



OLD SCOTCH BUSHWALKING CLUB

Tracknotes

March 2026

Number 115

OLD SCOTCH
BUSHWALKING CLUB

Visit the Bushwalking Club's page on: www.oscanet.com.au.
Click on 'Clubs and Societies', then 'Recreational Clubs'.

Street art revelation in Melbourne



On 25 February 17 club members embarked on a fascinating walk of discovery, visiting 15 different street art sites in Melbourne's CBD. For many, it was a revelation – finding out why Melbourne has gained an international reputation for the quality and variety of its street art. Julie Walpole very ably led this walk. Her article about the walk starts on page 6. The photo shows some of the art in AC/DC Lane.



Vale Jill Williams

Club members were very sorry to hear that Jill Williams had died on 16 February.

Fifteen club members attended a celebration of Jill's life at St Oswald's Anglican Church on 26 February.

See David Ashton's article about Jill on page 4 of this edition.

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Ten questions – Cathy Wagner

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

I joined the club in October last year, just in time for the Marysville weekend.

How did you find out about the club?

I met Micky and David Ashton through a mutual friend. He had invited us to dinner at the Australian Club. David, Micky and I really hit it off and they encouraged me to join after listening to them talking so enthusiastically about the club.

What are your links with Scotch College?

My son Andrew was at Scotch. He graduated in 2000.

What inspired you to take up bushwalking?

I've often suggested joining a bushwalking club to depressed or anxious clients for both exercise and social contact. Plus it's such a 'mindful activity' which tends to ground people in the present. It's hard to worry about world politics which you're walking through the beautiful Australian bush. And so, I thought I would take my own advice!

Is there a walk within Australia or overseas you've always wanted to tackle?

I've always fantasised about walking a section of the Camino.

Is there a particular holiday you would like to take in Australia or overseas?

I went to Vietnam in February, my first solo trip since my husband died five years ago. I felt very brave doing that, but unfortunately I became ill during the trip. However I am taking my two 13-year-old grandsons to Europe in October, and I'd also like to do a river cruise in Europe.

What are your hobbies and interests, other than bushwalking?

I love cooking and entertaining. I'm also a member of the Lyceum Club and enjoy the Poetry, Non-Fiction Reading and Play Reading groups there. I walk with different groups of friends three times a week. I dine out (way too often!). I enjoy movies, theatre and spending time with my five grandchildren.



What was your occupation?

I was originally a nurse and went to university in my early thirties to study social work. Halfway through my Bachelor of Social Work I developed an interest in psychology and have been working as a Health and Counselling Psychologist in private practice for the past 30 years. I retired in December.

What football team do you barrack for?

I'm not really a football fan but my late husband was, and our two children are, rabid, mad, crazy ... (dare I say feral?) Hawthorn supporters. So, for their sake, I'm always pleased when Hawthorn wins.

What is your favourite restaurant?

My son owns a restaurant in Templestowe called Riddik, so of course that's a favourite. But at the moment I'm also enjoying The Terrace at Maison Batard.

insert brain here



by woody



President's Tree-Stump



I hope everyone had an enjoyable Christmas and New Year and that you are enjoying our 2026 program of walks.

The club was saddened to learn of the death of one of our much-loved members, Jill Williams, on 16 February. Condolences go to Peter, and to Peter and Jill's children, Lisa and David. An article about Jill by David Ashton appears in this edition.

On a happier note, our two February walks, Lysterfield Park led by Neil Hart-Smith, and City Art led by Julie Walpole, were both well attended and my thanks go to both walk leaders. I thought Julie was particularly game, guiding a large group through the back lanes and alleys

of the bustling city to places I did not know existed. Also well done, Julie, on finding the two Banksy stencils of a 'parachuting rat'.

A lot of time and effort goes into planning and pre-walking our walks, and it is very much appreciated.

Attendance at last year's winter luncheon was well down on previous years, and the committee would like some feedback as to whether we continue this event or replace it with a bushwalk.

Our Foster weekend is next and I look forward to seeing you all then.

Murray Hooper
President
0418 742 325

Vale Tom Geddes

The club has been informed of the death of a former member, Tom Geddes. Tom died on 25 February. Tom and his wife, Carol, and their daughter, Claire, participated in a number of activities with the club. We send condolences to Carol, Claire, and Tom and Carol's son, Ross, who is an Old Scotch Collegian (Class of 1998).

A gem of a walk on the NSW far south coast



Recent work on the Light to Light Walk in Beowa National Park, located near the whale-watching town of Eden on the far south coast of NSW, has included upgrading to follow the coastline more closely, new signage, improved access points and the addition of new remote campgrounds.

The walk, of 32km, follows an ancient Aboriginal pathway used to access hunting, fishing and ceremonial sites. It follows the coastline through Yuin Country, beginning at historic Boyds Tower and ending at Green Cape Lighthouse. The recent upgrades have meant that some detours are currently in place. More information: Google – 'Light to Light Walk'.

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Vale – Jill Williams

Vale Jill Williams

DAVID ASHTON

One of our longest serving and most beloved club members, Jill Williams, died on 16 February. A celebration of Jill's very active life was held in her church, St Oswald's in Glen Iris, on Thursday 26 February

Jill and her husband Peter have both been enthusiastic walkers over the years, and they led many walks. Jill supported Peter when he took on the demanding role of weekend walks coordinator.

Jill kept walking most determinedly as long as she could, but once her walking days were over she enjoyed participating in our social events. Earlier she was a keen tennis player, and she always took a close interest in St Oswald's activities.

Interviewed for *Tracknotes* in September 2002, Jill said her first walk with the club was at Woodlands Historic Park, near Melbourne Airport in April 1998. 'The walk was great and the wildlife was interesting', Jill said. She expressed an ambition to trek in Nepal. 'I'll probably never do it', she said, 'but I can dream, can't I?'

Jill and Peter participated in a number of demanding walks over the years, including the 65km Overland Track in Tasmania with members of our club in 2000. Back in the early 1960s, Jill climbed Mount Cobbler (1628m) in Victoria's Alpine Region, with the Youth Hostels Association. Asked to describe the strangest animal she had seen while walking, Jill said she and Peter saw an antechinus, a small marsupial, while walking at Cradle Mountain. 'The males mate with as many females as possible, then they die!' she said.



Jill and Peter, together with daughter Lisa and son David, had great family times during many camping trips. Jill and Peter also loved overseas travel, especially trips to Europe.

Peter, David and Lisa all gave eulogies at the celebration service, while Jill and Peter's grandchildren, James and Annika, read from 1 Corinthians 13, and Helen Rehn read Psalm 23



The message in the eulogies was that Jill was a people person and she loved chatting. Describing her mother as her best friend, Lisa said Jill 'made everyone feel special', and she had friends right around the world. Lisa and Jill loved doing things together, which included watching TV news, documentaries and current affairs programs. Lisa said her

mother did good work for Caritas Australia, a group which among other activities supports mothers with new babies.

David said his mother 'would talk to anyone and everyone, and could find some sort of connection to almost anyone'. He said it's estimated that while women speak an average of about 18,000 words per day, men only speak about 12,000 words. David said every day his father gave about half of his words to his mother!

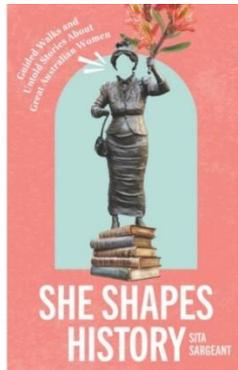
David said Jill loved her church and her community. 'She kept everyone in the loop, gave answers to questions you hadn't even asked, and never spoke with malice about anyone'. With her death, he said, 'the grapevine of our lives has gone'.

Our club will certainly very much miss Jill as a friend, a fellow walker and a keen, participating club member. Our condolences go to Peter, Lisa and David.



Australian walks

Walks celebrating women who shaped our history



When it comes to telling the stories of people who have made an impact on the small towns and big cities of Australia, all too often the accomplishments of women have been neglected. Going a long way towards rectifying that neglect is a book launched last year, *She Shapes History: Guided Walks and Stories about Great Australian Women*.

The author, Sita Sargeant, travelled around Australia to discover the stories of women whose achievements have never made the history books. Part history book, part travel guide, *She Shapes History* features 30 cities and towns, from Coober Pedy to Hobart, Hahndorf to Rockhampton, and includes the stories of more than 250 women. It also includes 18 walks, one for each of the major cities, with easy-to-follow maps and stops that tell the stories of women who effected change there.

Whether it's the underworld queens who ran Kings Cross, the businesswoman of African heritage and single mother of four who became the first recorded woman to vote in an Australian election, or the pioneering activist who founded Meals on Wheels (and just happened to be in a wheelchair) – it's all covered in the book.

Pre-dating the book launch, Sita Sargeant had established *She Shapes History* in 2021 as a social enterprise dedicated to closing the gender respect gap through tourism. It transforms how history is told by uncovering erased and overlooked stories of women, and bringing them to life in a fun, engaging, and accessible way.



Four days on Maria Island

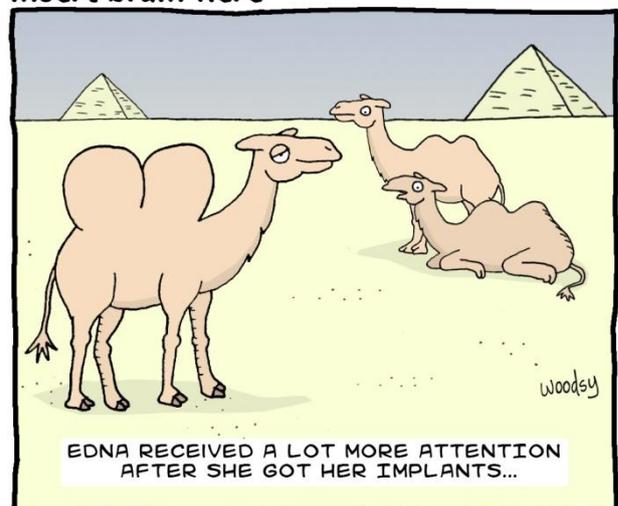


'One day you're swimming at a beautiful beach, the next day you're summiting one of the island's spectacular peaks, and to top the day off, watching the marsupials grazing on grassy plains at sunset. That's a pretty great day'.

Ella Ballhausen is a guide on the Maria Island Walk in Tasmania, and she made those comments about this multi-award winning, fully guided four-day walk on Maria Island, a Tasmanian national park. It's part of Australia's Great Walks and known for its wilderness, white-sand beaches, and diverse wildlife like wombats and kangaroos. The walk also features heritage-listed buildings and offers a 'pack-free' option, meaning walkers don't carry their main packs.

Ella, who welcomes walkers from around Australia and worldwide, was quoted in the August/September 2025 issue of *Great Walks* magazine. More information: <https://www.mariaislandwalk.com>.

insert brain here



by woody

Our midweek walks

Exploring Melbourne's street art lanes

JULIE WALPOLE

It can be difficult to choose a walk in summer months as the weather can be so variable and unpredictable, and walking can be delightful or very unpleasant and challenging. With this in mind, I decided to plan a city walk which would not be too long but would be interesting but easy to abandon if necessary.

And so it was that on 25 February, 17 members gathered opposite Parliament House to begin our walk of discovery of the street art of Melbourne. We were lucky with the weather which was not hot and sunny, but ideal for walking.

I knew nothing about street art but based the walk on a brochure published by the City of Melbourne (available at the Town Hall Visitor Centre or online) and added a couple of other sites I found thanks to Google.

Melbourne has gained international acclaim for its diverse range of street art and associated subcultures, starting with New York-style graffiti in the 1970s and 1980s. Melbourne was also a major city in which stencil art developed at an early stage and was the location for the first stencil festival in the world in 2004, featuring many international artists.

We visited 15 different sites and saw many types of artworks varying from colourful graffiti to massive murals and paintings covering building walls; small-scale and framed mixed media works to handmade small tile mosaic tribute works.

After walking through Meyers Place (Markatron's Jungle Funk mural) we arrived at Duckboard Place that loops around to AC/DC Lane. These sites and nearby Hosier Lane are the best known and attract plenty of tourists. The highlight of the day for me was when we located two Banksy Parachuting Rats on the left-hand corner of



Seventeen members participated in the street art lanes walk.

Duckboard Place. I had believed that all Banksy's in Melbourne had been lost.

AC/DC Lane seems still to be a pretty original tribute to rock 'n' roll, including a huge portrait of Malcolm Young and a 3D sculpture of Bon Scott bursting out from a wall. It was a coincidence that the famous video of AC/DC filmed on Swanston Street turned 50 years old the previous weekend and had been an item on the news.

Hosier Lane, probably the first Melbourne street art lane, was transformed from a neglected, run-down area in the early 2000s and is now an ever-changing vibrant street art hub. There are many current political 'artworks' about various issues and artists can often be seen at work here.

Other notable sites were Presgrave Place (small-scale street art and mixed-media works), Drewery Lane outside Legacy House (mosaics created by families and friends of war veterans), and Guildford Lane (a former industrial area that is now a beautiful green oasis with plants and cafes).



We finished up at Blender Lane near the Victoria Market for a coffee and discussion about what we had seen. Everyone seemed to have found a new side to Melbourne city that they had not known existed.

*Markatron's
Jungle Funk mural
in Meyers Place*

Our midweek walks



Two Banksy Parachuting Rats are visible on the left-hand corner of Duckboard Place.

A huge portrait of Malcolm Young and a 3D sculpture of Bon Scott burst out from a wall in AC/DC Lane.



Artwork appears in several genres in Presgrave Place, including sardine cans.



Artwork high on a wall in Tattersalls Lane

Our weekend walks

Elementary – Christmas dinner at a Richmond hotel

HELEN HUNWICK

Our annual Christmas function was held on 7 December 2025 at the Element Hotel in Richmond, which is very close to the delightful Burnley Gardens. A couple of our guests took the opportunity to relax and enjoy a pre-dinner wander around the gardens.

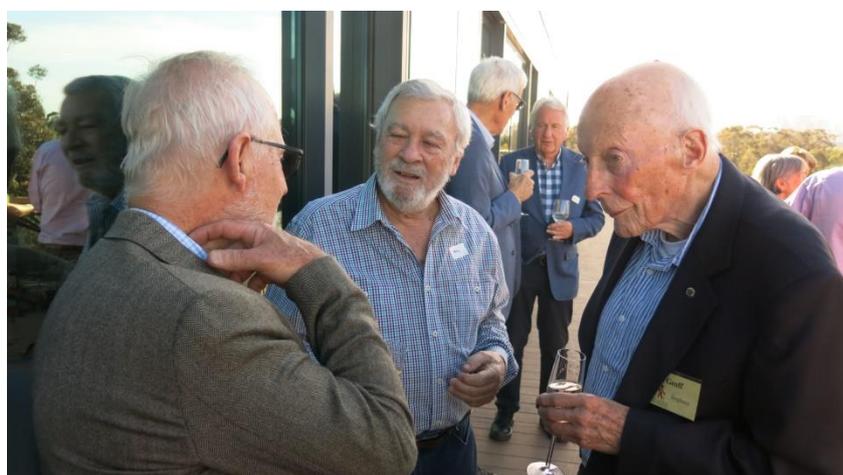
We were so lucky to have a perfect evening for our function. My day started by enjoying a friend's fabulous garden as part of Open Gardens Victoria, followed by Christmas drinks with neighbours, and then finishing the day enjoying balcony drinks and city views from the fifth floor function space at Element Restaurant with 34 members of the our club.

Club members were very chatty and in party mood for our function. It was great to catch up with a few club members who we don't see as often these days, during either our weekday or Sunday walks. It was lovely be to outside for pre-dinner drinks with canapés prior to a sit-down dinner of delicious salmon, followed by coffee and chocolates. Our wait staff were very friendly and attentive to our various needs throughout the evening.

Four lucky guests who had a lucky spot under their side plate won a Christmas gift – just a little festive fun.



There were great views across Hawthorn from the balcony at the Element Hotel



Neil and Geoff with Harvey

Our weekend walks



We were lucky to have a perfect evening for our function.

Dinner consisted of salmon followed by coffee and chocolates.



Our weekend walks

Summer walking at Lysterfield Park

NEIL HART-SMITH

On a slightly overcast day, 12 walkers set out to walk to the old quarry site at Lysterfield Park, a planned round trip of 12km. It being February the Bureau of Meteorology site was consulted. The forecast was for a top temperature of 30 degrees and possible showers. A change of plans and a switch to a shorter, easier walk around the lake of about 8km was decided upon.



Gathering around the dam's rock trolley

When we first arrived at the park the walkers were surprised at the large number of visitors: car parks were at a premium. The park caters for walkers, swimmers and picnickers and there are many well laid-out mountain bike tracks for the bike riders.

We headed off through a well-resourced picnic/barbecue area to the dam wall. When crossing the wall numerous water fowl were seen on the water. The dam was built during the 1930s to help provide water for the outer eastern suburbs.



Di and Angus lead the way over the dam wall

Hitting the Granite Hill Track the team veered away from the lake through lightly timbered country on a gently rising track. When we reached the Lambers Track, instead of continuing west we turned right to shorten the walk, as the temperature was already rising. We circumnavigated the lake arriving back at the car park.



A brief pause along the Granite Hill Track

Whilst on the Granite Hill Track we saw an echidna and signs of kangaroos and foxes. A walker coming the opposite way to us warned that he had just passed a large snake, but it had slithered off before we arrived.

Luckily for the walkers there was a café next to the car park. All walkers adjourned where iced coffee was the favourite choice prior to a safe return home.



Lunch break

Dancing your way to mental and physical health

Long-term club members will recall the odd occasion when honorary life member Graham Stanley has spruiked the many benefits of Scottish country dancing. Well, in response to any sceptics, it now appears he was on the right track.

An article published in *The Age* during January spoke of one perhaps surprising way of lowering the risk of dementia – dancing. Granted, *Scottish country dancing* wasn't specifically mentioned, but no doubt the principle would apply to all forms of dancing.

The paper said a US study had found that people who danced frequently (more than once a week) had a 76 per cent lower risk of dementia than those who did so rarely. In the 1980s, researchers at the Albert Einstein College of Medicine in New York recruited about 500 men and women to undergo neuropsychological tests and questionnaires about their health and lifestyle. Their cognition was tested over two decades.



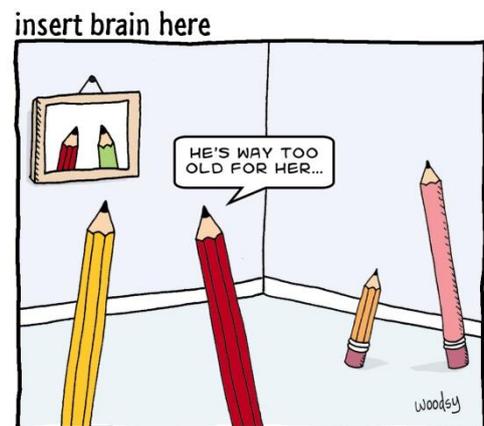
Researchers discovered that for every cognitively challenging activity performed one day a week there was an associated seven per cent reduction in dementia risk. When it came to physical activity, dancing stood out, because it asks the brain to do several things at once – match a rhythm, remember steps or improvise new ones, navigate space and respond to a partner.

So while the study did not dismiss testing brains by doing crosswords, number puzzles or playing board games, when it came to physical activity, dancing stood out. And even among people who already have dementia, other studies have indicated that regular dancing boosts cognitive scores.

We will leave the last word to Graham: 'There are six great things about Scottish country dancing. It is great physical exercise; it is great mental stimulus; it is great social contact; it is great music; it is great value for money – and it is great fun!'



Almost back to the car park at Lysterfield



by woodsy

The club's 2026 program

Public Hol.	2026	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Feature	Walk (Proposed)	Leader
New Year					1	2	3	4	New Year		
	Jan	5	6	7	8	9	10	11			
	Jan	12	13	14	15	16	17	18			
	Jan	19	20	21	22	23	24	25			
Australia Day	Jan	26	27	28	29	30	31	1			
	Feb	2	3	4	5	6	7	8		Lysterfield Park	N Hart-Smith
	Feb	9	10	11	12	13	14	15	Valentine's Day		
	Feb	16	17	18	19	20	21	22			
	Feb	23	24	25	26	27	28	1		City Walk	J Walpole
	Mar	2	3	4	5	6	7	8			
Labour Day	Mar	9	10	11	12	13	14	15			
	Mar	16	17	18	19	20	21	22			
	Mar	23	24	25	26	27	28	29		Foster	P&N McLeod
	Apr	30	31	1	2	3	4	5	Day Sav Ends		
Easter	Apr	6	7	8	9	10	11	12	& Easter	Mordialloc	Liz Rand
	Apr	13	14	15	16	17	18	19			
Anzac Day	Apr	20	21	22	23	24	25	26	Anzac Day	Arthurs Seat	D Ashton
	Apr	27	28	29	30	1	2	3			
	May	4	5	6	7	8	9	10	Mother's Day		
	May	11	12	13	14	15	16	17			
	May	18	19	20	21	22	23	24		* * *	R Pugsley
	May	25	26	27	28	29	30	31			
King's B'day	Jun	1	2	3	4	5	6	7			
	Jun	8	9	10	11	12	13	14		* * *	
	Jun	15	16	17	18	19	20	21			
	Jun	22	23	24	25	26	27	28			
	Jul	29	30	1	2	3	4	5		* * *	J&J Isaac
	Jul	6	7	8	9	10	11	12			
	Jul	13	14	15	16	17	18	19			
	Jul	20	21	22	23	24	25	26		* * *	
	Jul	27	28	29	30	31	1	2			
	Aug	3	4	5	6	7	8	9			
	Aug	10	11	12	13	14	15	16		* * *	J Stewardson
	Aug	17	18	19	20	21	22	23			
	Aug	24	25	26	27	28	29	30			
	Sep	31	1	2	3	4	5	6	Father's Day		
	Sep	7	8	9	10	11	12	13		* * *	S Gilderdale
	Sep	14	15	16	17	18	19	20			
	Sep	21	22	23	24	25	26	27		* * *	W Le Get
	Sep	28	29	30	1	2	3	4	Day Sav		
	Oct	5	6	7	8	9	10	11		Anglesea	M&D Hooper
	Oct	12	13	14	15	16	17	18			
	Oct	19	20	21	22	23	24	25			
	Oct	26	27	28	29	30	31	1			
Cup Day	Nov	2	3	4	5	6	7	8			
	Nov	9	10	11	12	13	14	15	Rememb Day		
	Nov	16	17	18	19	20	21	22		* * *	L Symington
	Nov	23	24	25	26	27	28	29			
	Dec	30	1	2	3	4	5	6		* * *	
	Dec	7	8	9	10	11	12	13			
	Dec	14	15	16	17	18	19	20			
Christmas	Dec	21	22	23	24	25	26	27	Christmas		
	Dec	28	29	30	31						

31 = School Holidays = Bushwalks

11-Feb-26