack of financial support, and we continue to pursue this matter.

On the subject of walker safety, we have recently purchased a satellite-friendly PLB (Personal Locator Beacon) for use by clubs at a minimal fee. This can be used in isolated area emergencies. Carrying this 250 gram unit (*DISPLAYED*) could save a life. Contact our office for details.

At a recent Bushwalking Australia conference in Melbourne I heard bushwalkers described as 'The Invisible People': and I guess we are. We make our way quietly to an appointed spot then disappear from the view of almost everyone into a close-to-nature area. We DON'T wear helmets or dazzling lycra, but we DO offer the least environmental impact of any active outdoor recreational pursuit. We DO exercise, get fitter and healthier, and seem to throw off most of the problems associated with life's clutter and pressures in the process.

Walking SA has 2,000 plus walkers registered. Conservatively there would be 100 times that many informal walkers around Metropolitan Adelaide: that's a lot of people looking for walking opportunities.

So what are the broad challenges for those involved in leisure/bushwalking now and into the future? I suggest:

to gain appropriate recognition at various levels of government that this form of active recreation makes for healthier bodies and minds

to gain a solid and continuing reliable mechanism by which we can preserve existing walking areas, and effect an increase in their numbers, to cater for the ever increasing needs of active walkers - which of course will necessitate the outlay of dollars.

In conclusion Walking SA, along with Bushwalking Australia, will continue to promote and advance our healthy and enjoyable activity on your behalf into the future – stay tuned to this station!

I wish you all an enjoyable and safe walking year.

Take Note ☺

'Old people who walk quickly, after research showing they live longer than dawdlers [SIC].

The study in the *Journal of the American Medical Association* involved 34,485 people aged 65 and older who had their walking speed measured. After 10 years, 60 percent were still alive. Walking speed was linked with survival; an increase of 0.1m per second was linked with a 12 percent reduction in risk of death.'

JAMA 2011;305-50-58 (StudenskiS, et al)

We welcome Ruth Tipping



In recent weeks, Sam Edwards has left our admin position to embark on a teaching course. We thank him for his contributions and cordially welcome Ruth Tipping who has taken up the position.

Ruth comes from a background of both administration and teaching and is just commencing her journey into the joys and benefits of bushwalking. We wish her well.

Opening of the Walking Season

The sun shone and the band played at the official opening of the walking season – our annual event which this year took place at The Tea Tree Gully Memorial Oval, in conjunction with The Friends of the Heysen Trail, which was celebrating the 25th anniversary of its' formation. In recognition of this occasion they had organised a special lunch for their guests at the nearby RSL hall, whilst outside walkers and members of the public enjoyed the music, gathered walk information or maps, viewed outdoor gear or just met up with colleagues.

'Come n' try' walks were well attended, with over 80 registering to participate. These walks were organised by The Friends and The St. Agnes Bushwalkers and, in addition, two historical walks were conducted by the Friends of Highercombe Museum.

The official opening ceremony took place at 1pm with a speech of welcome given by our President Ron Jackson, followed by Warren Bonython AO, Patron of The Friends, and Jamie Shephard, a former President of The Friends, who both spoke of the early days of their organization.

Minister for Sport Recreation and Racing, The Honorable Tom Kenyon, then spoke of the importance of outdoor recreation before the Mayor of Tea Tree Gully Council Miriam Smith officially opened the season, whilst calling on Warren Bonython to join her at the front of the dais – and, in so doing, acknowledging his part in the formation of the Heysen Trail – a gesture of camaraderie that was much appreciated by all present.

Thanks must go once again to the organizing committee and to all who participated on the day to make it such a success.

Liz O'Shea *Walking SA*



LEFT: WALKING SA PRESIDENT WELCOMES GUESTS CENTRE: THE WALKING SA BOOTH RIGHT: WARREN BONYTHON TALKING WITH FOHT PRESIDENT ROBERT ALCOCK

E-Newsletters Direct

A reminder that if you have an email capacity and would like to receive our newsletter at the earliest time, let us have your email address and we will ensure it's emailed to you.

Unfortunately, budget constraints prevent us from offering the same hard copy facility.

Has anyone completed the Kidman Trail from start to finish???

Horse SA are looking for anyone who has completed the Kidman Trail from end to end; whether by foot, horseback or bicycle. If you have done so yourself or know of anyone who has, please take a look at the new page on the Kidman Trail website, "end to enders".

<http://www.kidmantrail.com.au/end-to-enders>

Lightweight Gear

Lynn and I have been exploring light weight walking gear since she met some walkers in the Snowy Mountains in January 2009. Not only were they inspiring because they were doing long expeditions in their 70s but also because of the small size and light weight of their packs. They introduced Lynn to a whole new fascinating aspect of walking. Many hours of internet research ensued. The result is that we have both bought a few new bits of kit with a resultant increase in the enjoyment of long distance walking. In 2009 we walked 425 km over 4 ½ weeks on the Bibbulmun Track and spent 8 days meandering in the Snowy Mountains. Most of the purchases have been made from overseas websites because Australian retailers do not stock much in the light weight range and the cost in Adelaide shops is much higher. The main purchases are:

Backpacks. My previous pack was a very engineered North Face Primero. I chose it because it was comfortable and provided good hip and shoulder support. What I did not factor in was that the weight of the pack was nearly 2kg, even before I started to pack it. Packed for a long distance walk it weighed over 20kg. I have subsequently bought a GoLite Pinnacle. GoLite is a specialised US company who make a range of light packs, www.golite.com/main/home.aspx. My pack is 63 litres, holds everything I needed for a 4 week walk along the Bib Track and weighs only 875 gm and around 15kg when packed with gear, food and water for 12 days. It is a simple design and very comfortable. GoLite does not sell to Australian customers so we use <http://www.prolitegear.com/index.html> in the US or <https://www.backpackinglight.co.uk> in the UK.

Stove. On previous walks I have used an MSR alcohol stove. These are very efficient but have a number of fiddly parts that make them vulnerable and the Shellite they use is smelly. Lynn found a twig burning stove called a Honey stove on a British website, <https://www.backpackinglight.co.uk/product397.asp?PageID=118>. This is a great online shop and resource run by Rose and Bob Cartwright. The stove is 6 sided metal stove about 20cm high that packs flat. A shelf slots in to provide a base for twigs. Pans sit securely on top. All that is needed is a small supply of twigs no thicker than a pencil to heat water or rehydrate our meals. If we cannot light a fire the shelf is slotted higher in the Honey stove to provide a platform for a small alcohol stove. In our case this is a Penny stove made from 3 empty soft drink cans with no moving parts and fuelled by meths. On our 4 week Bib Track walk we used less than ½ litre of fuel.

Tent. After extensive research Lynn bought a Double Rainbow Tarp Tent. These are made in the US in a cottage industry by Henry Shires, <http://www.tarptent.com/about.html>. The tent is a comfortable 2 person, 3 season tent, a single shell with large fly screen doors on both sides and weighs only 1.2 kg. It has withstood gale force winds and 36 hours of rain. It has also been a great refuge from march flies and mosquitoes.

Sleeping mat. A good night's sleep is vital on a long walk and my new mat, a NeoAir by Thermarest, is the most comfortable I have slept on, has good thermal qualities and is very light and small to carry. Rolled up it is only the size of a drink bottle and weighs 370gm. It does need to be blown up and resembles a lilo. See it at <http://cascadedesigns.com/therm-a-rest/mattresses/fast-and-light/neoair/product>.

If you would like to hear more about light weight walking Bob interviewed Lynn and I for his podcast series. See number 315 at http://www.theoutdoorsstation.co.uk/The_Outdoors_Station/2010_Listing/2010_Listing.html

Happy walking..... Jayne Jennifer
Women in the Bush

Jenny Prider Memorial Seat

Most readers will know that in July 2010 the walking community lost a valued member. Jenny Prider was active in the Goannas' Walking Group, ARPA and Walking SA. She was involved in a motor vehicle accident on her way home from a walk and she subsequently died from her injuries.

Shortly after her funeral, members of the Goannas Walking Group decided that a fitting memorial to Jenny would be a seat on a favourite walking trail (not that Jenny often used a seat on a trail). An initial request by James Wilson to have the seat beside the Heysen Trail did not receive permission from authorities. Eleanor Handreck suggested we investigate a site beside the Yurrebilla Trail in the Waite Conservation Park. Within days, Dr Jennifer Gardner of the Waite Institute had agreed and had recommended a site on Netherby Spur, which has a commanding view of the city of Adelaide.

Kevin Handreck, James Wilson and Denis Hennessy designed and built a seat from timber (Karri) and steel recycled from a warehouse that Denis was renovating. The steel work was undertaken by one of Denis' contractors. The seat was installed by Jennifer Gardner's field staff, with a small amount of help from Kevin and James. We are sure that Jenny would have been pleased with the use of recycled materials.

We particularly want to thank the Waite Institute staff for their prompt assistance, providing access through their property, assisting in transporting the seat to the site and installing it. It was fitting that representatives from the Waite Institute were present at the dedication ceremony.

The dedication ceremony took place on April 14, 2011. About 60 persons – from the Goannas walking Group, APRA and Walking SA – attended. As the walkers tackled the trail up to the seat several people remarked that it was a typical Jenny walk – up hill and on a rather exposed and windy ridge. All that was missing was someone getting slightly lost (I later heard that one person had become “geographically disorientated” at one stage).

Peggy Friedrichs and Barbara Potts spoke about the early days of the Goannas Walking Group and Jenny's contribution to it. Bill Gehling, Vice President of Walking SA, spoke of her involvement in walking in a wider sense. Jenny's husband Denis spoke and he and his daughter Jan unveiled the seat.

Tea and coffee and lots of cakes and savouries were served after the ceremony. As timing would have it, another walking group came past the spot just at that time. Many in that group also knew Jenny. It was a fitting tribute to a special walker and a special person who will be remembered by many. Thanks are owed to all those involved in the organisation of this event, particularly Denis Hennessy, James Wilson, Kevin and Eleanor Handreck, Margaret Dwyer and Helen Brooks.

Glenn McCulloch
Goannas Walking Group





Myrtle Rust



Bushwalking Queensland reports that Myrtle Rust (*uredo rangelii*) has been found in the Lamington and Konadilla National Parks. It was first discovered on the NSW Central Coast in 2010, and appears to affect most if not all Australian Eucalypts, among other plants of the Myrtaceae family like bloodwoods, bottlebrushes, paperparks, tea trees, lilly pillies and water gums.

There are fears it could spread to other states, and once established cannot be eradicated. It spreads through airborne spores, and these spores could also be carried by park visitors including bushwalkers on clothes, equipment and vehicles.

Walkers are asked to clean all equipment, clothing and particularly hats before venturing into the bush. If an infected site is discovered don't touch infected areas, but photograph and report to the SA Exotic Plant Hotline on 1300 666 010. Further information on the disease may be found through the website:

<http://www.daff.gov.au/>

New Policies

Bushwalking Australia is working towards an up-to-date, nationally consistent and workable policy on Commercial Development in National Parks. Some state federations have policy positions, others don't or have not updated their policy in a number of years. At the moment we are considering what principles should be in the policy.

Land Access

Researchers at Curtin University in WA are investigating access rights of bushwalkers in Australia UK and NZ, three countries with a common legal heritage. In recent years, each jurisdiction has developed different responses to the access rights issue with a Land Access Commission in NZ and Right-to-Roam laws in the UK. They are keen to find out about the situation in SA as well as the other states.

For further information contact bill.gehling@bushwalkingaustralia.org

Bill Gehling *Walking SA*

Attention Walk Leaders

Forestry SA Rangers have asked that clubs provide prior notification of all planned walks in forest areas, giving the approximate number of participants and details of the proposed walk route.

This would apply to all walks throughout the year.

For information about Walking Groups open for new members, log onto Walking SA's website

www.walkingsa.org.au

