

# ❖ WALKING SA News ❖

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Autumn 2009



**Newsletter** of the  
**Walking Federation of  
South Australia Inc**  
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Dulwich

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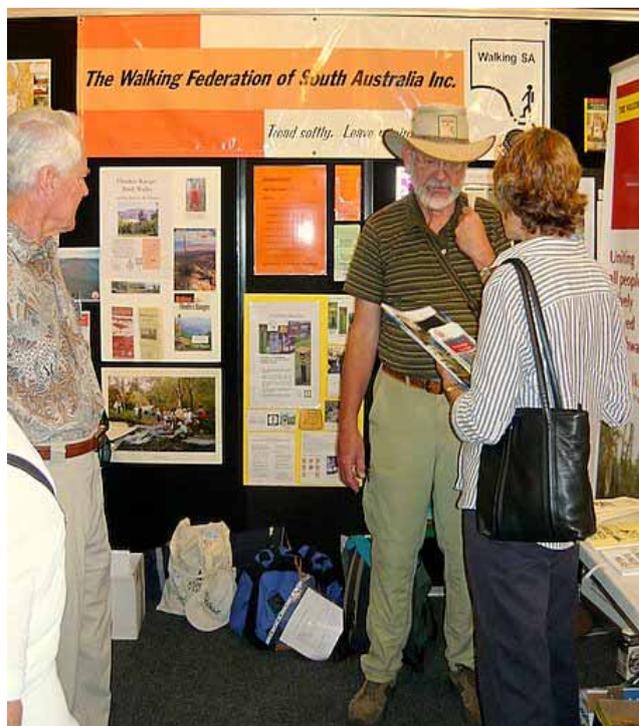
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**www.walkingsa.org.au**  
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**Office Hours**  
Tuesdays & Thursdays  
9.00am to 3.30pm

*Uniting all  
people actively  
concerned with  
bushwalking.*

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



*John Eaton (Retired Teachers Association Walking Group) giving information to a member of the public at the Caravan and Camping Outdoor Show. Barry Stacey of SARTI (on the left) is standing by to help out if needed!*

**Thanks to all volunteers from:**  
**Friends of Heysen Trail, ARPA Bushwalkers, SA Recreational Trails Inc (SARTI), WEA Ramblers, Chris's Walking Group, Skyline Walkers, Women in the Bush and Noarlunga Bushwalkers for working together with Walking SA to stage such a superb display at the Caravan and Camping Outdoor Show at Wayville Showgrounds in late February.**

Featured in this edition of Walking SA News:

- ◇ President's Words
- ◇ ARPA Bushwalkers - celebrating 25 yrs
- ◇ Farewell to a bushwalking friend
- ◇ The "why" of Bushwalking Australia
- ◇ Healthy Parks Healthy People
- ◇ Congratulations to OAM recipient
- ◇ Foot Care - Advice from the Podatrist

**be active. Find 30**

**Remember ...**

**Sun 5 April 09**

**Opening  
of  
Walking  
Season**

**Eden Valley**

*Details enclosed*

**See you there!!**

## Next General Meeting of Walking SA

**7.30pm Thursday 28th May 2009**

***Speaker: Chris Bushell will give a presentation at start of the meeting.***

***Topic: The development of disused railway corridors as walking trails.***

***There are a number of excellent prospects in SA.***

***You might think the process easy.***

***So far it hasn't turned out that way!***

All Club delegates, interested club members and friends are encouraged to come along.

Location: Burnside Community Centre, cnr of Greenhill and Portrush Roads, Tusmore.

More details from Walking SA 8361 2491

### Walking SA's Committee 2008/2009

Chris Bushell (President)  
Bill Gehling (Vice President)  
Liz O'Shea (Hon. Secretary)  
Jayne Jennifer (Hon. Treasurer)  
Chris Moad (IT Support)  
Mary Denton (Ind.Members'Rep)  
Myra Betschild  
Ron Jackson  
Joan Mooney  
Thelma Anderson  
Fran Lucas

### Walking Access Committee

John Eaton  
Arthur Ward  
Mary Denton  
Joan Mooney  
Thelma Anderson  
Fran Lucas

### Trails Technical Unit

Ron Jackson  
John Eaton  
Rob Marshall

### Administration Officer

Eleanor Martin

## President's words

We need more long distance walking trails. Everyone recognises the health and tourism value of walking trails. However there doesn't seem to be any government interest in investing money in walking trails. There seems to be money for football stadiums. There is plenty of money for bike tracks. However we still have only one long distance walking trail – the Heysen Trail.

SARTI have been developing the Lavender Federation Trail for ten years. This long distance walking trail is intended to go from Murray Bridge to Clare. It has got as far as Springton where the money has dried up. There are plenty of volunteers prepared to undertake the trail planning and development. All we need is a fraction of the money being spent on other projects at this time of great infrastructure spending.

In NSW a new long distance coastal trail has just been opened. It is called the Great Coastal Walk and extends from Barrenjoey Head (Palm Beach) in the north to Cronulla in the south. As soon as we heard about it, my walking club started planning a trip to walk the trail in seven days. Like other clubs we regularly go off to walk the interstate and overseas trails. This illustrates the tourism and health value of walking trails.

It would be a relatively easy project to develop a coastal walking trail from Outer Harbour to Cape Jervis. Such a trail doesn't need to be a major investment. Indeed most of it is there already and people have walked it after obtaining permission from landowners. You have to skirt the oil refinery and negotiations would be required with some landowners south of Aldinga.

Another potential long distance trail is the old Ghan Railway line. This would need minimal effort since the track-bed is quite visible. Then there is the Heysen Trail extension. This is walked regularly and one adventurous group has, over time, walked all the way to Haddon Corner. If you want to read about that, there is a story in the current edition of the Trailwalker – the newsletter of the Friends of the Heysen and other walking Trails.

We must press for more long distance walking trails here. We need to catch up with NSW and Victoria where there are some great trails.

*Chris Bushell*

## 25 Years and still walking - a celebration of the 'oldies' in our community.



*Three of ARPA octogenarians, Bill Catchpole, Margaret Herdson and Allan Colgrave, striding out on a recent Summer B grade walk*

2009 marks the 25<sup>th</sup> Anniversary of the ARPA Bushwalkers. With over 500 members this is South Australia's largest Bushwalking organization. As the name implies, ARPA (Australian Retired Persons' Association), most of the members are retirees and ages range from 50 to mid 80s with quite a number of active walkers in the 80 and over category.

So, in many ways, the strength of the group is a celebration of the health and vitality of members of the older generation. The 25<sup>th</sup> Anniversary is providing the opportunity to recognize the achievements of oldies in general and the important contribution this group, in particular, makes to the wider community.

A book, edited by Marita Bushell, is soon to be published, documenting the development of ARPA Bushwalkers from its beginnings in 1984. Activities like day walks, camps, backpacking and walking long distance trails will be covered with stories, anecdotes and photos. Many of these have been taken from the quarterly Newsletters which have been produced since 1985 .

A number of members have had over 20 years involvement with ARPA, so there has also been a rich lode of memories and recollections to mine. Notable in this long serving group is Carlien Melrose, a member of the first committee, who is still actively contributing to ARPA and who has been able to offer so much first-hand knowledge to the project.

Many ARPA Bushwalkers are members or graduates of other walking groups, indicating the close 'family' association that exists in the South Australian walking community.

Sections of the book will cover this connection and will highlight the involvement ARPA members have had in bodies like Walking SA and SARTI and in activities concerning the promotion of walking, conservation and trail maintenance and development.

One of the events which revealed that members of ARPA had an interest in walking concerned just such an activity. A note appeared in the ARPA News calling for anyone interested

*cont'd next page ..*

## 25 yrs and still walking cont'd ...

in Heysen Trail maintenance to come to a meeting in February, 1983, to be chaired by Terry Lavender, senior ranger of Recreation and Sport. A number of ARPA members attended and more volunteered to help. At the same time walks for ARPA members were being organized informally in Belair National Park. The combined response to these two things led to the inauguration of the ARPA Bushwalking Group - 15<sup>th</sup> February, 1984.

The core activity of the group has been the organization of a program of day walks, of varying degrees of difficulty, in the Adelaide region. However, an interest in the broader picture has always been prominent. ARPA Bushwalkers have assisted at the Walking Extravanzas and Openings of the Walking Season, taken responsibility for various sections of the Heysen Trail at different times and helped with the development of the Lavender Federation Trail.

Members including Godfrey Parkinson, Doug Leane, Mary Cameron, Joan Mooney, Ian Pool, Roger Collier, Albert Pryce and Chris Bushell have made significant contributions to these projects over the years. Thelma Anderson has been recognized with an Order of Australia Medal for her efforts to support walking in South Australia. Keith Plush, Bryan Forbes and Cath Deans are just three of the large group who have been involved in conservation, weeding and re-instating native species in parks and bushland areas.



ARPA Bushwalkers may be advanced in years but their strong involvement in walking and its related activities shows that they still have a lot to contribute. The celebration of their achievement and spirit during this 25<sup>th</sup> year will be fitting.

*Kerry Doyle - ARPA*

## CELEBRATING DOUG



Our fellow walker, Heysen Trail volunteer Doug Leane, aged 82, died on 16th December from leukaemia and complications following a fall.

In his younger days Doug was a keen and strong walker who spent his holidays venturing on trails in Europe, India, PNG (the Kokoda Trail), and NZ but in the last decade of his life he stayed closer to home, walking with many of our local clubs including The Ramblers, The Bushlanders, The Common Venturers, The Four Seasons and ARPA.

Doug was a 'Therbarton boy' who trained as a cabinet maker and carpenter and served with the RAAF during the war. From 1963 to his retirement in 1988 he worked with the SA Railways and honed those skills which he later used so effectively as a volunteer in both the construction and maintenance of the Heysen Trail.

This work included construction of 4 swing bridges, 2 "giant staircases", and the building and renovation of both the Rossiter and Freeman Huts (overnight accommodation along the Heysen trail). It was in recognition of this work and dedication that he was made an Honorary Life Member of The Friends of the Heysen Trail.

Doug continued with once weekly work parties on "his" section of the trail (Cudlee Creek to Bethany) until 2007, whilst also contributing to the upkeep of numerous huts. He was a perfectionist, who was generous in sharing his knowledge and skills, and will be sadly missed.

*Farewell, Doug!*

*Liz O'Shea*

## ROB MARSHALL - OAM

More cause for both celebration and pride in South Australia's bushwalking community when an Order of Australia medal was awarded to

### Rob Marshall

on Australia Day this year, for service to the environment by establishing and maintaining walking trails.



*Rob, second from top, with the Walking Trails Support Group erecting the Mt Brown lookout*

Since the early 1990's, Rob has been actively working in the development and maintenance of walking trails, predominantly in the Flinders Ranges and the Barossa Valley.

Rob's passion for the environment has been fed by a childhood growing up in Adelaide's foothills and many years as a scout leader during which time his understanding of how the nature of the terrain significantly impacts on an individual's ability to traverse it progressed. Hence Rob's strong desire and commitment to improving access for as many people as possible to walk in and enjoy the bush.

Many, many hours of voluntary work have followed, supported by Sue and the members of the Walking Trails Support Group.

Rob was a key player in the development of the Pioneer Women's Trail with Walking SA, a trail which follows the route of the early settlers of Hahndorf as they brought fresh produce into market. He liaises tirelessly with state and local governments to promote the best outcomes for trails and walkers, has several publications to his name and a well of energy that seems inexhaustible!

*Congrats Rob, from SA's walking community!!*

## Opening of the 2009 Walking Season

**Sunday 5 April 2009**

**11.00am to 3.00pm**

at

Murray Recreation Pk, Eden Valley

Walking SA and the SARTI have jointly organised this year's event to celebrate the completion of the Lavender Federation Trail's Eden Valley Loop

Come along and support walking on this important day or even make it *your* special weekend event - Barossa Valley attractions, including a range of accommodation options, are nearby

Displays by outdoor specialists

'Taste Eden Valley' on site

Phone Walking SA's Office - 8361 2491  
for more information or go to  
[www.walkingsa.org.au](http://www.walkingsa.org.au)

**Consolidating walking opportunities**

**Are you interested in working on a walking trail?**



Currently work is being done in the following areas

- ◇ **Barossa and Burnside**  
(by arrangement when the daily maximum does not exceed 25 degrees C!)

If you have an interest and can volunteer your time and skills, please make contact ..

Phone 08 8362 1595

email [suerob2@bigpond.com](mailto:suerob2@bigpond.com)

Check out our web page,

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

## FOOT CARE

### Pain in the Arch?

Arch pain, heel pain and weak ankles can be one of the most common burdens of active walkers.

The arch of the foot is held together by a strong ligament called the 'Plantar Fascia'. If the arch of the foot is like the Sydney Harbour Bridge, the plantar fascia is the road.

Collapsing or 'shifting' of the arch stresses the plantar fascia which causes symptoms ranging from discomfort to debilitating pain. It is usually worse first thing in the morning or when standing up after periods of rest.

*"But why should it hurt after I've been resting?"* is a question I'm very often asked. *"Shouldn't it feel better?"*

Well, while you are resting, the body sends down the 'repair team' to heal the damage. This is in the form of 'inflammation'. Then when you go to stand on your foot, you are actually standing on inflamed, sensitised tissues and that hurts! After a few steps, you physically push away the inflammation and it starts to become a little more tolerable.

The key to fixing this problem is to stop the inflammation from building up in the first place. Stretching, ice and rest are important to ease the inflammation but they don't actually address the cause of the problem.

A thorough assessment is required to find the cause and treat that, rather than just the effects.

Helpful home remedies include rolling the foot over a frozen water bottle for 20 minutes each evening and stretching the foot regularly.

Left untreated, plantar fasciitis tends to develop into a more sinister and chronic problem - the heel spur!

Ted Jedynek, Podiatrist  
www.footandleg.com.au  
08 8239 0800

#### Trekking pole information

For good information on the use of, and *how* to use trekking poles, check out this website:

[www.personal.dundee.ac.uk/~pjclinch/poles.htm](http://www.personal.dundee.ac.uk/~pjclinch/poles.htm)

*(Sourced from The Brisbane Bushwalker Jan 09)*

## Special Notes

- ◇ **Friends of Heysen Trail** are extending a **10% discount** on all shop purchases to all members of **walking clubs affiliated with Walking SA** (FoHT shop is at 10 Pitt St open Mon-Thurs 10 to 2.30, Fri to 4.30 ).
- ◇ **Opening of Walking Season - 5 April 09**  
A **map** of the **Eden Valley Loop** of the Lavender Federation Trail is on back page of WSA Winter 2008 Newsletter - go to **www.walkingsa.org.au**, click on **Links** and **select** the required Newsletter.
- ◇ **Warning to travelling walkers** - please be aware of certain regulations that are enforced by some airlines regarding items not allowed in carry-on luggage. There will be more information in WSA's Newsletter (Winter 2009) - in the interim, play it safe - pack camping gear in the hold luggage!

### Kidman Trail - Maps

A set of five maps is now available through Walking SA of this recreational trail for horse riders, cyclists and walkers, which runs over 255 km from Willunga to Kapunda.

These five maps cover Willunga to Echunga, Echunga to Nairne, Nairne to Mt Crawford, Mt Crawford to Stockwell, Stockwell to Kapunda and feature overlays of the Heysen, Mawson, Lavender Federation and Battunga trails on the map strips.

**Cost for all five maps is \$45.00 (incl. GST.)**

*Walking SA Office is open Tues and Thurs.*

*Telephone 8361 2491*

## 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 applies to all walks during the year.

#### Contacts:

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

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

## Healthy Parks Healthy People

### *Promoting community activities and healthy recreation opportunities in National Parks*

Healthy Parks Healthy People is a program of the Department for Environment and Heritage (DEH) that aims to encourage South Australians to enjoy the natural environment and the health and wellbeing benefits from doing so.

A new development in 2009 for promoting community events is the **Parks Events Calendar** which will soon be available on the website [www.parks.sa.gov.au](http://www.parks.sa.gov.au). Recreation groups are encouraged to submit their events for inclusion if the activities are open to the general community and are held in a DEH managed area.

The 2009 **Heart Foundation Parks Walks** program will be launched on the **15<sup>th</sup> of March** with a community walk at the Semaphore Man Alive Festival. Parks Walks aim to encourage people to undertake healthy walks in their local natural environments including national parks, recreation parks and botanic gardens.

The program invites community members to participate in free monthly walks led by Heart Foundation Walking volunteer walk organisers or Friends of Parks volunteers. These 1-2 hour walks cater for a variety of fitness levels and seek to introduce the general community and regular Heart Foundation suburban walkers to the joys of walking in the bush.

Heart Foundation Walking – Parks Walks is a Heart Foundation initiative supported by DEH – Healthy Parks, Healthy People program.

For more information on any of these initiatives contact the Healthy Parks Healthy People community programs officer Sharon Wachtel - 8124 4994 or [wachtel.sharon@saugov.sa.gov.au](mailto:wachtel.sharon@saugov.sa.gov.au)

*Meet Sharon at the Healthy Parks Healthy People stand at the Opening of the Walking Season event.*



*A range of information available at the Reconciliation in the Park Family Fun Day*

For information about Walking Groups open for new members, log onto ..



*Walking SA's website*

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

### **Tips for Trail Users**

**Plan the trip in advance** - checking access or restrictions and entering private land only with the permission of the land owner

**Respect cultural heritage** - respecting places and items that have spiritual or cultural significance for indigenous communities

**Protect native vegetation and farm crops** - staying on the trail and cleaning boots and all items

**Protect native and farm animals** - avoiding trampling on small creatures and passing any animals quietly

**Leave nothing behind** - taking rubbish home

**Keep watercourses pollution free** -using toilets or burying waste well away from a water supply

**Be fire safe** – checking for fire bans through CFS (see below) and only lighting fires where and when permitted

*(Sourced from Trails SA—Minimum Impact Trail Use)*

For information about Fire Bans

Contact

CFS Bushfire Information Hotline

1300 362 361

or

Website: [www.cfs.sa.gov.au/site/home.jsp](http://www.cfs.sa.gov.au/site/home.jsp)

### **Is 'Environment' your passion?**

In South Australia \$2000 is given away as a Network Ten - Telstra Environment Award every month.

If you are working hard to save your local environment, find out more from ..

[www.ten.com.au/environmentawards](http://www.ten.com.au/environmentawards)



Walking SA is one of six state bushwalking federations that operate in each state. Like our sister federations, we all face similar issues, and something that arises in one state is likely to surface in another in a year or so. Until a few years ago, bushwalking was the only sport or recreational activity that didn't have a national body to represent it. We were often at the receiving end of national policies (AAS comes to mind), with no access to federal funds and no real opportunity to be heard or taken seriously.

*Bushwalking Australia* was formed about five or six years ago, and since that time it has become gradually more cohesive and we hope more influential. We can only expect politicians and bureaucrats to take notice of us if we are singing from the same hymn-sheet. Of course each state federation is differently organized, and has vastly different resources.

Many bushwalkers will know of "Bushwalking Australia" through the national bushwalkers insurance policies. By pooling our resources nationally, we have been able to maintain much lower premiums and more comprehensive cover than any state could do so alone. That said, we are always looking for opportunities to provide clubs even better value for money.

## Walking SA and the *be active* program

Fraser Keegan, Manager Physical Activity with the Office for Recreation and Sport (ORS) addressed WSA's General Meeting in February. He outlined how the *be active* program (from which WSA is currently funded) directly flows from SA's strategic plan under the specific target of 'improving wellbeing'. The goal to significantly improve the people of SA's participation in sport and physical activity by 2014 is where our walking activities and the promotion of them to the wider community fits in!

Fraser emphasised the difference between the general health and fitness of older generation

Much of our effort goes into developing policies in a range of areas that affect bushwalking and walking generally. Notable recent ones include our submission to the Federal Parliamentary Inquiry into Obesity. Our landmark vision statement "Towards a Walkable Australia" continues to be quoted, and hope fully will be adopted nationally.

Position papers are being developed or are under discussion on a standard walks classification system, advice to air travellers, membership and discount cards, access to water catchments, waste disposal, national trails and a national walking alliance.

We are also putting forward the bushwalkers perspective on national bodies such as the Outdoor Council of Australia, and the embryonic Trails Australia.

We are developing a national website [www.bushwalkingaustralia.org](http://www.bushwalkingaustralia.org) to be a front door for bushwalkers. It already links to all the state federations, and we are developing it as an information resource.

Because of distance and cost, Bushwalking Australia conducts most of its business by email, and tele-conference. We also meet face to face once a year in a different location. The 2009 meeting will be held in Adelaide later in the year.

*Bill Gehling*



today compared with a high percentage of our three year olds who are significantly overweight. As a community we have a huge task to bring about behaviour change and increase awareness of the benefits of increased physical activity - the health of the next generation depends on this. Fraser hopes to work with WSA in this regard.