



OLD SCOTCH
BUSHWALKING CLUB

Visit the bushwalking club's page on the OSCAnet website: www.oscanet.com.au. Click on 'Clubs' at the top of the home page, and then on 'Bushwalking Club'.

Old Scotch Bushwalking Club

Tracknotes

September 2020

Number 93

Remember when we used to:



As you will know, we have not had an OSBC walk since our very successful March weekend at Fish Creek.

The photo above is a reminder from March of what it was like out on the track, enjoying fresh air and blue skies. Remember that?

In this issue of *Tracknotes*, with no new walks to report on, we have collected reports from previous issues about our Great Ocean Walks.

We are all looking forward to when we can get together for walking and talking. For now, let's look back with affection on some of the walks of the past.

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Ten questions – Rhonda Hoelter

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

I joined the bushwalking club in 2012, so eight years.

How did you find out about the club?

Being a member of Koomerang Ski Club I knew of the club, but it was my friend Bea Moignard who suggested I join.

What are your links with Scotch College?

My late husband David was a boarder at Scotch. We were married in the Scotch Chapel and our two sons, Christopher and Richard, attended Scotch.

What is your dream walk within Australia?

My dreams are to continue walking in the Victorian High Plains – Falls Creek Trails, Mount Hotham to Feathertop and Mt Buffalo plateau. The scenery is stunning and you do feel on top of the world.

What is your dream walk overseas?

My dream walk has just been cancelled! I was to do a wilderness walk with my South African friends in the Kruger National Park in September. We had previously done a similar one in the Hluhluwe Game Reserve near KwaZulu-Natal, always walking with an armed ranger, just in case! The scenery is spectacular, and although it can be scary, it's very exciting.

What is your dream holiday in Australia or overseas?

Again my dreams have been shattered. In April this year I was going to stay in Cornwall for two weeks at Port Isaac (Doc Martin country) doing coastal walks, and also looking into some family history,

What are your hobbies and interests, other than bushwalking?

I play tennis and golf, I ski (if only the mountains were open) and I go to the gym. I love the theatre, and of course travel.



Rhonda Hoelter at Whistler in summer

What is/was your occupation?

I worked in the sharebroking industry and still enjoy keeping an interest in the market.

What football team do you barrack for?

Melbourne ... is there any other!

What is your favourite Melbourne restaurant?

My favourite restaurant is just a short way out of Melbourne in Beaconsfield, called O.MY. The name says it all! It's a small restaurant situated in a house, and has delicious food with amazing presentation. It's a great place for a special occasion.

Finding another use for a walking pole

A suburban fish and chip show owner used a walking pole to fight off would-be armed robbers, according to a report in the *Herald Sun*. The paper said that while working at his shop in The Basin, Sothea Thea was confronted by two men, one of whom was wielding a machete.

'We were almost at closing time,' Mr Thea said, 'and then these two masked men burst through the front door, and one of them had a big white bag and a machete. Another one had an army knife.'

He said he had his walking pole near the door. 'I did not pay attention. I heard they demanded something. I threw the stick at them and the stick hit the counter.' The would-be thieves fled.



'I chased them halfway up the road,' Mr Thea told the paper. He said he was very angry, and hoped the masked pair would soon be caught.



President's Tree-Stump



I have no idea of the date. It is September and I haven't even started my holidays for 2020. Didn't think I would ever be envious of people who have a job to go to. I think Christmas is coming as the blossom is appearing and the days are getting longer.

We had hoped for some limited walks during the Stage Three restrictions but then the restrictions increased to Stage Four and any plans of walking outside your circle have been crushed. But 5 kms allows a reasonable distance and variety especially for those of us who live near parks or rivers or the beach.

We still hope Mildura can happen. It is in Victoria and it is exercise. And I am a Pollyanna, always hoping for the best. John Moore has asked if you could please book your accommodation by September 7 2020 and advise him of your booking so he can keep a check on the numbers attending.

The Christmas Function has been booked for the Beaumaris Yacht Squadron on 13th December 2020 and they are looking forward to our event.

Special thanks to Norrie for your work on Tracknotes as David has had other challenges. This Tracknotes has

been produced in standard printable form, but distributed online as there were some COVID challenges in producing the paper distribution. Our December Tracknotes should be a return to the "normal" processes.

I am getting positive responses from my Staying Connected Newsletters. Thank you to all the contributors, and please keep the stories coming in.

Laurine Symington

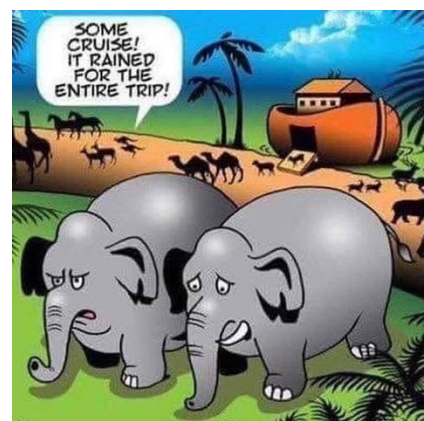
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Fast walking = healthy mind?



No disrespect intended towards the slower walkers in our club, but *Great Walks* magazine reports that a new study shows that fast walkers have 'healthier minds' compared to slower walkers. Researchers in a recent study performed gait-speed analysis on hundreds of middle-aged people, comparing the results with a range of physical and psychological measures.

The study revealed an average difference of 16 IQ points between the slowest and fastest walkers at the age of 45 (admittedly a different age group from that of our club members!). Those with a slower gait also scored less well in both physical exercises, such as hand-grip strength, and visual-motor coordination tests.



Tracknotes

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Our Great Ocean walks

Old Scotch on the Great Ocean Walks

Starting at Apollo Bay and finishing at the Twelve Apostles, the Great Ocean Walk shadows the iconic Great Ocean Road, presenting views of stunning coastal landscape. The full hike is over 100 kilometres over eight days. Further around near Portland and Bridgewater, and extending to the SA border is the Great South-West Walk.

The Old Scotch Bushwalking Club has tackled sections of these walks over the years. In this section the records of these walks from earlier issues of *Tracknotes* are reproduced.

- Cape Bridgewater, November 2003
- The Mahogany Walk, October 2005
- Shelly Beach, November 2008
- Aire River to Cape Otway, November 2009
- Aire River to Castle Cove, November 2011
- Aire River to Johanna Beach, March 2014

A GREAT south-west walk

Geoff Stephens

Thirty-eight walkers assembled in Port Fairy on Friday 14 November 2003, with the gentlepersons of leisure having a distinct advantage over the full day workers—and over Murray and Di Hooper, who also had half of Victoria to traverse.

Seacombe House offered us an eclectic mix of accommodation styles, showing us the changes in expectations from the 1840s to the present.

We actually set off on time for the Saturday walk, which was just as well, as we had a long day ahead of us. For once we seemed to get the car shuttle right, by following Norrie McLeod's rules.

On what was a very hot (39 degrees) day inland, our walk was tempered by a strong sea breeze throughout, and a timely cool change and tailwind to cool us off and get us back to the cars.

The clear blue skies presented us with views over beautiful blue waters of many hues, contrasting with the green fields inland. They also contrasted with the sculptured landscapes on the clifftops, landscapes much eroded by wind and rabbits.



In fact, the whole coastal walk was one of considerable contrasts. Tim Summons enlarged for us on the geology of the volcanic remnants, cliffs, caves and rock formations, and encouraged us to dispute the interpretation presented on the origins of the petrified forest.

The undoubted highlight was viewing a colony of Australian fur seals from a superb vantage point directly above them. This was just before we reached the highest clifftop in the state. It was great fun, except for those with vertigo.



Our Great Ocean walks

2003 continued

There was some dispute over the distance covered. Estimates varied from the advertised 15km to Graham Stanley's meticulously paced 20.48km. Officially, assisted by Layton's electronics, it was 18km.

A real highlight, as always, was the dinner on Saturday night at the Seacombe. In all, it was a most enjoyable evening, interspersed with updates on the All Blacks v Wallabies game, and a loud cheer at the result. No one owned to any Kiwi affiliation.

With a long drive home ahead, everyone opted for an easier stroll around Port Fairy and Griffith Island on the Sunday, enjoying the mutton bird burrows, lighthouse, beaches, port, fort, powder magazine and historic buildings. Our walkers were tempted but not sold on the live crays on offer. After a coffee or two, most headed home.



Our thanks to Peter and Jill Williams for organising a terrific weekend, and for the help they had from Neil and Norma.

Fun, sun, rain — and epic walks

Warrnambool, October 2005 – it was definitely a weekend to remember for the 35 of us who made the trek west for three days of great fun and plenty of walking.

We met and greeted on Friday morning at Warrnambool's Riverside Gardens Motor Inn as the grey clouds gathered, and set off for Koroit and a stroll along the heritage trail. Drizzle was falling, and weekend leader Geoff Stephens made the first of many good decisions – to avoid the rain and go to the local bakery for lunch instead. Down came the rain in buckets, as we sat back and watched it, enjoying home-made pies, pizza and cakes.

The rain largely held off during the afternoon, all the better to appreciate the sights and sounds of the Tower Hill volcanic crater. Koalas, kangas and emus were everywhere, and everyone enjoyed the fresh air, gentle sunshine and convivial conversation.



Tower Hill

That evening we were "Shipwrecked" but we loved it. "Shipwrecked" is a spectacular sound and light show at Warrnambool's Flagstaff Hill, recreating the wreck of the Loch Ard and the epic struggles of the only two survivors.



Geoff Stephens contemplates the group's next move as the rain buckets down in Koroit.

Saturday dawned fine and cool. It was the day of THE walk, and we braced ourselves for hikes of epic proportions. Geoff had organised the walkers into "A", "B" and "C" teams, according to the length of beach walk chosen: 22km (later to prove to be more like 26km, according to Graham Stanley's trusty pedometer), 17km and 11km.

A bus dropped us at the appropriate spots, and we were off. The sun shone and the sea sparkled. We had expected to encounter a clifftop walking track, but our forward scouts reported that it was either non-existent or very undulating – up and down sand dunes.

So a beach walk it was, and quite a challenging one, especially for the "A" team. The sand was soft, and the walk became rather a slog, with the pot of gold – the walk's end – seemingly always out of reach behind the next cove, the next bay and the next rocky outcrop. For the "A" team, it was proving to be one of the longest day walks the club has ever done ... 26.18km, or 32,725 steps, according to the pedometer.

Our Great Ocean walks

...Warrnambool continued

Shadows were lengthening as the walkers wearily finished their respective walks, but relief was at hand: a shower, a refreshing drink, followed by a delicious carvery meal at Proudfoot's Restaurant, with its scenic Hopkins River views.

Sunday was a little grey and drizzly as we packed up and headed east towards Colac, where we did a circuit of the beautiful lakeside botanical gardens. Then we descended en masse on the gardens cafe for soup, sandwiches and cakes.



At the gardens café.



The "B" team makes its way toward Warrnambool

It was a fantastic weekend – one of the best the club has ever embarked on, and full credit must go to Ian Marchment for putting it all together, Thanks, too, to Geoff Stephens for "managing" the walk in Ian's absence.

A wild, wet, wintry weekend

The Great Ocean Walk weekend (21 to 23 November 2008) had everything, when it came to climatic conditions, at least – everything short of a snowstorm – although that seemed quite possible at some stages of the weekend.

As the 35 walkers arrived in dribs and drabs on Friday evening, the mercury was struggling to make eight degrees – it was literally much colder than most July days in Melbourne. The wind roared, the waves crashed, the rain stung as it blew sideways into our faces.

But after a nourishing pub meal on Friday night and a hearty hot brekky on Saturday morning, we were ready to tackle anything – anything, that is, except the planned walk.



Our Great Ocean walks

As the rain pelted down, the planned 13 km walk from Blanket Bay to Shelly Beach was abandoned, and three shorter walks substituted – along part of the Shelly Beach/Elliot River track, then along the charming Mait's Rest track and finally to Marriner's Falls, which were flowing strongly. And the weather was comparatively kind – except for a brief, soaking hailstorm along the Marriner's Falls track.



Many thanks to Geoff Stephens and Peter Williams for organising a memorable weekend.



A superb home-cooked meal awaited us on Saturday night back at Skenes Creek Lodge, and an early night followed. In improved weather on Sunday, we enjoyed a marvellous 10 km walk along the Shelly Beach track – with the wind still blowing and the waves crashing – back to Apollo Bay and lunch before returning to check our rain gauges at home (29 mm at Camberwell over the weekend).



Our Great Ocean walks

Singers take to the bush

TOM GEDDES

Encouraged by our good friends Margaret and John Moore to join them for the weekend with the Old Scotch Bushwalking Club, Carol and I drove down to Skenes Creek to find a warm welcome from those who'd arrived earlier. A hearty dinner at the Apollo Bay Hotel was followed by coffee and hilarity with others on our return to the lodge.

Saturday's walk was to be a distance of 10km from Aire River to Cape Otway.

After a hearty breakfast and welcome from the friendly resident kookaburras and parrots, we met at the appointed hour to join the deliberations about car pooling. Having already caught up with fellow singers Wendy Bladon and Chris and Layton Moss, the arrival of past President David Ashton prompted us to think we were with the Hawthorn Sing Australia choir instead of the Old Scotch Bushwalking Club!



A suitable rocky outcrop provided a perfect spot to have our lunch and view the ocean before the group broke up into two parties, the hardier crew branching off along the soft sandy beach to visit Rainbow Falls, although it appears the spring which feeds the falls has for the moment dried up.

The less adventurous party proceeded at a fair pace for another hour or so, with several glimpses of the ocean and closer undergrowth. After finally sighting the lighthouse we reached a turnoff to a small cemetery with four headstones: those of infant children of former lighthouse keepers, and a trio who drowned in a shipwreck nearby.

Cool drinks and ice creams were the order of the day at the shop outside the entrance to the lighthouse precinct. An entry fee of \$15 per head didn't attract many takers. It wasn't long before the more intrepid group arrived and we once again visited the car-pooling arrangements! As a result the author was fortunate to enjoy a spirited drive back to Aire River car park in John Fairlie's Nissan 350Z sports car, which sure beat bushwalking!



Aire River

Setting out from the car park we initially plodded up a long soft sandy path before glimpsing a panoramic view of the coastline and the mouth of the Aire River. The forecast high temperature for Saturday was comfortably offset by a cool breeze from the sea. The enjoyable company we were sharing as we walked in open file, mixing around from time to time, was so absorbing that the task of noting undergrowth/vegetation and wildlife to enable me to write this report was suffering from neglect! However, we could hardly ignore the beautiful seascapes viewed from higher ground.



Back then to the lodge for a rest before drinks and nibbles in the room of our leader Peter and Jill Williams. With the lodge's dining room at our disposal a delicious spread of three main courses and lovely rich desserts undid all the good work of the walk!

Sunday morning started again with a full breakfast and, after packing up, a change of plans. Instead of Blanket Bay to Cape Otway it was decided we would visit the Mariner Falls, a short drive and walk inland from Apollo Bay, followed by a visit to the West Barwon Reservoir and a possible town walk in Forrest. Several members who had done the falls walk previously opted to do a portion of the Blanket Bay to Cape Otway walk, and left separately.



Our Great Ocean walks

The scenic drive to the falls was followed by a really beautiful walk through rainforest with huge tree ferns and a tall canopy above. There were many photo opportunities crossing rocky streams. The falls themselves provided an oasis from the dry terrain we had experienced during Saturday's nearby coastal walk.

We agreed to rejoin at the West Barwon Reservoir where some shady spots under the trees by the car park offered a welcome spot to enjoy lunch.

Relaxed from lunch it was time to move on, many opting to set off back home. For us it was the end of a lovely weekend and the beginning of what we are sure will be some most enjoyable bushwalks and great friendships in the future.



We thank Peter Williams for leading the group on this weekend walk, all the participants for making us so welcome, and Margaret and John Moore for inviting us to share the weekend with you all.

A weekend of contrasts

ANDREW GIBSON

The weekend away organised by Pam and Norrie McLeod (5 and 6 November 2011) included another section of the Great Ocean Walk; this time Aire River to Johanna Beach. Our base was to be the Twelve Apostles Motel and Country Retreat, located at the Twelve Apostles about 10km from Princetown.

Jane and I travelled down at leisure on the Friday afternoon, and only having recently returned from a long trip on the West Australian coast the scenery could not have been more different and contrasting. After Colac the route suggested by Norrie took us through rolling and lush green countryside with an abundance of beef and dairy cattle. In fact, I am sure we saw more cattle in 50km than we saw in the whole of the north of WA.

Being 21 in number we had booked out the whole of the motel for the two nights, which was very convenient for us. On arrival we were greeted by Mine Hostess, who was a formidable lady, and it later transpired she and her husband were previously in the police force.



However over the course of the weekend they proved to be genial and very good hosts. The accommodation was simple but comfortable.

On the Friday evening we travelled the short distance to Port Campbell for a get-together and meal at the local pub. This was a very enjoyable and convivial evening.



The calm before the heat

After a good breakfast and an excellent array of foods from which to make our packed lunch, we assembled for the 50km drive to the end of the walk at Johanna Beach. The weather at this stage was such that I was undecided whether to take a jumper. At Johanna Beach, Norrie had arranged a small bus to take us all to the start of the walk at Aire River.

Eighteen of us were walking, and we set off in eager anticipation. The walk was undulating and rated medium, with a distance of 12.5km. The first part of the walk was through coastal scrub and then along the cliff tops, with spectacular cliff and coastal views.

We descended to the beach for lunch but it was difficult to find a shady spot. In contrast to earlier



Our Great Ocean walks

Contrasts continued...

in the day when it was cool, the sun was now strong and so far, on the walk, there had been very little shade. The temperature had risen to the thirties and a lot of the party were struggling in the heat.

Shortly after lunch we arrived at the halfway point of Castle Cove, where the three non-walkers were waiting for us. After a discussion and a vote it was decided to halt the walk at that stage. For some of us the thought of the final part of the walk on the open beach in the sun and soft sand was not appealing.

After some car ferrying we adjourned to Lavers Hill where it was a relief to get some cold refreshment. After this revival Norrie took some of the party back to Castle Cove for a continuation of the walk for a kilometre or so and return, as the views past this point were outstanding.

On our return to the motel the inviting aroma of roast meat greeted us, whetting our appetites for the evening. The roast meal was very enjoyable, with plenty to eat and a variety of sweets to choose from. It was a good way to finish the day, and at the end of the meal our hosts offered us a complimentary glass of port.



Sunday turned out to be much cooler, and our walks for the morning were around Loch Ard Gorge. The walks enabled us to get close to the limestone cliffs and the effect on them of the ever-pounding waves. As testament to this, I last visited this area about four years ago and one of the attractions was the blowhole. This is now closed, presumably because the constant erosion of the cliffs has made this site unstable.

In spite of the hot weather curtailing the walk on Saturday, it was still an enjoyable weekend and the accommodation lent itself to conviviality. Our thanks go to Pam and Norrie for their organisation.

Finally – the conquest of Johanna Beach

MURRAY HOOPER

Our Johanna Beach weekend began on Friday night, 15 March, when 25 walkers assembled at our home away from home, the Twelve Apostles Motel, before heading off to Port Campbell for a tasty restaurant meal.

After breakfast and lunch preparations on Saturday morning at the motel, the walkers drove 50km to Johanna Beach, from where Norrie and Pam had judiciously organised a mini-bus to take us to the mouth of the Aire River, the start of our walk.

The club had attempted this walk some 18 months earlier, but the walk was abandoned because of hot weather. Weather conditions this time could hardly have been more different: it was cool, and light rain was falling as 22 of us set off, with a back-up team of three meeting us halfway at Castle Cove.



It was a steady climb up from the Aire River as we wound our way through the coastal scrub, finally emerging to enjoy the fantastic cliff-top views of rugged wild beaches. Barely disturbing a track-side echidna, we descended to lunch at an isolated cove where the sun shone on an idyllic setting and the waves crashed on the shore.

After lunch we climbed again to meet the road at Castle Cove. Layton replenished our water bottles (thank you, Layton), and 18 of us continued on the second half.



Our Great Ocean walks



No sooner had we started than the heavens opened, and the tracks became rivulets as we tested the water resistance of our boots and gear. The thunderstorm was short-lived, fortunately. We continued through the coastal scrub and windswept cliff-tops, passing through boot hygiene stations to control the spread of cinnamon fungus.

The final descent to Johanna Beach and a 2km endurance test through the soft sand brought us back to our cars. We headed back to the motel with the thought of hot showers firmly in the forefront of our minds.

The Twelve Apostles Motel is becoming quite a special venue for our club – this was our second visit. We really enjoy the unique atmosphere and ambience of this hostelry, tucked away as it is along a side road near one of Australia's iconic tourist attractions. Our hosts – both former police members – make us feel most welcome with their unique brand of hospitality.

After a hearty meal and plenty of enjoyable banter at dinner on Saturday night, most of us headed off for an early night to recharge the batteries for Sunday's walk.

Breakfast over and motel accounts settled, we drove 3km to Loch Ard Gorge, where the wind was blowing and the rain was drizzling. We looked in awe at the ocean views and marvelled at the rock formations, and then it was time to set off for home.

Our thanks to Norrie and Pam for organising a great weekend, and helping us to conquer – finally – another 12km of the Great Ocean Walk.

Sunday morning near Loch Ard Gorge.



David Ashton having trouble assembling his folding chair during the lunch break.



The club's 2020 program

The dates for our 2020 walks are final, but the location of nominated walks may need to be changed.

2020	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Feature	Walk (Proposed)	Leader
Public Hol.										
New Year			1	2	3	4	5	New Year		
Jan	6	7	8	9	10	11	12			
Jan	13	14	15	16	17	18	19		Beacon Cove	Le Get & Ward
Jan	20	21	22	23	24	25	26	Australia Day		
Australia Day	27	28	29	30	31	1	2		Williamstown	G&V Hemenstall
Feb	3	4	5	6	7	8	9			
Feb	10	11	12	13	14	15	16	Valentine's Day		
Feb	17	18	19	20	21	22	23			
Feb	24	25	26	27	28	29	1		Newport	I Hansen
Mar	2	3	4	5	6	7	8			
Mar	9	10	11	12	13	14	15		Fish Creek	D&M Hooper
Labour Day	16	17	18	19	20	21	22			
Mar	23	24	25	26	27	28	29		× × ×	× × ×
Mar	30	31	1	2	3	4	5	Day Save Ends		
Apr	6	7	8	9	10	11	12	Easter		
Easter	13	14	15	16	17	18	19		× × ×	× × ×
Anzac Day	20	21	22	23	24	25	26	Anzac Day		
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			
May	25	26	27	28	29	30	31		× × ×	× × ×
Jun	1	2	3	4	5	6	7			
Queen's B'day	8	9	10	11	12	13	14		× × ×	× × ×
Jun	15	16	17	18	19	20	21			
Jun	22	23	24	25	26	27	28		× × ×	× × ×
Jun	29	30	1	2	3	4	5			
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			
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		× × ×	× × ×
Sep	14	15	16	17	18	19	20			
Sep	21	22	23	24	25	26	27		Riddells Creek	R Piesse
Sep	28	29	30	1	2	3	4	Day Save Start		
Oct	5	6	7	8	9	10	11			
Oct	12	13	14	15	16	17	18		Mildura	John Moore
Oct	19	20	21	22	23	24	25			
Oct	26	27	28	29	30	31	1		Jells Park	J Stewardson
Cup Day	2	3	4	5	6	7	8			
Nov	9	10	11	12	13	14	15	Rememb Day	Fryers Rangers	R Piesse
Nov	16	17	18	19	20	21	22			
Nov	23	24	25	26	27	28	29		* * *	* * *
Dec	30	1	2	3	4	5	6			
Dec	7	8	9	10	11	12	13		* * *	T Morris
Dec	14	15	16	17	18	19	20			
Christmas	21	22	23	24	25	26	27	Christmas		
Dec	28	29	30	31						

31 = School Holidays = Bushwalks

18-Aug-20