

---

---

# ❖ WALKING SA News ❖

---

Volume 18 Issue 4

Summer 2010

---



*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](http://www.walkingsa.org.au)  
Email:  
[office@walkingsa.org.au](mailto:office@walkingsa.org.au)

**Office Hours**  
Tuesday, Wednesday &  
Thursday 9am-1pm

---

*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 enjoy their lunch on the pancake-type rock formation towards the lower end of Ravine de Casoars, Kangaroo Island

---

## *Opening of the Walking Season 2011*

*See page 5*

---

### **Featured in this edition of Walking SA News :**

- ◇ President's Words
- ◇ Mount Lofty Walking Trails
- ◇ The magic of Nepal
- ◇ Bushwalking Australia
- ◇ Walking Access Committee—Call for support
- ◇ Avoiding heat stroke
- ◇ Preventive Health debate

*and more ..*

**be active.** Find 30

---

### Walking SA's Committee 2010/2011

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

Sam Edwards

### Next General Meeting

**Thursday 18 November 2010**  
**7:30pm**

Conference Room, Greening Australia Building  
5 Fitzgerald Rd PASADENA

Our president, Ron Jackson, will give a presentation with screen images on a recent trek to Nepal.. See item page 6.

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

### New Committee Member



Dr Alan Bundy AM has recently joined the executive of Walking SA.

Alan comes to us from the *Keep Walking* Friday group and has been a keen bushwalker now for almost five years.

He is the president of Friends of Libraries Australia and has had a distinguished career in information literacy with particular interest in joint use libraries. Although formally retired from university life, he and his wife Judith have three businesses which keep him quite busy when not out walking.

### Advertising rates (including GST) and editorial deadlines

1/8 Page Vertical \$33

1/4 Page \$55

1/3 Page Vertical \$66

1/2 Page \$99

Full Page \$154

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

Autumn 15th February 2011

Winter 15th May 2011

Spring 15th August 2011

All enquiries to Walking SA 8276 5090  
office@walkingsa.org.au

## President's Words

Greetings to all walkers in our member-clubs, and also to all individual members.

I thank immediate past president Chris Bushell and our 2009 -2010 executive for their combined efforts, and warmly welcome the incoming committee. A special greeting to Alan Bundy (see opposite page) who has joined us this year: it's great to welcome people who are willing to give up their time in service to the walking community.



Thank you also to the small group of walkers who responded in the affirmative to my request for people to assist in the various tasks of our Federation: we are always pleased to welcome additional helpers and will be in touch in due course. To any walker who may not have been aware of the request and may be interested, please phone or email our admin officer Sam Edwards at the office for further information (see also WAC item below).

The lead time for *Walktober 2010* was quite short and opportunities for our member-clubs to organise come-n-try type bushwalking events to reinforce the advantages of bushwalking was minimised. Indications are that the event will occur again during a similar time slot (not considered by all to be the ultimate in timing) in 2011, and we hope to provide our clubs with early advice for greater involvement.

One of our tasks this year will be to raise the public profile of Walking SA so that walkers and potential walkers may, through one contact point, access our member-clubs and extend their walking habits. We have started the process with the Adelaide's Ch 9 Postcards segment mentioned in last Newsletter, and Alan Bundy in his public relations role is keen to build on this and explore further appropriate avenues of publicity.

On 2 November I submitted a report to the Thinkers in Residence programme ( <http://thinkers.sa.gov.au/about/default.aspx> ) on our ability to seek out, audit, develop and maintain trails with appropriate support and funding: our contribution to the promotion of healthy bodies and minds. Will advise on any response.

I cordially invite all members and friends to a presentation on my recent trip to Nepal (see page 6) on Thursday 18 November at 7-30 then remain for, and socialise after, our general meeting which follows.

Ron Jackson

### Mount Lofty Walking Trails Sub-Committee report



Following the recent state budget, Minister for Recreation and Sport Michael Wright, announced a total of \$6.49m is now available in the 2010 - 2011 Community Recreation and Sport Facilities Program and that the extra \$5m is an ongoing commitment.

With this good news the committee plans to apply for a grant to retain and develop the Mt Lofty Walking Trails as per the recommendations of the Ruan report. The submissions close on November 15th and the results should be known in early 2011.

Liz O'Shea

### Walking Access Committee: call for support!

The Walking Access Committee (WAC) is always looking for more volunteers to assist with onsite inspection of potential walking areas in the line of their work.

Recent activity included the survey of an area along the Onkaparinga River near Noarlunga and the mouth of the river. A good day was had enjoying the great outdoors by all involved in an interesting and picturesque walking locality.

Anyone who would like to become involved in the future development and maintenance of walking trails in South Australia can contact the Walking SA office for further information and future activities. All are urged to become involved and would be most welcome.

## CFS Incident Reporting

The CFS has changed the method in which they advise incidents that are attended by fire crews.

The new method involves an internet bookmark which needs to be checked before the determination of an activity.

To subscribe to the service and receive further information, please log onto the CFS website:

[www.cfs.sa.gov.au](http://www.cfs.sa.gov.au)

and click on the RSS feed icon.

This new service allows for faster distribution of activity information.

---

## 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.

---

## 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.

### Contacts:

**Mt Crawford Forest** Phone (08) 8521 1700

**Kuitpo Forest** Phone (08) 8391 8800

## Walking Protects the Brain

Walking may protect the brain against shrinking and preserve memory in the elderly, according to a paper by neurologists who monitored 300 volunteers over 13 years.

The American study bears out anecdotal evidence with neurological tests on dementia-free people in Pittsburgh who agreed to log their walks and accept brain monitoring in 1995. Tests 9 years later, followed by a further round in 2008, showed that those who walked the most cut their risk of developing memory problems by half.

The study suggests that 15 kilometres a week is the optimum distance for 'neurological exercise'.

This paper was published in 'Neurology', the online medical journal of the American Academy of Neurology and follows a range of other medical studies on the benefits of walking.

*'The Age'* '15/10/2010

---

## WANTED!



It's always interesting to read about the walking journeys of fellow members, whether the walks are within our State or further afield. Humorous situations or those from which safety lessons have been learned are particularly pleasing to read.

All readers are invited to send us the story of a favourite walking trip or two, with an image if available, for us to use in this newsletter as room is available.

Walk leaders, we are sure, would have a host of situations they could readily bring to mind—it's just a matter of putting them into readable form ☺

The invitation is here. Over to you!

## Opening of the Walking Season 2011

The Opening of the 2011 Walking Season will take place at Tea Tree Gully Oval on Sunday 3 April, 2011 and will be supported by The Friends of the Heysen Trail who are celebrating their 25th anniversary. Timings will be to be from 10am till 3pm with the official opening at the usual time of 1pm.

The event will include free “Come and Try” walks and stalls involving the walking and local community. Further information will follow as it becomes available.

### *Moving City*

#### Walking SA Information Booth



A *Walking SA* information booth set up in Gouger Street in Adelaide on Sunday 24 October during a one-day sustainable transport event, proved to be a great success in informing would-be walkers on the advantages of bushwalking and in providing contact detail for our member-clubs.

The event, *Moving City*, covered many aspects of ‘clean green sustainable transport’ including bicycles, electric mini-transport items, an all electric bus and even roller skates. It took the form of a street party and attracted many hundreds of people of all ages.

To further bushwalking as a desirable activity and promote our member-clubs, we will continue to operate similar information outlets in the future as opportunities allow.

## Glenbarr

Glenbarr is a heritage listed homestead located on the outskirts of Strathalbyn and within easy walking distance to the centre of town. The house itself is no longer habitable but there is comfortable hostel style accommodation for between 12 to 40 persons in a custom built block with new bathroom facilities. In addition there is a large stone building, with good split level heating which can serve as a recreation room. Volunteers from the Friends of Glenbarr can be asked to cater for groups with meals being served in the old coach house.

The WEA Ramblers spent the October long weekend at Glenbarr – taking advantage of the wonderful spring weather to explore the countryside. The Kangowirranilla Trail is close by at Macclesfield and one 16km walk made use of this, together with some beautiful undeveloped road reserves which form part of the Kidman Trail en route to Wistow. HorseSA are to be congratulated on finding and marking this very scenic route.

In contrast to this we made use of the abandoned rail line between Strathalbyn and Milang – the rail-trail to Nurragi North. This was another 15 km walk, with time spent at the end of the day at Milang, where Lake Alexandrina is now beginning to look once again like a lake after the last years of drought. Our Monday morning walk was at Bullock Hill Conservation Park on the way home to Adelaide – a lovely ending to a marvellous weekend.

If you haven’t yet been to Glenbarr I’d say it is well worth a visit and the surrounding country side is magnificent!

Liz O’Shea



‘On the track’ at Nurragi Conservation Res.

## The Magic of Nepal

Our president Ron Jackson and wife Meredith recently returned from a trip to Nepal with others from member-group *Keep Walking*. The trip comprised a six day trek with *World Expeditions* in the Annapurna region, commencing near Phedi and trekking to Australian Camp, Landruk, Ghandruk, Nayapul, Bhadaure, Banjyang, Pame, then bus to Pokhara. This was not a 'Climb Mt Everest' style trek, and he advised that most walkers with a reasonable fitness level would manage: particularly since all heavy items were carried for the group, with tents and meals provided.

Ron mentioned that his two most outstanding impressions of the trip were the magnificence of the Himalayan ranges and the peoples of Nepal's remote regions who do so much with so very little and seem happy in their community-based lifestyle. To see families working together, tilling and harvesting crops on steep terraced slopes, carrying heavy weights on their back / forehead, and returning to their basic living quarters was something not to be forgotten.

A further 'plus' for the trip was the group's leader, Ang Ngima Sherpa a young man in his late 20s, who first climbed Mt Everest (over 8,000 m) as a 19 year old, then later again on two further occasions.



It is understood that on one of these latter occasions he was tasked to ascend Everest alone, directly from the base camp, with his own oxygen bottle plus one each for three climbers in trouble at the top. In the event, those to-be-rescued died in varying circumstances. More on this interesting and gifted person may be found at.....

<http://ngimasherpa.blogspot.com/>

Would Ron go again? Like a shot he responded, 'YES', and offered to pass his thoughts on to others who may be interested. Drop us a line at WSA if that's you or come along to our general meeting Thurs 18 November 7-30pm for Ron's presentation.



## A timely reminder

### *...in the unlikely event of exposure to extreme HEAT...*

Bushwalking in hot and humid weather interferes with the normal body cooling process of evaporation from the lungs and skin, and may lead to heat exhaustion. If this state is not recognised and treated promptly it may progress to the more serious and potentially fatal condition of heat stroke in which the body temperature rises due to failure of the heat regulating centre in the brain.

#### Prevention

When walking in hot weather, drink plenty of water.

Avoid activity in the hottest part of the day by planning to rise early, take a midday siesta or reduce the distance to be covered during the day.

Plan mid summer trips near watercourses and do not over extend the party.

Wear a hat and avoid sunburn.

Drink plenty of water before commencing the days walking.

#### Recognition

Early symptoms are thirst, muscle cramps and weakness, headache, feeling hot, faint, giddy and nauseous. The victim develops rapid pulse and breathing accompanied by excessive sweating. As the dehydration becomes more severe, the skin becomes hot and dry, with headache, nausea, vomiting and mental disturbance common prior to collapse and unconsciousness.

#### Treatment

Assist the victim to rest in a cool and shaded area.

Remove unnecessary clothing, sponge with cool water and fan the victim.

In extreme cases immerse the victim in water or if this is not possible, cover with a wet sheet or tent.

Give frequent cool drinks.

Gently stretch any cramped muscles.

Taken from; *Walksafe* produced by VicWalk March 2002 [vicwalk@vicnet.net.au](mailto:vicwalk@vicnet.net.au)

## Preventive Health parliamentary debate

Federal Parliament is now debating the Australian National Preventive Health Agency Bill 2010. This is the link to the latest information:

[http://parlinfo.aph.gov.au/parlInfo/search/display/display.w3p;adv=yes;orderBy=priority,title;page=0;query=Dataset\\_Phrase%3A%22billhome%22%20ParliamentNumber%3A%2243%22;rec=5;resCount=Default](http://parlinfo.aph.gov.au/parlInfo/search/display/display.w3p;adv=yes;orderBy=priority,title;page=0;query=Dataset_Phrase%3A%22billhome%22%20ParliamentNumber%3A%2243%22;rec=5;resCount=Default)

This bill is probably the best chance for a long time for walking to be recognized for the value it contributes to the health of the community. In the past, walking has been neglected by the Federal Government because it slips through the cracks between sport, health and environment. The types of walking we do are not a spectator sport, yet we are easily the most effective way to get the community physically active and away from hospitals and the already overstretched sickness industry.

Nobody argues against the principles, but effective action on preventive health has been derailed a number of times by political self-interest, and the vested interests within the sickness industry itself. Medical specialties have always wanted more funding for their area. Politicians have always wanted to cut ribbons and make big announcements. With health care costs running out of control, these are things the country can no longer afford. At last the polities and medicos are starting to see the bigger picture. Walking is the most vital part of that big picture.

The bill has been a long time coming, and it has a number of defects that are easily fixed if we act now. You need to get onto your local federal member or senators and make the following points.

As it stands, the bill simply sets up a bureaucracy, without giving it terms of reference, secure long-term funding or freedom from political interference. Amendments from Dr Andrew Southcott (Lib) and Sen Rachael Siewert (Greens) go some way to giving it terms of reference, but they need to be more general and not try to pick winners.

The focus is still on public relations and social marketing campaigns, as if people simply lacked the information to make effective lifestyle choices (like walk more and eat less). The unhealthy choice is too often the easy choice. People need incentives to make the right one.

There needs to be direct funding to (in our case) create and maintain a walkable environment where people will choose to walk. If bushwalkers won't walk there - who will?

There needs to be less emphasis on research (we already know the answers), and more on integrating and applying the knowledge we already have. Walking is not rocket science.

There needs to be direct funding and support for organizations like ourselves who are already set up to encourage people to walk in a friendly natural environment.

Finally, there needs to be a way of measuring its success (outputs not inputs) and holding the agency to account. In our case that means measuring where people do and don't choose to walk. Too many attempts in the past have simply thrown money at high-profile pet projects.

While walking is not the be-all and end-all of preventive health, it is the one activity that has the greatest effect over the whole range of diseases. Walking is the acid test for any preventive health initiative.



### **Bushwalking Australia Annual Conference**

Delegates from walking federations around Australia will gather in Eltham, Vic. in mid November for the annual face to face meeting of Bushwalking Australia. For the first time the Federated Mountain Clubs of NZ will be represented.



A major aim of the meeting will be explore ways to get greater recognition for recreational walking, especially at national level. We also need to be seen by outsiders as united and able to speak with one voice on key issues that affect bushwalkers and walking generally. Among the items to be discussed are risk management, commercial activities in national parks, access for the disabled, various trail initiatives, relations with other national organizations. In some of these areas we are a long way from having a national policy, but without one we are likely to be overridden by better organized and more articulate lobby groups.

It takes a while to develop good policies that reflect both what bushwalkers want, and are also likely to get accepted by politicians and the community at large. Bushwalking Australia has adopted a policy development process that will allow all bushwalkers to have their say. Of course, the vast majority of walkers simply “just like to walk”, and are happy to leave the politics to others. But we are also passionate about preserving our natural environment, and making it available for people to walk in. Sometimes this means building trails, and other times it simply a matter of preserving access for walkers to traditional rights of way.

We also want to do things that directly benefit bushwalkers. Affordable insurance for walking clubs is one such service, and is only possible by having all the state federations grouped together through Bushwalking Australia. This in turn requires us to have risk management policies, which itself is something that we can pool our resources to do rather than have something imposed on us that might be onerous or impractical for walking clubs.

Bill Gehling

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

[www.walkingsa.org.au](http://www.walkingsa.org.au)

