



OLD SCOTCH BUSHWALKING CLUB

# Tracknotes

March 2023

Number 103

OLD SCOTCH  
BUSHWALKING CLUB

Visit the Bushwalking Club's page on: [www.oscanet.com.au](http://www.oscanet.com.au).  
Click on 'Clubs and Societies', then 'Recreational Clubs'.

## Bushwalkers partying – but where?



All dressed up with somewhere to go: (left to right) Laurine Symington, Di Hooper, Micky Ashton, Murray Hooper (guest), David Ashton, Sue Stanley, Graham Stanley.

This smiling group was pictured at a recent function at Scotch. Turn to page 3 to find out where and why they were partying.

## Australia Day awards



Congratulations to club members Dr Liz Lording AM and Ron Frederick OAM, who received awards in the 2023 Australia Day honours. See page 4.

### Inside:

- **Page 2** – Ten questions
- **Page 3** – President's Tree-Stump
- **Pages 4** – Australia Day awards
- **Pages 6-8** – Our weekend walks
- **Page 10** – Walking and cruising
- **Page 12** – the club's 2023 program





## Ten questions – Graham Stanley

### How long have you been a member of the bushwalking club?

Answer – right from the beginning! Following a survey by OSCA on what clubs and activities Old Boys would like, the answer came back that we would like a bushwalking club.

So, in April 1994, OSCA's Executive Director of the day, Leigh McGregor, planned a bushwalk and advertised it in *Great Scot*. I read the article and immediately ignored it. Sue, however, also read it and determined we should go.

Our club's first bushwalk was held on Sunday 26 June 1994, to Anakie Gorge. On the second walk, a few months later, which was on the Mornington Peninsula, Leigh called for volunteers to start the club. At that point, it seemed that everyone except David Ashton and I, took a step backwards, leaving the two of us standing out front wondering what had happened!

What had happened was that David and I had 'volunteered', in typical Army style, to start the club off, David being our inaugural President and me becoming the inaugural Secretary. And we've both been involved ever since.

So, the short answer to the above question is '29 years': the whole life of the club. (Next year will be our club's 30<sup>th</sup> anniversary.)

### How did you find out about the club?

See above.

### What are your links with Scotch?

My father attended Scotch in the mid-'30s. I followed in 1955 and our two sons attended in the 1980s/1990s. Our two grandsons were (are still) enrolled at Scotch, but they have emigrated to New Zealand where both are enrolled at St Andrew's College, Christchurch.

### What has been your favourite walk in Australia?

We have been on many, many great walks during the last 29 years and it is hard to name my favourite. But one thing I can say is that without the Old Scotch Bushwalking Club, we would never have experienced any of them.

### What has been your favourite overseas holiday?

Our first trip was six weeks overseas where we spent two weeks on the French canals. There were five couples, all from the yacht club, and we had a great time. Can you imagine five skippers running the boat!

I had no French, but had learned *Bonjour Mademoiselle éclusier* which translates to: 'Good morning, Lady lockkeeper'. Coming up to a lock early one morning, I spied an attractive young lockkeeper and thought now was the time to try my sentence of French.



*Graham in New Zealand recently, with Mount Cook in the background. ('And no, we did not climb it' – Graham.)*

Clearly it worked! She thought I was fluent in French and came back with a whole string of French which nearly knocked me off my feet. I never tried using my one piece of French again!

We also loved touring Scotland and visiting many places which have had Scottish country dances named after them.

### What was your favourite overseas walk?

Without a doubt, the Cinque Terre walk in Italy.

### What are your hobbies and interests other than bushwalking?

Well, of course, everyone would expect me to say Scottish country dancing – and it is! I also had great fun for 23 years sailing, but regrettably, becoming too slow around the boat meant that I had to give it up. I am still a member of the yacht club.

### What was your occupation?

Having completed Australia's first tertiary course in public relations, I spent most of my working life in PR.

### What football team do you barrack for?

Essendon, for better or worse, because I have always liked aeroplanes!

### What is your favourite Melbourne restaurant?

I have two. The dining room at Royal Brighton Yacht Club; and Sandy by the Bay restaurant at the Sandringham Football Club, where my mate, Scott Richardson, is the chef. It's where I host a monthly luncheon attended by between 25 and 30 guys, including Bushwalking Club members Neil Hart-Smith, John Isaac, Russell Kemp, Lawry Koger, Lach McLean, Ian Marks and David Wilmot.



# President's Tree-Stump



Where has the last year gone? I am not sure, but we did have many good walks. Our last walk for the year was our Christmas Walk and Dine, held at the Beaumaris Motor Yacht Squadron. The walk was ably led by Graham and Sue Stanley. I must thank Rhonda Hoelter and Bee Moignard, and also Esther Kay (who stepped in and helped when Bee unfortunately came down with COVID on the day of the Walk and Dine) for organising the dining and festivities, including the raffle.

planned several walks to cater for all standards, and as usual with our weekends away, I am looking forward to fun, fellowship and good walking.

Moving on to Australia Day, and the honours that are announced that day. Congratulations go to two of our members, Dr Liz Lording AM and Ron Frederick OAM. For more details please refer to an article about them in this edition of *Tracknotes*.

This is also the time of our AGM, which will be held on Saturday, late afternoon, at Warrnambool. On your behalf I want to thank your committee for their tireless efforts to maintain your club and organise our walks. Thank you, team.

A very enjoyable walk was held at Somers on 12 February, in which we started at Lord Somers Camp, meandered along the beach around and through the bush and streets of Somers past many large and beautiful houses, and concluded the walk with a delicious afternoon tea at Tom and Roslyn Morris's home, where we were entertained by Honey (the cat).

Very special thanks go to Sonia and Tom for the tremendous effort they have both put in over many years – Sonia as our very able Secretary, and Tom as our quietly efficient Weekend Walks Organiser. They have worked very hard for our club, and will not be seeking re-election.

The midweek walk for February was at McCrae on the 23<sup>rd</sup>, finishing at David and Micky's retreat for lunch. Sadly, due to Geoff's ill health, Geoff and Wendy Stevens had to cancel at the last moment. Here's wishing and hoping for a full and quick recovery for Geoff.

I again urge all of you to consider being one of our committee members or to volunteer as a walk leader during 2023.

At the time of writing, our weekend away at Warrnambool is almost upon us. There are a few vacancies for any late starters. Laurine and I have

Until next time or when we meet 'out on the track'.

Neil Hart-Smith  
President. Mob 0428 857527  
/ nhartsmi@bigpond.net.au

## Tracknotes

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**Editor:** David Ashton 0419 894 340  
ashtonwriting@bigpond.com

**Design:** Norrie McLeod

**Photography:** Norrie McLeod

*Thanks to our contributors.*

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**President:** Neil Hart-Smith 0428 857 527  
nhartsmi@bigpond.net.au

**Secretary:** Sonia Gilderdale 0407 828 366  
gilderdale@bigpond.com

**Membership:** Norrie McLeod 0418 325 271  
pn.mcleod@bigpond.com

## Bushwalkers at EMG cocktail party



The photo on page 1 shows bushwalking club members at an East Melbourne Glen Chapter (EMG) cocktail party at Scotch on 15 February. Other club members also at the function but not in the picture were Bruce Brown, Doug and Liz Lording and Brian Symington. Brian piped the guests in to this evening function.

What is the EMG? Its original members were Old Boys who had attended Scotch in East Melbourne (before it moved entirely to Hawthorn in 1926). Later, as the numbers in this group began to dwindle, membership was expanded, ultimately to include all Old Boys aged 75 or older.

The cocktail party was the first of four EMG functions in 2023. Partners and guests are also warmly welcomed to functions. A 'youngster' – Murray Hooper – was a guest at the 15 February function, because he has not yet turned 75.

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# Australia Day honours

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## Australia Day honours to two club members

Congratulations to our club members Dr Liz Lording and Ron Frederick, who received awards in the 2023 Australia Day honours. Liz received a Member of the Order of Australia award (AM) for significant service to medicine, particularly to multiple sclerosis rehabilitation and research. Ron received a Medal of the Order of Australia award (OAM) for service to orienteering and rogaining.



Dr Liz Lording AM

Liz said that as a rehabilitation physician her career has largely involved working in the field of multiple sclerosis, MS. 'When I first started at the MS Society, as it was known then, there was no clear diagnostic testing, no MRIs and no treatment for MS,' she said. 'A well-known American neurologist used to say "diagnose and adios"!'

'Over the years I have witnessed a radical change in the diagnostic testing and treatment options for people with

MS, significantly reducing the burden of the disease for many. I have been fortunate to work with some very inspiring people both nationally and internationally.

'Throughout this I have had great support and encouragement from my husband, Doug, and my four children. Having retired, life now involves time with my 10 grandchildren, three of whom are in the Junior School at Scotch.

'My contact with MS continues, as I am a member of the Melbourne MS Angels, a group of professional women who support research into MS.

'I do enjoy walking and have done some great walks over the years, including the Inca Trail, Peru, Nakasendo Way and Kumano Kodo in Japan, the Camino in Spain and Wainwrights Coast to Coast in England. This latter walk was a fundraiser for MS research. I dream of doing the West Highland Way – hips and knees willing!'

Ron told *Tracknotes* that orienteering and rogaining events, to be challenging, need to be at as many different locations and on as many varieties of terrain, as possible. He said: 'Over the past 50 plus years I have helped source suitable areas, arranged to have them mapped, and set courses, of various lengths and standards of difficulty.

'Rogaining events usually last between six and 24 hours, with winners covering over 100km, while locating checkpoints. Planning, setting and organising such events have been part of my life for the past 30 years.

'For some years I was an accredited orienteering coach. I have also been involved in organising state and national orienteering events/carnivals, some having up to 1000 competitors, since orienteering started in Australia. I have competed in both sports for almost 60 years and still do so.

'Technically, rogaining only started about 40 years ago, but I also competed in and helped organise Melbourne University Mountaineering Club 24-hour walks, which were navigation based, and a predecessor of rogaining.'



Ron Frederick OAM



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# Our midweek walks

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## Along the Bay Trail: Rosebud to Dromana

**DAVID ASHTON**

Thirteen club members made the trip down the Mornington Peninsula on Wednesday 23 February, to participate in a walk along the Bay Trail from the Rosebud Pier to Anthony's Nose in Dromana.

It was a fine, warm morning, with the temperature in the low 20s at the start of the walk, but building to the mid-20s as the walk progressed. The sea was a beautiful blue, with some white caps visible as the sea breeze sprang up.

Walkers set off at first on a boardwalk, then through the McCrae camping area. Although many campers had departed at the end of the December/January



*Along the Bay Trail at McCrae*



*Some McCrae campers made themselves at home with a garden outside their tent.*

holiday period, plenty were still there. Many campers had set up elaborate lodgings with caravans supplemented by large tents with dining and living areas – one had a bar, complete with bar stools, tempting our walkers to drop in and order a drink!

After 2km walkers reached the McCrae lighthouse, which had guided mariners through the South Channel on the eastern side of Port Phillip Bay for over 100 years until it was decommissioned in 1994. The current lighthouse,



*Walkers pose in front of the McCrae lighthouse*

built in 1883, replaced a wooden structure which was later taken in sections by bullock wagon to the top of Arthurs Seat to be used as a lookout.

The final outward section of the walk was along shaded paths through foreshore wooded with tea-tree and banksia. Once the walkers reached Anthony's Nose, they turned to retrace their steps until the 5km mark, when six walkers branched off to walk the final kilometre along the beach, as the remaining walkers continued along the path, both groups meeting almost simultaneously back at the Rosebud Pier.

Walkers then drove to Micky and David's holiday house in Cairn Road McCrae, to enjoy their BYO lunches.

It had been a pleasant walk in good company, followed by an enjoyable time of relaxation, chat and lunch at the Ashtons.



*On the deck at the Ashtons*

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# Our weekend walks

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## A damp walk precedes a sumptuous feast

**RHONDA HOELTER and DAVID ASHTON**

Clouds were gathering a little threateningly as 15 walkers met at the Beaumaris Motor Yacht Squadron car park for the 'walk' part of our annual Walk and Dine on the late afternoon of 11 December.

Drizzle graduated into steady light rain as the group departed on a walk led by Sue and Graham Stanley, along the cliff-top path which is part of the Bayside Coastal Art Trail. Signs along the trail highlight the lives and artwork of notable Australian artists, including Tom Roberts, Arthur Streeton and Frederick McCubbin, whose work depicted aspects of the Bayside coast in past years.



*Laurine and Micky ignored the drizzle and enjoyed the walk.*

Trying to ignore the damp conditions, the group made several stops to read the signs and read the trail signs, which are located as close as possible to where the artists stood to paint, well over 100 years ago.



*Sonia and Julie were well rugged up against the drizzle.*

After a little under 2km, Sue and Graham led us back along the bike path, and we returned, a little damp but cheerful and ready to dry out and enjoy the 'dine' part of our Walk and Dine which commenced at 6pm.

The 15 walkers were joined by 37 other club members and friends in the Beaumaris Motor Yacht Squadron's dining room. Welcoming canapes were served along with a glass of wine with compliments of our committee, after which everyone was seated at their table of choice.

The main course was a very generous serving of turkey, ham and pork, accompanied by a selection of vegetables. Before dessert was served, our president, Neil Hart-Smith, presided over the drawing of the raffle prizes, which consisted of hampers, vouchers, champagne and a Christmas cake.

To add more fun to the evening, a champagne cork had been secretly placed on each table, and the person facing the cork took home the table centrepiece as a prize. Dessert of pavlova and berries was followed by tea or coffee. A very happy night concluded at 9pm.



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# Our weekend walks

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*Dinner scene at the Beaumaris Motor Yacht Squadron*



*Wendy Le Get collects a raffle prize*



*Ros Morris was also a raffle prize winner.*



"Don't forget to use the sunblock, Roger.  
You know how easily you burn."

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# Our weekend walks

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## Somers and surrounds in summer

### ROSLYN MORRIS

Our first Sunday walk for the year, on 12 February, was very well attended, with 30 enthusiastic walkers participating. It was great to see and to welcome a new walker – Elizabeth Wright.

We commenced our walk from Coolart on a cool, overcast day – perfect for walking. After setting off down the drive from Coolart we headed towards the eastern side of Somers. The walk involved part road then coastal track with views across Westernport Bay to Phillip Island.

Our lunch spot was in a reserve adjacent to the 100 steps, but we did not linger long as a strong southerly wind was making it very cold. After lunch we walked down the 100 steps to the beach. We continued at a brisk pace along the beach to the Somers Yacht Club (where there was nobody about).



*The large group gets set to start the walk.*

We then proceeded along Parklands Ave to number 22 and arrived at our home for afternoon tea, which everyone enjoyed. At the completion of the walk back to Coolart we had walked approximately 10 km.



*On the Somers beach*

*Lunch in the reserve near the 100 steps*





# Fifty-three thousand kilometres and counting



It's likely that most Australians would never have heard of Christine Thürmer, even hardened hikers.

Yet Christine, a 54-year-old long-distance walker from Germany, is probably the most hiked woman in the world. According to an article in *Great Walks* magazine, Christine has hiked more than 53,000km. After giving up her job as a manager, she has spent her time hiking, canoeing or cycling across Europe, America and Australia.

When the magazine interviewed Christine, she was about to begin her next trek – from Germany to Finland: approximately 1800km. Her pack

weighs a miserly 5kg.

Responding to the question of why she does it all, Christine said: 'When you've seen nearly all of the mountain ranges in the world, the mountains start to look pretty similar. What makes me happy is achievement, minimalism and asceticism, overcoming challenges, and self-determination ...

'Every evening when I take off my shoes, make supper and stretch out on my insulated mat, I think to myself, what an awesome day, what a fantastic life. This happiness always brings me back!'

Christine Thürmer – *Great Walks* photo



**"WE RETURN YOUR FORGOTTEN BELONGINGS"**

There's nothing more annoying than heading off on a bushwalk or pulling up to a campsite only to find a pile of rubbish previous visitors have left behind.

Thailand's Khao Yai National Park has come up with a plan designed to make campers think twice before leaving rubbish lying around — they're posting it back to them!

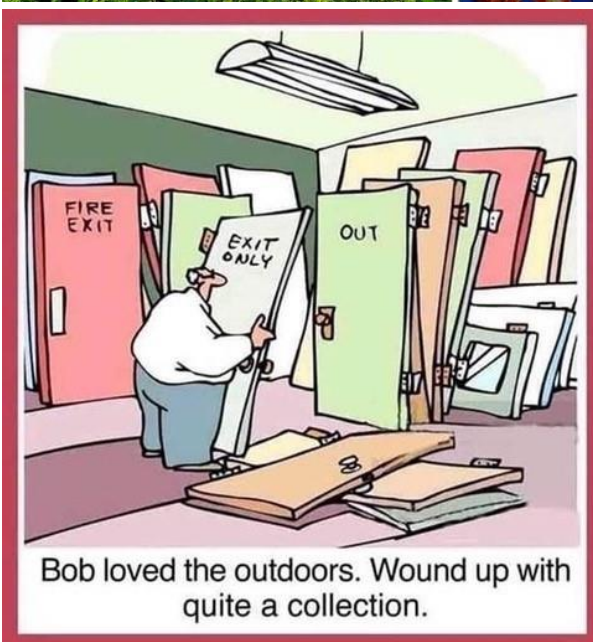
This UNESCO World Heritage site, located about 160km northeast of Bangkok, shut down

during the peak of COVID-19 in the area, but then reopened under a strict reservation system — which is exactly how park authorities are able to track down who left their rubbish behind.

The idea seems to have been sparked by Thailand's Minister of Natural Resources and Environment, after he made a Facebook post begging campers to take their rubbish with them. Otherwise, he continued, he would gather their rubbish and mail it back to them himself.

Not long afterwards, he posted again with images of the rubbish packed into boxes, stating it was ready to be mailed. He also reminded campers that dumping rubbish in the park is actually a crime with hefty fines.

Along with the returned rubbish is a short note which says: 'You have forgotten some of your belongings at Khao Yai National Park'.



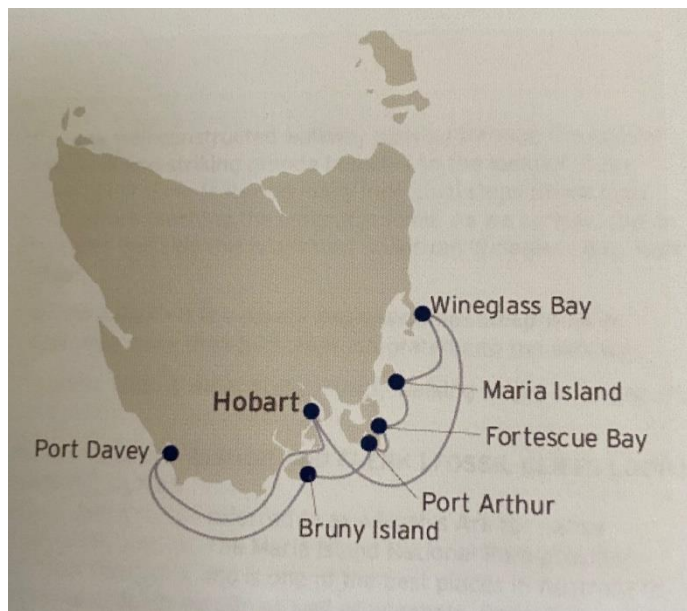
# Cruising and bushwalking – an ideal combination

## DAVID ASHTON

'I've just seen an advertisement for a cruise which would be great for both of us!'

Micky said this after reading an article in *Great Walks* magazine about a holiday which combined our shared loves of bushwalking and ocean cruising.

The 10-day cruise, 'Coastal Treks of Tasmania' (see the map for our route) was to be aboard a small ship, *Coral Discoverer*, 63m long with capacity for 72 passengers. Departing from Hobart, the cruise offered the opportunity to bushwalk on some of Tasmania's best walking tracks, while taking in the scenery – the imposing cliffs, sandy beaches and sapphire waters of the southern Tasmanian coast – and at the same time enjoying all the creature comforts of a cruise ship.



*Walks took place at these points on the Tasmanian coast*

Along with our travelling companion, Ruth Fleming, we flew to Hobart and boarded *Coral Discoverer* on 17 January. There were 54 passengers on board, including a close-knit party of 16 New Zealanders. We settled in and sailed for our first port of call, Wineglass Bay.



*An echidna spotted during the Cape Hauy walk*



*We enjoyed brilliant weather during most of the cruise. This shot was taken during our Bruny Island walk.*

That set the pattern. Each day we would arrive at a new spot along Tasmania's south-east and southern coast. We would be transported to the shore aboard the ship's tender, having made a choice from the two or three walk options. The major walk was always rated 'medium to hard'. With one exception I chose the 'medium to hard' option each day, and Micky chose a less demanding option. As a 76-year-old walker, I found the 'medium to hard' walks actually 'hard' – but enjoyable!



*Tackling a few of the 3000 steps on the Cape Hauy walk.*



*Micky strikes a pose on the Coral Discoverer's bow. The ship's tender is in the background.*



*During our guided tour at Port Arthur*

For some time I had wanted to take on Tasmania's Three Capes Walk, which I know several of our club members have previously tackled. To partially achieve that aim, this cruise included a challenging walk to one of the three capes – Cape Hauy. I rate that walk – of 11.50km, with its thousands of steps – as equal in difficulty to the hardest walk I have ever done, but the views along the way and at the cape made it all worthwhile.

Apart from the Cape Hauy walk, which was a full day trek with packed lunches provided, each day we would return to the ship for lunch, and then enjoy activities during the afternoon, such as talks on the geology, history and flora/fauna of the areas we were visiting: we had experts in these fields on board as guest lecturers. All the ship's crew were very helpful and friendly.

Dinner would be preceded by a cocktail hour, and then we would sit down for a three-course dinner with a good

selection of ('included') wines, which went down very well after our daily exertions.

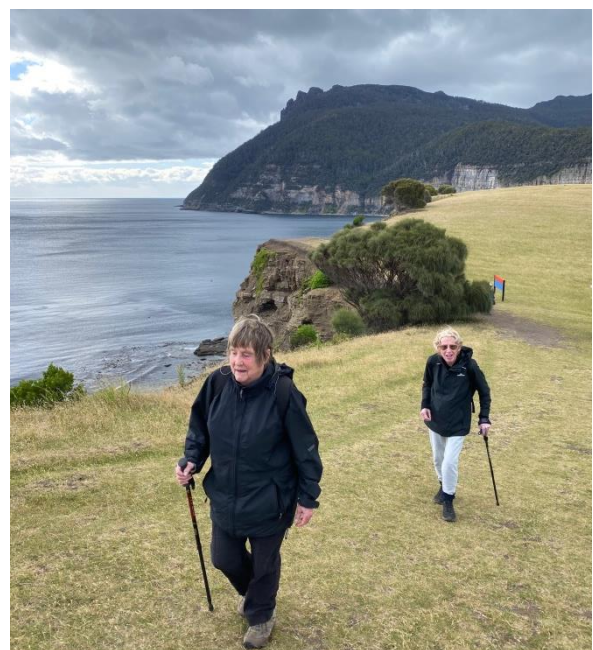
As a small ship, *Coral Discoverer* did a bit of pitching and rolling once out in the ocean, but fortunately Micky and I don't suffer from seasickness, though we did take precautions such as wearing seasickness wristbands.

The Cape Hauy walk was the final walk of the tour. The next day we arrived at Port Arthur for a guided tour of the site, and overnight we returned to Hobart, once more with a little pitching and rolling before entering the docile Derwent River.

Having experienced this Coral Expeditions cruise, our appetites are certainly whetted to take on one of the company's northern Australia cruises, such as from Broome to Darwin.



*Two Davids.  
The one on the left was our Expedition Leader.*



*Micky tackles a hill during our Maria Island walk.  
Behind her is our travelling companion, Ruth Fleming.*

# The club's 2023 program

The dates for our 2023 walks are final, but the location of nominated walks may need to be changed.

Public Hol.	2023	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Feature	Walk (Proposed)	Leader
New Year	Jan							1	New Year		
New Year	Jan	2	3	4	5	6	7	8			
	Jan	9	10	11	12	13	14	15			
	Jan	16	17	18	19	20	21	22			
Australia Day	Jan	23	24	25	26	27	28	29			
	Feb	30	31	1	2	3	4	5			
	Feb	6	7	8	9	10	11	12		Somers	R Morris
	Feb	13	14	15	16	17	18	19	Valentine's Day		
	Feb	20	21	22	23	24	25	26		Rosebud	D&M Ashton
	Mar	27	28	1	2	3	4	5			
Labour Day	Mar	6	7	8	9	10	11	12			
	Mar	13	14	15	16	17	18	19		Warrnambool	N Hart-Smith
	Mar	20	21	22	23	24	25	26		Maribyrnong	
	Mar	27	28	29	30	31	1	2	Day Save End	River	Pugsley Persaud
Easter	Apr	3	4	5	6	7	8	9	Easter		
Easter	Apr	10	11	12	13	14	15	16			
	Apr	17	18	19	20	21	22	23			
Anzac Day	Apr	24	25	26	27	28	29	30	Anzac Day		P&N McLeod
	May	1	2	3	4	5	6	7			
	May	8	9	10	11	12	13	14	Mother's Day		
	May	15	16	17	18	19	20	21			
	May	22	23	24	25	26	27	28		Moonee Ponds	R Piesse
	May	29	30	31	1	2	3	4			
King's B'day	Jun	5	6	7	8	9	10	11			
	Jun	12	13	14	15	16	17	18			
	Jun	19	20	21	22	23	24	25			L Symington
	Jun	26	27	28	29	30	1	2			
	Jul	3	4	5	6	7	8	9			
	Jul	10	11	12	13	14	15	16			
	Jul	17	18	19	20	21	22	23			C Dynon
	Jul	24	25	26	27	28	29	30			
	Aug	31	1	2	3	4	5	6			
	Aug	7	8	9	10	11	12	13			
	Aug	14	15	16	17	18	19	20			
	Aug	21	22	23	24	25	26	27			S&G Stanley
	Aug	28	29	30	31	1	2	3	Father's Day		
	Sep	4	5	6	7	8	9	10			
	Sep	11	12	13	14	15	16	17			
	Sep	18	19	20	21	22	23	24			I Hansen
	Sep	25	26	27	28	29	30	1	Day Save Start		
	Oct	2	3	4	5	6	7	8			
	Oct	9	10	11	12	13	14	15			
	Oct	16	17	18	19	20	21	22		Alwyn Gardens	M McMichael
	Oct	23	24	25	26	27	28	29			
	Oct	30	31	1	2	3	4	5			
Cup Day	Nov	6	7	8	9	10	11	12			
	Nov	13	14	15	16	17	18	19			
	Nov	20	21	22	23	24	25	26			Jan Ward
	Nov	27	28	29	30	1	2	3			
	Dec	4	5	6	7	8	9	10			
	Dec	11	12	13	14	15	16	17			
	Dec	18	19	20	21	22	23	24			
Christmas	Dec	25	26	27	28	29	30	31	Christmas		

31 = School Holidays      = Bushwalks

05-Jan-23