



Old Man Emu

July 2024

ISSUE No. 95

COVID-19

Wearing a face mask is highly recommended when participating in indoor club activities; for example: during meetings and while carpooling, and when travelling on public transport.

President's Report

Winter has set in. A few members have travelled to warmer climes, while others have returned to regale us with travel tales. We thank the leaders and members for the many walks and other events which keep us warm and active during this season. The medical benefits of activity are well documented, and being out with like-minded friends keeps the mind active.

Club membership continues to be strong approaching 200. I would like to thank all Committee members, past and present leaders, and all members who have helped keep the Club running smoothly and efficiently over the past year.

A healthy club in the future relies on all to participate. I thank all who have organised the varied walks and events for the future. Members have arranged a variety of social events, and

Leaders have arranged numerous day walks, bike rides and base camps where we can really get to know each other. I am impressed by the variety of events available to members of all skill levels which enable maximum participation. We need to remember how often new members may feel apprehensive at a new club and try to include them if they're comfortable, and think about what kept us engaged. We thank those who have contributed to the Facebook and WhatsApp social pages which keep the Club activities in mind.

We will continue to engage with other clubs and their members, and particularly with Bushwalking Victoria, who have numerous resources available to bring us creative ideas. We also look forwards to special upcoming events such as the advertised First Aid

course, Christmas get together, and the Club's 50 year celebration in 2025; aimed at celebrating our past and present, and to meet up with old and new friends.

Happy walking.

Laurie C

Thank you and welcome to your new roles.

Frances Grech **Committee Member & IT Co-ordinator**



Here is a little about myself and why I joined EBWC and taking on the IT Admin role.

I joined the EBWC in January 2024 as I fell in love with bush walking after completing the Camino Portuguese in 2023.

The great thing about being part of the EBWC is going to places in our beautiful state that I didn't know existed and meeting wonderful like-minded people.

In my professional career I ran a practice of Business Analyst working on soft implementation projects, so when I was asked to become the IT administrator for EBWC I was more than happy to help.

Frances

Mark Lucey **Walks Coordinator**

In 2017, Denise and I completed the last 100kms of the Spanish Camino; We were both a bit underdone. We agreed to join a club to be better prepared in the future by doing regular walks.

We joined Essendon Bushwalking Club in 2018 and have participated in many walks and base camps, becoming much fitter for our own walks in England, Scotland and Southern France.

I started planning and leading walks for the club some years ago, and have come to understand the time and effort involved in doing this.

I look forward to supporting other leaders run regular walks, pack walks, base camps, and bike rides in my role as Walks Coordinator.

I would like to acknowledge the great work Col Purchase has done as Walks Coordinator for the club over many years. He has provided innovative content and instructions for the website's booking system, co-ordinated major events for the club and has been a great support for me as a walk leader.



Memories

40 Years In The Making

as a member of the Essendon Bushwalking Club. Therese Ryan



In 1984 I was looking for a new direction and decided to join Essendon Bushwalking Club. It is a privilege to still be an active member of this club.

I was welcomed into the small EBWC which met at the Moonee Ponds Council building, the present day Clocktower Centre. Pack walking was the most prevalent activity with day walks, snow skiing, rock climbing and cycling all major parts of the program. There was much support for novices like myself to undertake multi-day hikes and cycles and I learned so much from the early leaders in the club.



Trips to the High Plains were frequent. Someone recently asked me how many times I had climbed Mt Bogong. Too numerous to count! Among my other favourite areas are Mt Speculation, the Australian Alps near Mt Jagungal and the Northern Flinders Ranges

The Kiandra to Kosciusko walks are also unforgettable. This is one of the special advantages of being a member of a Bushwalking club: being introduced to so many amazing areas.

SW Tassie was the preferred destination at Easter. The late Dave Forster and Vince Aitken, one of EBWC founders, led many trips here. Once we met the iconic Denny King at Melaleuca who provided us with fresh lettuce and vegetables, a treat for pack walkers.



Another time a sea plane was used for drop off and pick up in secluded areas of the West Coast. These trips involved challenges which tested my abilities and mental capacity. I was taken out of my comfort zone and survived. Survived so well I came back for more!

For a while there were often pack walks every second weekend. I joined just at the time when a minibus was used. On returning to Melbourne on Sunday night, we cleaned the bus and then adjourn to Carosellos Pizza restaurant where other family members sometimes joined us.

How I fitted all this into a busy work life, I don't know. We were young and very enthusiastic. Many firm and loyal friendships evolved from this time.

Although this terminology is perhaps now unacceptable, The Brotherhood was the unofficial group of hard core pack walkers, dominated by males, but I was happy to be accepted as a Sister.

The cycling group morphed into the Essendon Mountain Bike Club in the early 1990s with Vince M. from the Keilor Rd bike shop and this group also met in the council building. Lots of touring, day rides and base camps. Cycling near Mt Jagungal in NSW was my first mountain Bike tour with full panniers. I am sure the trip was shortened just for me! I joined Ken Readwin, another of the club's founders, on one of his many exciting Nepal trips. Also, long one day events were popular and Martin Doyle organised several fully supported events such as the steep Hanmer Spur on the Kosciusko Main Range.

Bill Casey's famous long distance walks, (later to become Marathons) started in 1995. I loved the social aspect as well as the challenge and completed most Marathons.

Before these walks, there were several "Bogong to Hotham" trips: start at dawn on the top of Mt Bogong and walk to Mt Hotham with a support vehicle at Watchbed Creek for a change of clothes, food etc and a warm chalet at the finish. On the first such alpine marathon I withdrew half way because of the dreadful weather and fear of hypothermia. The second one was arranged by Chris Jarvis and myself and we both sustained injuries that forced us to join the Support Crew instead.

Equipment has evolved so much since I started. At first I used a fuel tablet for cooking but very quickly moved to my reliable Trangia using methylated spirits. Thermarests were new. Our overnight packs were very heavy.

In the early days social events were limited and were not allowed to clash with walking events.

Pack walking was the priority! But sometimes scheduled were fun events such as the Deb Ball at Lyonville, the fancy Dress at Boho and the Formal Dinners.

For the Walks Program we would meet in someone's home, brainstorm destinations and ring people to ask if they would lead particular walks. It worked! I spent time on Committee and was the first female President. Later I joined Search and Rescue for a few years.

Joining EBWC opened my eyes to the world of walking which led me to so many areas of Victoria and Australia.

I haven't mentioned yet the stunning trips through Willis Walkabouts to Kakadu, the Pilbara, and several hikes to isolated areas of the Kimberley.

Friendships made from shared experiences have lasted to this day. For me, EBWC today is still a club where strong friendships are forged. The comraderie was and continues to be strong. My forty years in EBWC have been most rewarding.



Meet A Member- David Isaacs



How long have you been a member of EBWC?

I am a relatively new member of EBWC; I joined about 18 months ago.

Why did you join?

I am a fairly active walker around suburban streets, and I have participated in long distance walking events, but I wanted to develop my walking skills further and thought bushwalking would be fun and very different.

I visited the Bushwalking Victoria website to find out about clubs near to me. I found several, but what made EBWC stand out in my mind was the image of the club's icon; the emu with the walking boots. I thought, this club seems to have a sense of humour, I will look into it further.

I signed up for a qualifying walk around Heidelberg and surrounds and really enjoyed the acceptance of all involved on the day; everyone made me feel welcome and made the walk really enjoyable for me. So, I did a second qualifier and joined as soon as I could.

Simply, I joined EBWC because of the people.

What were some of the best walks you have done with the club?

I really haven't done enough walks to have any one stand out as better than the others. All the walks have been interesting; offering different things to learn and experience.

Have you got some highlights of EBWC membership you would like to share?

The highlight of my membership is being one of the editors of the club newsletter; Old Man Emu. When I put forward my interest in helping in this role, I thought it would be rejected, because I had only been a member for a few months.

Why would you recommend being a member of EBWC?

If a person was interested in bushwalking and/or was looking for a club to join, I would recommend they look into EBWC, as it is friendly, welcoming, and provides walks of varying difficulty, which suit different levels of experience



EMERGENCY



EMERGENCY



Geo SMS on mobile phones during an emergency

In cases of emergency requiring Police Rescue in non-urban areas, the gradual increase of mobile phone coverage in these areas is helping police provide assistance to people, and walkers, who find themselves “geographically embarrassed”. Or if there is a major injury in a group needing Police Rescue, not just an ambulance, then the mobile phone technology broadly called ‘geo SMS’ can assist Police Rescue to provide quicker, more specific assistance.

Police use ‘geo SMS’ to clearly identify a specific location, by utilizing the GPS coordinates on the caller’s phone. When direct contact with Police is made, via the Triple Zero (000) service, the caller may receive an SMS containing a link. By clicking the link, the caller is providing Police permission to access their phone’s GPS data. The data allow Police to know the exact location of the caller and they can now provide advice on how to safely get out of the area, or can allocate resources (Police Rescue etc.) to provide assistance in a more time-effective manner.

Remember, only call emergency services (dialling triple zero 000) when there is a genuine serious emergency, not for frivolous situations.

Article supplied by Chris Jarvis

Power Banks – Not just for leaders to carry

You know what these are – battery packs that re-charge your phone when you are remote from normal power sources. Long calls to emergency services or extended use of the GPS can quickly drain a phone's battery.

Leaders are encouraged to carry a power bank, but it's also prudent for other walk participants to carry one as well, just in case an emergency occurs on a walk. The more amount of spare power there is in a group, the better the chance of maintaining communications with emergency services and relatives.

Key points about Power Banks

1. Remember to FULLY CHARGE it before the walk!
2. Remember to bring the CABLE!
3. Don't rely upon the leader to carry one, BRING YOURS as well.



Power Bank Tips

If you don't yet already have one, then here are a few tips on selection, based upon my own experience.

1. Size matters. Select one that can fully charge your phone at least twice. This means your power bank capacity should be at least 10,000mAh.
2. Charge indicator – how much is left in the power bank. Typically, either a bar indicator or a numeric percentage indicator.

Future proof it – select a device that includes a USB-C port in addition to USB-A ports. Some older versions also have a micro-USB port for charging the device.

Article supplied by Chris Jarvis

Walking the 'Le Chemin du Puy' Camino - France

On the 10th May 2024, as a solo walker and with no French language skills, I headed out from Le Puy-en Velay in France with the intention of walking the Le Chemin du Puy, arriving some 750km later in Saint Jean Pied De Port on the 15th June 2024.

This adventure was a last minute decision. I had five days and nights using email, telephone, Google maps and Google translate to secure accommodation along the entire route with a daily average distance of 21km. I had no idea if I was capable of walking these distances for 35 days. I planned two rest days but that was more about wanting to have time to explore Conque, one of many official Les Plus Beaux Villages I would visit on route, and Figeac, a larger town with many services including a laundrette.



The Camino websites provided all of the information I needed to find accommodation. I booked Demi-pension (Dinner, Bed and Breakfast) where it was available, as Google maps showed very few restaurant options in most villages. Without understanding the consequences, I fortunately booked mostly accommodation in 'Gites'. It was this decision that I believe made my walk something special.



Staying in 'Gites' allowed

me to peer behind the curtain of French life. I didn't feel like a tourist, I was one of them (albeit a non-French speaker). A private Gite is generally a very comfortable house (some with a pool) with several rooms, and shared facilities, set up for pilgrims (sleeping 2-6 people). The pilgrims eat breakfast and dinner with the Gite owners on one large table. Dinner begins with an aperitif and includes 3-4 courses of delicious food suited to feeding very hungry walkers and includes wine by the jug. Typical of the French, dinner is accompanied by stories, much laughter, sometimes music and even dancing. I was often seated next to a volunteer willing to use their (sometimes limited) English skills, from time to time, to provide me with a summary of the discussion.

The walk itself is beautiful and varied. Up and down forested hills surrounded by bird song and the occasional cuckoo....cuckoo..., along paths lined with mossed covered dry stone walls, through planted fields and along country lanes leading into the ten Les Plus Beaux villages (most beautiful villages in France), Auvillar, Conques, Estaing, La Romieu, Larressingle, Lauzerte, Montreal, Navarrenx, Saint-Come-D'Olt and Saint-Jean-Pied-De-Port on route. As the path approaches the Pyrenees the terrain is lush green and hilly, a signature of the Basque Country with the tell-tale white washed houses with red and green shutters.



For many years I have dreamt of temporarily living in France in a quintessential French village; learning French, making French friends, shopping at the local food markets and spending my days discovering the French countryside. Little was I to know that walking

the Le Chemin du Puy would give me all of

this and more.



Words and images by Dianne Whitmore



Christine Butler - First Walk



Christine's first walk as a Leader with EBWC was a most enjoyable one along the Werribee South beach trail on Saturday, 30th March. The walk started at the JD Bellin Reserve and followed the coast to the Wyndham Harbour which was a surprise development to most of the walkers. The group enjoyed watching lots of people fishing and interesting bird life.

We then wove our way back and enjoyed our lunch together in brilliant sunshine. We look forward to more of Christine's walks on the program.

Warm Winter Soup

Ingredients

| | |
|-----------------------------|---|
| 2tbsp. olive oil | 1 large diced zucchini |
| 1tsp. butter | 1 small diced potato |
| 1leek sliced finely | 400 g. tin tomatoes |
| 2 cloves chopped garlic | 1 litre vegetable stock |
| 2tsp. turmeric | 500 ml. water |
| 1tsp. each cumin /coriander | 150g. pearl barley |
| 2 carrots diced | 400g. tin chick peas – rinsed & drained |
| 3 sticks diced celery | 2 cups baby spinach |
| | salt and black pepper |

Method

Heat the oil and butter and add the leeks. Stir and cook 1 – 2 mins. Until soft. Add the garlic, turmeric, cumin and coriander and cook, stirring until fragrant.

Add the carrots, celery, zucchini and sweet potato and cook, stirring for 4 – 5 minutes.

Add the tinned tomatoes and add stock and water and stir. Add the pearl barley and bring to the boil. Simmer with the lid on for 30mins.

Stir in chickpeas and simmer 10 mins. Turn off heat and add the baby spinach.

Serve with shaved parmesan or some ricotta. Season to taste.

Information

Contacting the Club /General Enquiries

Email: secretary@essendonbwc.org.au

Postal Address: The Secretary, Essendon Bushwalking Club Inc., P.O. Box 32, Moonee Ponds 3039

Club Web Page: www.essendonbwc.org.au

Clubs Walks Program: This is available on the Club website or posted to members who have paid for mail outs.

EBC Committee for 2024 – 2025

Laurie Charleson: President, Leanne Cleary: Vice President, Angela Crivelli: Secretary, Gail Greenwood: Treasurer, Jim Stewart: Membership Secretary, Frances Grech: IT Manager, Neil Campbell, Tess Murton, Dianne Whitmore.

Submitting articles/images to OME – please send to

editor@essendonbwc.org.au

Next Deadline: Friday 15th of November, 2024

Keep the Dates



Echuca: Mon 24 to Friday 28 March 2025, Leader: Col Purchase

A leisurely base camp at a gentle pace in Echuca with three easy local walks of between 11 and 16kms along both sides of the Murray and Campaspe Rivers - and at Barmah. The Barmah walk can be shortened if necessary.

Drive to Echuca on the Monday and return on Friday - with walks on the days in between. It may be still hot in Echuca during March, so we may start walking at about 8:30am to finish in time to enjoy some free time during the afternoon. If you don't want to participate in the walks, then you're welcome to join the group for a holiday or a social gathering. If you're not walking, please advise me in the comments when you register so I can adjust the numbers for the walks.

I intend to stay at the Big 4 in Echuca, but I suggest not to make any bookings until later this year after I've done the recce in September - when there'll be more information about the event.

Join the **WhatsApp group** called "**EBWC Echuca Base Camp March 2025**" for group updates.



Beechworth: Mon 5 to Friday 9 May 2025, Leader: Col Purchase

Drive to Beechworth on Monday and return on Friday - with local walks on the days in between.

Further details to be advised.

Save the date!

50th Anniversary Dinner

The Club's 50th Anniversary held at the Moonee Ponds on Friday the 9th of May, date clear, and spread the members you may a great opportunity to reminisce with many former inspiration for the future of call for volunteers to assistance in the function's

| May 2025 | | | | | | |
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| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

Dinner is booked to be Bowls Club clubrooms 2025. Please keep the word with former know. It will provide engage with and members, and provide the Club. Again, we provide ideas and management.

More information later