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# ❖ WALKING SA News ❖

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Volume 18 Issue 3

Spring 2010

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

All correspondence to:  
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Office Hours  
Tuesday, Wednesday &  
Thursday 9am-1pm



*Walkers on the western slopes of Mt Kaiser Stuhl enjoying  
the nearby sun-kissed rolling hills .*

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*Uniting all  
people actively  
concerned with  
bushwalking.*

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Featured in this edition of Walking SA News :

- ❖ President's Words
- ❖ In Memoriam
- ❖ Feral Animal Culling
- ❖ In the Unlikely event of Snakebite
- ❖ Sturt Trails
- ❖ Mount Lofty Walking Trails

*and more ..*

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

**be active.** Find **30**

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### 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

### New President

We thank past president Chris Bushell and the 2009—2010 executive for their valuable contributions, and welcome Ron Jackson to the presidency for the coming Federation year.

President Ron plans to be in touch with each member-club within the next several days, and will provide his first report for our next newsletter.

### In Memorium

It is with sadness that we report the deaths of two popular and active supporters of the walking community – Marita (wife of our President Chris Bushell), who was active in the organization of the walk and camping programme of ARPA and Jenny Prider – a leader with ARPA but also active in the early days of WSA and a delegate for The Goannas walking club.

Walking SA sends its condolences to both their families and friends.

#### Advertising Rates and Editorial Deadlines.

1/8 Page Vertical	\$30
1/4 Page	\$50
1/3 Page Vertical	\$60
1/2 Page	\$90
Full Page	\$140
Flyer (plus printing and insertion costs p/a)	\$160
Summer	15th November 2010
Autumn	15th February 2011
Winter	15th May 2011

Walking SA 8276 5090  
or  
office@walkingsa.org.au

### Walking SA's

#### next General Meeting

**Thursday 18 November 2010**

**7:30pm**

Location: Conference Room  
Walking SA - Greening Australia Building  
5 Fitzgerald Rd PASADENA

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

The meeting will also include a short presentation of club interest.

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### President's Annual Report 2010

Trail developments during the year included:

- The opening of the Amy Gillett Trail between Oakbank and Woodside. This is the first section of a 32 km multi-use trail on the disused railway alignment between Mount Barker Junction and Mount Pleasant. One million dollars is to be spent per year on the trail until it is complete.
- The production of a map of the George Driscoll Sea to Summit Trail. The trail is 32 kms and climbs 1400 ms. Maps are available from our office.
- The next 25km section of the Lavender Federation Trail from Springton to Keyneton has been marked by SARTI and stiles installed. It will be officially opened next year. Next year the trail will be extended a further 25 km to Truro.
- The 18km Lavender Federation Trail loop trail connecting Eden Valley to the LFT is now fully marked thanks to funding from the Barossa Council.
- The "Walk the Yorke," concept plan for a 500 km walking trail around the Yorke Peninsula, was produced.
- The Aldgate Valley Nature Trail was opened. Maps are available from the Mylor Community group

Of course we continue to be frustrated over a number of pressing issues which we will continue to pursue:

- The Pioneer Women's Trail remains incomplete and we are still pressing for a crossing on the Onkaparinga River.
- The Hale and Warren Link Trail needs a fair weather crossing of the South Para River. We have approval from SA Water but no funding.

Together with the Heart Foundation, we organised a visit from Dr Rodney Tolley from *Walk 21*. He gave an inspirational talk about opportunities to improve the walkability of towns.

We now have an agreement with the Department of Environment and Heritage over advance notification of prescribed burns. We will receive the season programme six months in advance and then be notified around a week before each burn. This enables us to notify clubs. This doesn't help the casual walker and DEH recognises that. We are also notified of other planned closures.

Our presence at the Caravan and Camping and Outdoor Recreation Show has become a regular event and our new location this year was excellent.

The Opening of the Walking Season at the Mylor Fair was a great success. The Skyline Walkers did an admirable job hosting it with us. Next year the friends of the Heysen Trail are to take the reins to help celebrate their 25<sup>th</sup> anniversary.

The major internal event of the year was the move to our new premises. Being located with Greening Australia overlooking Centennial Park seems a happy arrangement. My thanks to all who helped with the move and congratulations to Eleanor who managed to organise everything very smoothly. We took the opportunity to prune storage and hope that we have not discarded anything precious and have retained everything relevant to a sense of history.

I have given my presentation on Walking Trails to various Probus, Rotary and Friends Groups and I am happy to continue doing that next year to anyone interested.

The Ruan Consultants report on the future of the Adelaide Hills Walking Trails was completed some years ago but we only recently have obtained it. We have formed a committee to determine what action we can initiate.

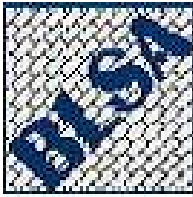
The Trails Technical Unit and the Walking Access Committee continue their sterling, but often unrewarded efforts. I thank Sam and Eleanor for their work in the office and the committee for their support and understanding. I apologise for my untimely resignation.

Chris Bushell  
August 2010

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## WELCOME BUSHWALKING LEADERSHIP



A warm welcome is extended to Bushwalking Leadership SA which has recently joined the Federation.

This organisation has been training bushwalking leaders since 1973 and has an enviable reputation for the quality of its courses and safety record of its graduates.

Check out:

<http://www.bushwalkingleadership.org.au/Home/index.htm>

We hope to liaise regularly with representatives from BLSA and look forward to seeing them at our general meetings. Certainly, we at Walking SA firmly encourage leader training and have no hesitation in recommending the group to those who aspire to leadership positions

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## MEET YOUR WALKING SA COMMITTEE

As mentioned on page two, all members are invited to each general meeting (four per year). This is an opportunity to catch up on the latest info, and to chat with your State-level representatives. We are always glad to see a good gathering, to field questions and to listen to new ideas.

Club leaders may also consider issuing an invitation for a committee member or two to attend at one of their informal meetings (perhaps during or following a walk).

It's always great to talk with the people we represent, and this ensures effective information flow and greater understanding of matters of mutual interest.

## REMINDER: SUMMER FIRE SAFETY

Walk leaders and individuals planning to bushwalk on any day are reminded of the necessity to update themselves on the latest fire-related information for the area of the intended walk .....

*on the actual morning of the walk!*

Your own safety and the safety of others may well be reliant on your knowledge of current events.

Media releases advising the location and timings of 'Prescribed Burns' (controlled burning to reduce the impact of uncontrolled fires) and the location and severity of wildfires which may be underway, are accessible from the CFS Website under the headings of 'Media Releases' and 'Current Incidents'.

You may also subscribe to receive this information at your own email address as prompted per the website, with all discussed information available through:

[http://www.cfs.sa.gov.au/site/news\\_media/subscriptions.jsp](http://www.cfs.sa.gov.au/site/news_media/subscriptions.jsp)

Additionally, leaders are reminded of the Bureau of Meteorology website at:

<http://www.bom.gov.au/productsIDS10034.shtml> to access weather conditions (and weather warn-

### 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

### STURT TRAIL



As reported in our last newsletter, Friends of Sturt Gorge Recreation Park have been working on a new connecting trail from Horner's Bridge, Coromandel Valley, to gate 20 leading into the upper reaches of the gorge. This trail is now ready for use.

We congratulate the group on their tireless efforts in furthering access for walkers to the natural environment, even though outside of the formal park boundaries

### FOUND

1. Silver bracelet with chain and fob catch and a name-engraved heart. Found May 2010 on a Sturt Gorge Recreation Park walking trail.
2. Trekking stick found in June 2010 near Shepherds Hill Recreation Park

Enquiries to KEEP WALKING at  
keepwalking@internode.on.net or ph 8370 6667

### E-NEWSLETTERS DIRECT

If you have an email capacity and would like to receive our newsletter at the time of its release, 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.

### BELAIR NATIONAL PARK WALK

The Friends of Belair National Park, who are celebrating their 25th anniversary this year, invite you to come on their annual FREE Sir John Cleland Memorial Walks on Sunday 19th September. There will be two guided walks, each about 2 hours long, the morning walk starting at 9.45 and the afternoon walk starting at 1.45. Meet at Courts 14 and 15 in the Dianella Precinct off Creek Road (there will be signs).

*"Historically, these walks used to be whole day walks around the entire park boundary, reproducing the walk that the then Commissioner of the Park, Sir John Cleland would do every summer as an inspection tour. This year we have decided to do as much of the boundary as is possible, in two separate walks, covering the southern and eastern boundaries in the morning and the western and northern boundaries in the afternoon. Please bring your own lunch, snacks, water, hat and sunscreen"*

*"Spring is a lovely time in the park and we'd love to share with you our flora, fauna and history".*

For more information, contact Jenny on 82788986 or email [jenke@slmember.on.net](mailto:jenke@slmember.on.net)  
Jenny Skinner

### POSTCARDS PRESENTATION

The May-produced Ch9 Postcards segment on Walking SA was presented on Sunday 20 June (see image last newsletter).

Our switchboard went mad with interested viewers and potential bushwalkers on the following day, and many information kits were mailed out.

One club reported receiving at least ten seriously interested contacts during the ensuing week, and it is hoped that other clubs have fared similarly.

We will continue to promote our great activity of bushwalking, our trails and our clubs, in the future as opportunities allow.

Check out a synopsis of the presentation:  
[http://www.postcards-sa.com.au/features2010/walking\\_federation.html](http://www.postcards-sa.com.au/features2010/walking_federation.html)

## FERAL ANIMAL CULLING



Walking SA is aware of the programme for culling (shooting) feral deer and goats within lands administered by Forestry SA and the Department of Environment and Natural Resources (formerly DEH).

Initial contact with involved staff indicate that both air and land-based personnel are involved in the exercise, and that high level safety procedures are in place to prevent injury to walkers.

Further discussion with the objective of receiving regular pre-shoot (and park closure) advice will follow, and the results will be communicated to each of our clubs in due course in the interests of walker safety. As some information received may have short lead time prior to the event, email is the preferable communication method: so please advise an appropriate email address if not already done.

Known foreseeable future closures follow:-

- ◇ Kangaroo Island - a shoot will take place in Western River area in the later half of 2010. This will affect the Waterfall Creek Hike, while for three days per month the Hanson Bay hike will be affected between Kelly Hill and Hanson Bay from August to November.
- ◇ Dutchmans Stern Conservation Park will be closed 8 November to 26 November  
Telowie Gorge and Napperby Block closed 26 to 31 December.
- ◇ Mt Brown Conservation Park closed dates TBC late January 2011.  
Dutchmans Stern Conservation Park closed dates TBC late January 2011.
- ◇ Dutchmans Stern CP, Telowie Gorge CP, Mt Brown CP, Napperby Block closed dates TBC March 2011.

For the Southeast Region, the Australian Deer Association is the best contact via <http://austdeer.com.au/>

They have nothing planned in the foreseeable future.

Another useful link which provides information on *some* park closures may be found at:-

<http://www.environment.sa.gov.au/parks/visitor/parkclose.html>.

**Note!** Club leaders are requested to advise our office promptly of times / dates and locations (GPS if possible) of such animal sightings, so that we may assist staff involved in the eradication programme.

## Mount Lofty Walking Trails Committee Update

Further deliberations of this committee has resulted in the concept of Kersbrook being seen as a possible 'hub', with retained MLWT trails being used to access the trails that exist to the east and north within ForestrySA land.

Andrew Moylan (of ForestrySA) has concurred with the concept but funding is required to upgrade these trails to comply with Australian standards and sustainability. Submissions for a Community Recreation and Sports Facilities Program grant (CRSFP) open this month and ORS has indicated this is the most appropriate avenue to pursue for trail funding. Decisions will be made at our next MLWT committee meeting in late August.

Liz O'Shea (Convenor – MLWT sub committee)

For information about Walking Groups open to new members, log onto Walking SA's website: [www.walkingsa.org.au](http://www.walkingsa.org.au)



## **.BUSHWALKING AUSTRALIA REPORT**

Of all the things that Bushwalking Australia (BAI) does, the National Bushwalkers Insurance scheme is the most tangible service we at Walking SA offer to clubs. Again we are able to offer rates that are much lower than clubs could get on their own, if they are able to get it at all.

Like any national peak body, most of the things Bushwalking Australia is involved with are behind the scenes' and not always obvious to people on the trails. For instance, membership of Bushwalking Australia as our national peak body, is one of the conditions of our grant from the Office for Recreation and Sport—and without such funding our organisation would find it difficult to operate.

A lot of effort in BAI goes into putting the bushwalkers perspective at a national level. We are the number one physical activity, yet it is not recognized by the federal government. As a result we are not consulted when we should be, and at other times we are subject to inappropriate bureaucratic decisions like AAS.

Bushwalking Australia also puts a lot of effort into developing a consensus on issues that are important to us all. Examples include a policy on commercial activities within national parks, mountain bikes, access to water catchments, access to indigenous lands.

There are also international issues such as quarantine and fuel stoves on aircraft, safety of bushwalkers from overseas, relationships with overseas organizations such as the Federated Mountain Clubs of New Zealand.

This national organisation will continue to act on our behalf and that of the other states and territories, in an effort to bring about the best possible result for walkers throughout our great country.



## **IN THE UNLIKELY EVENT OF SNAKEBITE**



*Snakebite is more a fear than a reality.*

Whilst estimates of the incidence of snakebite throughout Australia is several thousand a year, of these only about 300 require anti-venom treatment and on average 1-2 cases a year result in death. Bushwalkers are not identified in the statistics as a high risk group.

### **Prevention**

Unprovoked, snakes rarely attack humans. Therefore, do not disturb a snake in your pathway, simply alert the other members of your party to give it a wide berth. Always wear stout footwear and be observant. Take particular care in warm weather, long grass, hollow logs, near water or rock in sunny positions.

*In areas where snakes are prevalent it is wise to wear long trousers and/or gaiters.*

Although snakes cannot hear they can detect vibrations in the ground, so walk heavily to encourage them to instinctively flee from your path. When camping, use a tent with an integral floor and always zip up the doors. Use a torch at night.

### **Recognition**

Victims usually know they have been bitten. Symptoms may appear 15 minutes to 2 hours after the bite and may be mild or severe, depending on the species and the bite.

Symptoms include: double vision, headache, nausea and vomiting, sweating, faintness, diarrhea, chest pain, difficulty swallowing or breathing, swollen lymph glands in groin or armpit, drowsiness.

*Continued overleaf*

***Continued from Page 7***

The lower leg is the most vulnerable to snakebite when bushwalking. If a member of the party is bitten:

- Immediately apply firm pressure over the bite site.
- Lay the victim down and keep them calm and at complete rest.
- Apply a broad firm bandage to the bitten area and around as much of the limb as possible, without removing clothing if this means moving the limb. Bandage as tightly as for a sprain and work up the limb to include the joint above the bite site.
- Immobilize the limb with a makeshift splint.
- Constantly observe the patient for shock and respiratory failure.
- Dispatch other member/s of the party with knowledge of the location to bring outside help to transport the patient.
- If external help is unavailable, the best option is probably to rest for a day or two, and then proceed to the nearest civilization taking care to minimize stress to the patient.

DO NOT deliberately disturb a snake

DO NOT walk in sandals or thongs

DO NOT cut or wash a bite – venom or bandages can be used to identify the snake, which is required to ensure the correct anti-venom is used.

DO NOT apply an arterial tourniquet.

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

# Seldom Inn

Self Contained Accommodation

82 Blair St Harrow Victoria

Accommodates up to 6 people – from \$110.00/  
night + GST

2 bedrooms - 1 with 1 x double bed, 1 with  
1x double bed and 2 x single beds

Quality linen and towels provided



Situated in the 1840's historic town of Harrow, in western Victoria on the Glenelg River *Seldom Inn* was originally constructed in the 1860's. The building has been tastefully restored to create a yesteryear experience, period furniture combines with modern day conveniences. The cottage set on an acre in a private setting, looks out over the Johnny Mullagh Reserve. Activities include swimming, fishing and nature walks from your doorstep.

The region has many historic sites situated in idyllic countryside, the Grampians are less than an hours' drive.

The area abounds with wildlife, Red-necked Wallabies visit the garden. Birds are plentiful including Superb Blue Wrens, Red-eared Firetails, Black-chinned Honey-eaters, Grey Fantails, Flame Robins, all readily observed from your chair on the front verandah.

### Bookings and Enquiries

Call Suzanne: 08 8390 2326 Mob: 0430 331124

Email: [seldominn@live.com.au](mailto:seldominn@live.com.au)