



# Action Insight

Issue 146      Summer 2024

## **AOA welcomes the new year!**



## Action Outdoors Association Committee Members and Delegates

### **President**

Leanne Bolton    president@aoa.asn.au

### **Vice President**

Ann Worrall vicepresident@aoa.asn.au

### **Secretary**

Soozie Ross        secretary@aoa.asn.au

### **Treasurer**

Heather Patterson treasurer@aoa.asn.au

### **Membership Secretary**

Richard Jolly    membership@aoa.asn.au

### **Meetings Coordinator**

TBA                meetings@aoa.asn.au

### **Training and Safety Officer**

Vince Piper        training@aoa.asn.au

### **Website Manager**

Hugh Stickley    website@aoa.asn.au

### **Major Future Events Coordinator**

Shirley Watson   futureevnts@aoa.asn.au

### **Overall Trip Coordinator**

John Harley        TBA

## **For more information about AOA:**

Email -            info@aoa.asn.au

Website -    www.aoa.asn.au

### **Trip Coordinators**

Walks;;

Bob Philpott        walks@aoa.asn.au

Cycle;

Ken Bishop        cycling@aoa.asn.au

Paddling;

Vince Piper        paddles@aoa.asn.au

### **Equipment keeper**

Karen Haigh

### **Bibbulmun Track representative**

Des Cook    descook@iinet.net.au

### **Facebook Moderator**

Lorri Machen

### **Meeting Refreshments**

Michelle Bryan    tea@aoa.asn.au

### **Meeting Hall Attendant**

Kevin Russell

**Use the QR codes to  
access more info on  
AOA.**

Event Schedule Website

Facebook



# A Word From The President.



To all the Members,

Bringing in the new year doing what we love with people that fill our hearts. Here's to more travel and adventure for 2024!

Happy New Year, may it be everything that you want it to be...

With the start of 2024 I can feel a renewed enthusiasm and motivation within the club.

It is wonderful to see more events and camps listed on the website. Thank you for all the leaders who have listed events. A special thanks to Shirley for continuing the planning for future camps, for leaders who have put up their hands to run the camps and to the people who have added additional camps.

Ann Worrall would like to start a group for 'standup paddle,' so if you are interested, please contact Ann. Wonderful idea.

If you would like to lead an event and a little unsure of the procedure, please contact one of our coordinators.

We hope to continue our monthly members meetings on the 2nd Tuesday of each month.

Thank you to Richard Jolly who is stepping down as our Meetings Coordinator, he has done a wonderful job. We are looking for a new coordinator, but in the meantime, committee members are going to step in and run the meetings. With all the renewed energy in the club, if you have any fresh ideas for the meetings, please contact a committee member.

Welcome to our new members.... as we continue to encourage new active members of all age groups to join this wonderful club

I look forward to seeing you at the Presidents BBQ or another event soon.

Leanne Bolton

President

Action Outdoors Association

Mob. 0419 246 123



# Orphans Bike Ride

Christmas is a time for families to get together, enjoy the reconnection and exchange pleasantries . For some however, there is no family or perhaps not able to spend these quality times with on Christmas day for some reason.

AOA has many such members so an initiative of one of our long term member ,Natalie Penn, was to put on an annual AOA Christmas day get together where members can enjoy a bike ride followed by a luncheon at a shady park.

With thanks to Natalie who gives members the opportunity to share Christmas with the company of others





# Christmas in The Park

Author Michelle Bryan

## Christmas Brunch

We had a fantastic AOA Annual Xmas in the park organised by Michelle Bryan. The weather was gorgeous and there was lots of food and good company. There was a great turnout of 68 members dressed in their finest Christmas outfits. Anne-Marie Phillips organised the Stealing Santa in which 20 members participated with many presents stolen, especially the Christmas cake being stolen many times





# AOA New Years Camp 2023-24

This years New Years Camp was held at the ideal location of Kalgan River Caravan Park (just north of Albany). Members accommodation was varied and suited to all types of preferences. Some were in shared cottages, tents, caravans, motor homes ect but all got together for 5.00pm sundowner drinks followed by social gatherings to exchange stories or play games etc

Great thanks to Shirley Watson for being the camp organizer for this event. It is, sometimes, a difficult task to undertake and much time and consideration is required to satisfy, as best as one can, the needs of members.

So many activities were held at the camp which saw members going for lengthy bush walks, bike rides, kayaking or walks.

AOA members seem to enjoy making fools of themselves so this year was no exception.

Kite flying, golf (which very few are even mildly capable of) and a dress up for New Years Eve.

## Quiz night



Andrew "quiz master" Gaw.  
Well done.



Ann-Marie Phillips wins!!!



Drinks with Ruby??



Quiz night - Francis "scorer" Philips in attendance



# New Years Camp 2023-24 Activities

## Kite Flying Extravaganza

One of Sally`s crazy activities which was enjoyed by many and entertained not only us but the other patrons of the caravan park.



Pamela has success!! Briefly, "I've had enough" she is heard to mutter



Others had better results



Sally and the Dragonfly



Lil is all about the looks

A cast of onlookers

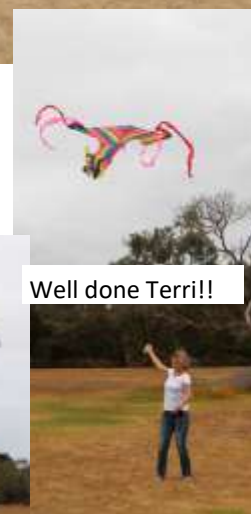


Peter entertained us with his dual string kite

A windy day made it tough going but, those with persistence, got their kites up - albeit for brief periods at least.



Les managed to keep his kite in the air despite losing some



Well done Terri!!



# Golf at the camp

An impromptu game of golf was played (im not sure the phrase “played” truly describes the golfing efficiency of most of our members - maybe the term “*swung a stick around the heads and aimed for a little white ball in the vain attempt to make it go in a forward trajectory*” would be more suited). No prizes, no strict rules except “have fun”.





# New Years Theme “Feathers & Lights”

The theme for this years new years eve was “Feathers and Lights” As you see by the accompanying images, members excelled in the theme. We certainly got the attention of the other caravan park patrons



# New Years Camp 2023-24 Activities



Shirley Hammers it home





# Nostalgia time

From the search for material for AOA 40th celebration came a massive pile of nostalgic information.

Below is a snippet of them with more snippets to follow in coming magazines

## ADVERTISEMENT FOR MEMBERS ACTION OUTDOORS ASSOCIATION INC

DEC 84 / JAN 85

CANOEING along pristine waterways, HIKING along coastal cliffs with a redolent sunset, PHOTOGRAPHING flocks of waders over a misty dawn lake, ABSEILING over precipices or into solution tubes, worming your way along passages to the geological splendours of silent caverns, CYCLE TOURING through the towering karris, the tranquillity of BALLOONING over patchwork fields by the cool of daybreak; NATURALIST HIKES to Dryandra observing numbats, mallee fowl and woylies, practicing CLIFF RESCUES, swishing the crisp SNOWFIELDS of N.Z., SCUBA DIVING over reefs, WADING on your hands and knees through rushes in search of swamphearts' nests, NAVIGATING on an exploratory hike, chalking fingers in cracks on a ROCKCLIMB, tramping into the sulphurous jungle of a BALINESE VOLCANO, learning FIELD CRAFT on a bush survival camp, thousands of nest eggs up island cliffs, high FLYING FOXES over waterfall and quarry lake, WALKING over immense dunes engulfing a tuart forest, PARASAILING over Perth waters, the adrenalin on your first PARACHUTE JUMP, HORSERIDING through the Darling Scarp, the lunch stop by the secluded forest waterfall, the snaking river below from a HIMALAYAN RIDGE, HANGGLIDING over grassy knolls, WINDSURFING across Swan waters, dipping your feet in a rockpool, SURFCATting on a breezy summers day, the boisterous COMARADERIE around a CAMPFIRE, the philosophical ramble on a NIGHTWALK, VOLLEYBALL on the beach, the raucous chuckles from a club SLIDE SESSION, the midweek outings to CULTURAL EVENTS and MUCH MORE.

Daydreams? No more! We'll take you there and teach you how. There are lessons for beginners in abseiling, canoeing, bush navigation and survival, orienteering, rockclimbing, sailing, scuba diving, hanggliding and windsurfing.

ACTION OUTDOORS - promoting adventurous outdoor activities, an interest and documentation of the environment; educating and training and encouraging outdoor skills, leadership and understanding of nature; promoting camaraderie.

ACTION OUTDOORS is affiliated with the CONSERVATION COUNCIL of W.A.

ACTION OUTDOORS providing 3-5 activities every weekend.

ACTION INSIGHT - W.A.'s outdoor magazine produced by ACTION OUTDOORS, includes the seasonal schedule, articles on trips in W.A. for the enthusiast and the best medium for contributors and advertisers.

ACTION OUTDOORS - one of Australia's most dynamic group of young or active people, 200 strong (Jan 85) and growing.

ACTION OUTDOORS - for the naturalist, the venturesome and for those who simply love nature's outdoors.

From March 1985 ACTION OUTDOORS will meet on the 3rd Wednesday of the month at 7.30pm Naturalists' Hall, 63 Meriwa St Nedlands. (February meeting at 7.30pm Tuesday 12th Uniting Church Hall, corner Derby & Onslow Rds, Shenton Park)

Membership is open to all, 12 years old and above. Fees are \$12 p.a. for adults and \$8 p.a. for juniors (12-17). Subscription to ACTION INSIGHT for non-members and organisations is \$6 p.a. or \$10 for two years.

For membership forms, excursions outline, notes for members and general inquiries contact the Secretary Rick Brook on 381 2191 a/h or the Assistant Secretary Lyn Perini on 381 2405 a/h.

Alternatively write to Action Outdoors, P.O. Box 285 Nedlands 6009 and include a large self addressed and stamped envelope.

# Nostalgia time

Activities we did way back in 1985.

## List of AOA Activities

Abseiling and Rock Climbing  
Archery  
Artists Retreat  
Bird Watching  
Boules  
Bushwalking (On and Off Track, Sunset)  
Cable Water Skiing  
Camel Riding  
Canoeing/Paddling (inc Moonlight)  
Car Rally  
Caving  
Crabbing  
Croquet  
Cycling (Road, Mountain Bike Rides, Night Rides)  
Dancing (Bush Dancing, Ceroc)  
Fishing  
Fun Run  
Golf (inc Botanic)  
Hill Sliding  
Horse Riding (inc Twilight Horse riding)  
Ice Skating  
Kayaking (Sea)  
Jet Skiing  
Lawn Bowls  
Meditation  
Orienteering  
Parasailing  
Prawning  
Rock Climbing (and Abseiling)  
Rogaining  
Running (Fun Run)  
Sailing (inc Topper Sailing)  
Spot Lighting  
Star Gazing  
Surfcatting  
Tennis  
Tubing  
Walking (Beach, Suburbs, Orchid Hunt, Daffodil Hunt, Sanctuary Guided Night Walk, Mystery)  
Waterskiing (Cable Water Skiing)  
White Water Rafting  
Windsurfing  
Yoga  
4 Wheel Drive

## Other

Bibbulmun Track Maintenance  
Brewery Visit  
Courses (Orienteering, Sailing, Canoeing, Abseiling, Tenting/Cooking, Bushcraft, Navigation, Bush Poetry,  
First Aid, Towing a Trailer, Bike Maintenance, Taking Photographs, Kayak Rolling, Canadian Canoes)  
Prison Tunnel Tour  
Q-Zar  
Tree Planting  
Wine Tasting  
10 Pin Bowling



# Nostalgia time

MAGAZINE 90

MARCH/APRIL/MAY  
2006

Page 14

Action Insignia

## From The Archives: *The Essential Bushwalker's Dictionary*

**BACKPACK** Group of slow walkers always lagging behind on bushwalks

**BOOTS** Heavy weights attached to the feet of experienced bushwalkers to allow the slow walkers to catch up

**BILLY TEA** Lukewarm water with dirt, charcoal, flies, milk and two sugars

**BLISTERS** Useful navigation aids indicating distance walked

**BUSH FIRE** Last night's camp fire

**BUSH NAVIGATION** The art of convincing the rest of the group that you are not lost - just exploring new territory

**BUSH SURVIVAL** Large tent with three rooms, carpet, air-conditioning and gas rotisserie

**CAMERA** Equipment used for transforming large, grandiose mountain peaks into insignificant dots on the horizon

**CAMPFIRE** Three telephone directories, two copies of *The Sunday Times*, two packets of fire lighters, a gallon of petrol, pencils, wooden tent pegs, fence posts, railway sleepers, a wooden bench, three karri trees and two telegraph poles but only one match

**COMPASS** Device indicating magnetic north which varies from "northish" to sort of north, east, west and even south depending on position of watch, belt, buckle, camera, billy and other local magnetic phenomenon

**CREEK** Archaeological records reveal the existence of water in pre-stoneage times

**DAMPER** Flour and the four ancient elements needed to create life; water, fire, earth and air

**FIRST AID** See water bottle

**LEADERSHIP** Best summed up by the acronym

C onfuse  
O bscurer  
M umble  
M ystify  
A bbreviate  
N asalise  
D rool

**MAP** Detailed diagram of the area adjacent to the one you're lost in

**MUSIC** Bush folklore is full of stirring tunes to which everyone knows the tune, half the chorus and none of the verses, except some smartass who knows the Queensland version but is tone deaf

**RIVER** Large liquid obstruction two feet wider than you can jump

**SUN HAT** Optimist's headgear mainly used to keep the rain off

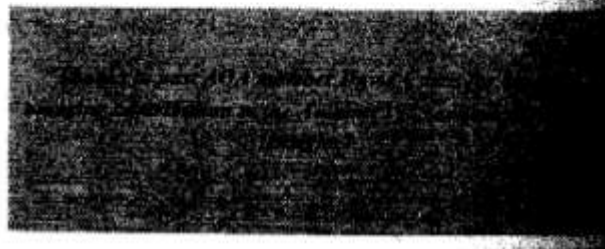
**SWISS ARMY KNIFE** Useful device for nail manicure, removing boy scouts from horse's hooves, eating Chinese food, and the top of the range model has a blade for cutting things

**TENT** Apparatus for collecting large amounts of water and transferring it to sleeping bag. Also used to keep flies and insects in so they don't get out into the fresh air and annoy bushwalkers

**WATER BOTTLE** Storage device for alcoholic beverages only (medicinal purposes)

**WET WEATHER GEAR** Heavyduty clothing that, if carried, effectively prevents rain

**Z-Z-Z-Z-Z** Effective state of a bushwalker at work the following day



# Nostalgia time

## *You know you're a bushwalker when:*

- ☐ You know the size and weight of every tent on the market.
- ☐ You have even considered cutting off the handle from your toothbrush.
- ☐ You are confident you actually understand what scroggin is.
- ☐ You start planning the family holiday around walks, and vice versa.
- ☐ You only drink wine from the bladders.
- ☐ You're tempted to look for a bush when there's a long line at the public toilet.
- ☐ You don't recognise your friends with their street cloths on.
- ☐ You postpone your wedding because it will interfere with your walking program.
- ☐ Your feet look better without toenails.
- ☐ You don't care that Janet is late *again*.
- ☐ Peeing in the toilet seems unreal.
- ☐ You start considering your next holiday on the merit of its walking only.
- ☐ The first thing you consider when looking at new clothes is weight.
- ☐ The second thing is if the colours are bright, and/or clash, enough.
- ☐ You go up and down Jacob's Ladder just for the fun of it.

Extract from Langana magazine (modified)

### Having a Party ?

**FREE**

No obligation  
consultation.  
With one of  
Perth's most  
experienced  
and qualified  
Disc Jockeys.  
Speak to  
the man who  
gets married  
nearly every  
weekend.

**Perth's Mr Dj**

**ROBERT GIOMETTI**

*Comperes to*  
*Bridal Expo 92,93,94*  
*Catering & Hospitality Expo 94,95,96*  
*Disc Jockey To*  
*Police Games 1993*  
*Variety Club Bash 1994*  
*& some of Perth's Best Weddings*  
*Referred by Perth's More Exclusive Venues*

**0418 919 665**

or 314 - 1196

10 % Discount to AOA Members



# Gnarabup Camp

Author Anne-Marie Regan



We had a friendly and fun time at Gnarabup, organised by Rosemary Mero. We were blessed with perrrrfect weather, although the wind in the early mornings when swimming was challenging to say the least! After the early morning dip, we needed to thaw out and revived with a coffee and sometimes cake or two from the café

We were a small group but there were lots of varied and exciting activities. Some of these were walking along the gorgeous coastline and parts of the Bibbulmun Track



Those that took to their bikes were treated to the picturesque Heritage Rail Track through the forest to Coweramup and Witchcliffe, where unfortunately a puncture in the middle of the forest slowed Rosemary down.

A second day of cycling saw us leave from Gnarabup via Margaret River to Witchcliffe following the Wandi Track and then on to the Berry Farm, stopping at the Berry Farm for a delicious lunches ending up at Witchcliffe for some manic retail therapy

Others preferred to kayak and standup paddle board up the beautiful Margaret River for about 8 km return. The river was full of water as the sandbar had been closed for a while this allowed the intrepid explorers to paddle through a spooky paperbark forest flooded with water.

The second paddle was a 10 km paddle around Colourpatch, Augusta towards the mouth of the Blackwood River and across to the magnificent Swan Lake. It was filled with waterbirds and fish darting about underneath our watercraft. Morning tea caused some angst as we sunk deeper into the quick sand and mud as we attempt to reach shore. A bonus was sighting the rays and a show of nervous rays performing a frenzy on top of the water.



## ***Night Cycle on Rottnest***

Days on Rottnest Island are so magical. We walk, we cycle, we swim, we snorkel. Back to base at the end of the day, we rinse off the sand and salt and sunscreen. Flushed from the rigours of our day in the sun we come together to eat, drink, and reflect on the day's adventures. But can we rally for just one more?

I proposed a night ride to Wadjemup Lighthouse after dinner and a chance to watch the moon rise. Seven of us thought it was a good idea. Others were wary. They felt a mishap was easy enough in daylight without the added challenge of dodging quokkas at night. Very sensible.



Finding our way was easy. We cycled towards the big flashing light. The pace was measured and steady in the darkness. The night was balmy and quiet. We climbed the final ascent to the base of the lighthouse and settled in to wait for the moon rise at 9.19pm. We had an hour to kill. Bev, our very own Rottnest guide, shared lots of interesting information about the lighthouse and the neighbouring Battery Observation Post lit up like a tiny castle. Gazing up from under the lighthouse we could see the rotating beams of light. It was a new and interesting perspective, not enjoyed during the day. It prompted a lively discussion and speculation about the way the light and glass panels functioned. We had no clue about the subject but still had lots of 'expert' opinions. The debate raged, all to the detriment of those who just wanted some peace to

enjoy the surroundings and quietly gaze at the stars.

Right on time the moon loomed low on the horizon, a muted orange glow, a mysterious orb. We watched it rise and the colour became more intense. A lunar delight!

We set off back to Georgie Bay and Rosemary developed a problem with her e-bike, no power. So, resorting to old fashioned pedal power, we walked up the hills and coasted down the other side. The slower pace was quite nice and the moon reflection in the salt lakes was a splendid sight.

Everyone returned safely. No quokkas were harmed. A very successful venture.

PS .... Rosemary reported her bike problems next morning to the bike hire shop. She highlighted her dilemma of getting caught out in the middle of the island at night. She was told we're not allowed to cycle at night. Oops! Will we do it again? Definitely!



***Jo Charles***





# AOA – FUTURE CAMPS

With so many camps being planned for the year 2024 an initiative has been introduced to put them in a calendar format so you can plan your years movements

| Camp                                       | Date From                                   | Date To  | No. of Nights | Location   | Facilitator                      | Status  |
|--|---|--|---------------|--|----------------------------------|---|
| Easter 2024                                | Thursday<br>28/03/2024                      | Tuesday<br>02/04/24  | 5             | Prevelly Caravan Park  | Required                         | Member's booking and cancellation deadline 08/02/24                         |
| Granite Outcrops of the Wheatbelt          | Friday<br>03/05/2024                        | Monday<br>06/05/2024   | 3             | Cunderdin Caravan Park   | Nikki Sullivan                   | Independent camp (so need to book accommodation yourself)                   |
| Xmas in July 2024                          | Friday<br>19/07/2024                        | Monday<br>22/7/2024  | 3             | Jarrah Forest Lodge, Dwell-ingup   | Required                         | Member's booking and cancellation deadline 31/05/24                         |
| Sept Long W/end 2024                       | Friday<br>20/09/2024                        | Tuesday<br>24/09/2024  | 4             | Bridgetown Caravan Park  | Required                         | Member's booking and cancellation deadline 02/08/24                         |
| Wongan Hills - Reynoldson Reserve Festival | Friday<br>01/11/2024<br>(to be confirmed)   | Sunday<br>03/11/2024<br>or Monday<br>04/11/2024<br>(to be confirmed) | 2 or 3        | Wongan Hills Caravan Park  | Tillie Sanderson                 | Watch this space  |
| Pemberton / Logue Brook Dam (near Harvey)  | Thursday<br>07/11/2024<br>(to be confirmed) | Sunday<br>17/11/2024<br>(to be confirmed)                            | 10            | Pemberton Caravan Park (7th to 12th Nov.) / Lake Brockman Tourist Park (12th to 17th Nov.) | Peter Adams / Deb Gavlak         | Independent camp (so need to book accommodation yourself)                   |
| Gnarabup                                   | Thursday<br>05/12/2023                      | Monday<br>09/12/2023   | 4             | SurfPoint Resort at Prevelly   | Suzanne Fielding / Celeste Saxon | Watch this space  |
| Xmas Camp 2024                             | Thursday<br>26/12/2024                      | Thursday<br>02/01/2025   | 7             | Dunsborough Lakes Caravan Park   | Heather Pattison                 | Watch this space  |
| Easter 2025                                | Thursday<br>17/04/25                        | Saturday<br>26/04/2025   | 9             | Kalbarri Tudor Holiday Park  | Required                         | Member's booking and cancellation deadline 27/02/2025 (will be posted soon) |

Some of these camps are requiring a leader for them. If you're up for the responsibility please get in touch with Shirley

Below are tables which explain the definition of the trips grading.

This is an essential element to planning which trips are suitable for you. And also is a valuable tool so the trip leader can accurately select the difficulty level of the trip.

As a member who lists the trip you should strictly adhere to the trip difficulty level.

As a club member that wants to participate in the trip you should take consideration of the trip difficulty level and make an assessment of your ability to accommodate the difficulty level.

If your level of fitness is not up to the difficulty level PLEASE do not attend the trip - your lack of ability will spoil the trip for the others


## HIKING TRIPS – AOA GRADES

| Grading     | Distance      | Walking Time   | Route & Terrain   | Other Factors   |
|-------------|---------------|----------------|---|---|
| Easy        | 7- 12km       | 2 – 3 hrs      | Paths & Tracks<br>Mostly flat to gentle slopes<br>Most Urban Walks  | Other factors which may elevate the selected hike grading:<br>Hiking Pace<br>Cumulative Elevation Ascended<br>Ground Conditions<br>Sand/Gravel/Mud/Rock<br>Weather Conditions<br>Heat/Rain/Wind<br>Route Obstacles<br>Water Crossings<br>Rock Hopping<br>Rock Ledges<br>Bush Density<br>Hike Duration (days)<br>Pack Weight |
| Easy-Medium | 10 - 16km     | 4 – 6 hrs      | Paths & Tracks<br>Mild hills  |   |
| Medium      | 12 - 20km     | 4 – 8 hrs      | Tracks & some cross country<br>Undulating & possible steep hills<br>Some uneven ground conditions<br>Basic navigation skills required                     |   |
| Medium-Hard | 12 - 20km/day | 6 – 8 hrs/day  | Tracks & cross country<br>Undulating & possible steep hills<br>Uneven ground conditions<br>Possible overnight backpack<br>Good navigation skills required |   |
| Hard        | Over 20km/day | 6 - 10 hrs/day | Tracks & cross country<br>Undulating & possible steep hills<br>Uneven ground conditions<br>Overnight backpack<br>Advanced navigation skills required      |   |






## ROAD CYCLING TRIPS – AOA GRADES

| Grading     | Distance  | Pace                                | Route & Terrain   | Other Factors  |
|-------------|-----------|-------------------------------------|---|--|
| Easy        | 18 - 30km | 12-15 km/h<br>Frequent Regrouping   | Sealed Roads & Pathways<br>Mostly flat to gentle slopes | Other factors which may elevate the selected cycle grading:<br>Severity of Hills<br>Cycling Pace<br>Weather Conditions<br>Wind/Rain/Heat<br>Route Obstacles<br>Pavement Surface<br>Traffic<br>Junctions<br>Pedestrians<br>Pannier Load<br>Night Cycling<br> |
| Easy-Medium | 25 - 50km | 15-20 km/h<br>Occasional Regrouping | Sealed Roads & Pathways<br>Possible hills               |  |
| Medium      | 40 - 70km | 20-25 km/h<br>Some Regrouping       | Sealed Roads & Pathways<br>Hilly sections               |  |
| Medium-Hard | 60 - 90km | 25-30 km/h<br>Limited Regrouping    | Sealed Roads & Pathways<br>Hilly sections               |  |
| Hard        | Over 90km | 25-30 km/h<br>Limited Regrouping    | Sealed Roads & Pathways<br>Hilly sections               |  |

## MOUNTAIN BIKING TRIPS – AOA GRADES

| Grading     | Distance  | Cycling Time | Route & Terrain  | Other Factors  |
|-------------|-----------|--------------|--|--|
| Easy        | 10 - 20km | 1 - 2 hrs    | Unsealed Roads & Tracks<br>Mostly flat to shallow slopes<br>Mostly firm surfaces                               | Other factors which may elevate the selected biking grade:<br>Severity of Hills<br>Technical Skills Required<br>Track Type<br>single/double/roadway<br>Track Conditions<br>Sand/Gravel/Mud/Rock<br>Roots/Rocks/Gullies<br>Corrugations<br>Weather Conditions<br>Wind/Rain/Heat<br>Biking Pace<br>Pannier Load<br>Specific Technical Trail Rides<br> |
| Easy-Medium | 10 - 30km | 1 - 3 hrs    | Unsealed Roads & Tracks<br>Possible hills<br>Some soft surfaces  |  |
| Medium      | 10 - 45km | 2 - 4 hrs    | Unsealed Roads & Tracks<br>Possible steep hills<br>Some technical skills required                              |  |
| Medium-Hard | 10 - 60km | 2 - 6 hrs    | Unsealed Roads & Tracks<br>Hilly sections<br>Good technical skills required<br>Possible overnight pack camping |  |
| Hard        | Over 50km | 5 - 10 hrs   | Unsealed Roads & Tracks<br>Hilly sections<br>Good technical skills required<br>Possible overnight pack camping |  |

## KAYAKING TRIPS – AOA GRADES

| Grading     | Distance  | Paddling Time | River/Estuary Conditions   | Ocean Conditions   | Other Factors  |
|-------------|-----------|---------------|--|--|--|
| Easy        | 6 - 12km  | 1 - 2 hrs     | Mostly protected inland waters<br>Calm to small wind waves<br>No rocks or snags  | Not Applicable   | Other factors which may elevate the selected kayaking grading:<br>Severity of Water Obstructions<br>River Conditions<br>Flow Stage<br>Waves/<br>Currents/<br>Eddies<br>Wind<br>Rocks/Logs<br>Access points<br>Ocean Conditions<br>Swell<br>Wind<br>Currents & Surges<br>Rocks<br>Access points<br>Kayaking Pace<br>Specific Technical Skills |
| Easy-Medium | 10 - 20km | 2 - 4 hrs     | Less protected inland waters<br>Flat paddling or running water<br>Possible Grade 1 rapids<br>Basic kayaking experience required  | Not Applicable   |  |
| Medium      | 10 - 25km | 2 - 5 hrs     | Fast water sections, gradual bends<br>Some tree & blocking rocks<br>Possible Grade 1-2 rapids<br>Good paddling & rescue skills required                                | Sheltered coastal waters<br>Ocean shoreline < 500m<br>Good paddling & rescue skills required   |  |
| Medium-Hard | 10 - 30km | 2 - 6 hrs     | Fast broken water, strong eddies<br>Passage difficult to recognise<br>Possible Grade 1-3 rapids<br>Advanced paddling & rescue skills required                          | Unsheltered coastal water sections<br>Ocean shoreline mostly < 1km<br>Surf < 1m<br>Possible surf entries & exits<br>Advanced paddling & rescue skills required |  |
| Hard        | 10 - 30km | 2 - 8 hrs     | Fast running water, dangerous rocks<br>Possible Grade 1-3 rapids<br>Powerful standing waves & chutes<br><a href="#">Superior paddling &amp; rescue skills required</a> | Unsheltered coastal waters<br>Ocean shoreline < 5km<br>Surf > 1m<br>Likely surf entries & exits<br>Superior paddling & rescue skills required                  |  |





# First Aid / Safety / Training



## Have you got your ID pouch ?

An initiative from last years committee was to have available for all AOA club members current and emerging a watertight Identification pouch. An A5 sheet was designed to have all your essential information displayed visibly with a fold in portion to have all discreet information recorded.

It is visioned that club members have with them on events this ID pouch should any emergency occur and first aid is required.

If you have not got yours already please make contact with one of the committee members to get one.

## Have you got a basic first aid kit with you on events?

No-one plans to have an injury so it makes sense to have one as an addition to your backpack, cycle bag or kayak.

A member of our club (name withheld) was in a remote location, on his own, had a fall and badly injured his hand. They did not have a first aid kit with them. Fortunately some other walkers were close by and helped out.

The injury required medical attention and 7 stitches.



## **EMERGENCY APPS FOR YOUR PHONE**

**Note : to call 000, all mobile apps need mobile coverage**

To assist people in an emergency in WA, there are two, commonly used, free, emergency apps that are recommended to be downloaded to your mobile phone, Namely:

- St Johns WA - “First Responder App” and “Emergency Plus App”

### **St Johns - First Responder App**

offers the following features for WA only ;

- Dial 000 (sends emergency call to operator with your GPS coordinates)
- First Aid Tool Box (provides DRSABCD Action Plan and CPR timer)
- Medical Centres nearby (map shows nearby medical centres and gives directions)
- Defibrillators nearby (shows map and directions)
- First responder (invites registered first aid people to assist at nearby incidents)



The first time you download & run the app you will need an internet connection, then it is recommended that you display all screens of the app, including “First Aid Toolbox”, medical Centres Nearby and Defibrillators Nearby. At this point, the app will fetch the updates for all these features and store that information on your device. Later, if you are in a remote area without internet (mobile) access, you will still be able to use these features. It is recommended that the app is activated prior to going on a remote trip

The features which require mobile coverage and internet access are;

- Dial 000 (needs mobile coverage)
- Dial 000 automatic GPS locator (needs internet)
- First Responder (needs internet)

### **Emergency Plus App**

The Emergency Plus App works Australia wide but only where you have mobile coverage. The App provides the option to call either 000, The SES (natural disasters & emergency) or the police assistance line, so non-emergency calls are made to the most appropriate number. No first aid advice, medical centre or defibrillator location data are provided.

The app uses a mobile phones GPS functionality and “**what3 words**”, so callers can provide emergency call-takers with their location information as determined by their smart phone. This needs to be read from your mobile verbally to the operator





# ACTION OUTDOORS ASSOCIATION — APPLICATION FOR MEMBERSHIP



Membership of Action Outdoors Association is available to all persons over the age of 18 years. People under 18 years of age and pets are not permitted on AOA events.

The objects of Action Outdoors Association are to:

- Provide outdoor adventure activities on a non-commercial basis, facilitated by volunteers, for adults who accept responsibility for their own safety and well-being
- Foster friendship amongst those interested in the above
- Encourage interest in the environment, its flora and fauna
- Encourage members to participate safely in outdoor adventure activities
- Promote all acts conducive to the above, e.g. healthy lifestyle, camping trips, social interaction, first aid courses etc

|   |                              |
|---|------------------------------|
| Name of Applicant: First name _____ Last Name _____   |                              |
| Address: _____ Postcode _____   |                              |
| Contact Phone number: _____ Email (Private preferred): _____  |                              |
| Male <input type="checkbox"/> Female <input type="checkbox"/> Other <input type="checkbox"/>  | Date of Birth ____/____/____ |
| Do you possess a current First Aid Qualification: No / Yes If so, its expiry date is: _____   |                              |
| Areas you would be happy to assist: Facilitate activities <input type="checkbox"/> Committee <input type="checkbox"/> WebMaster (IT) <input type="checkbox"/>   |                              |
| Emergency Contact: Name _____ Relationship _____  |                              |
| Emergency Contact Phone number _____ Address _____  |                              |
| Have you been a member of Action Outdoors Association in the last three years? Yes / No   |                              |
| Applicants who have not been a member in the previous three years must have their application endorsed by two different trip facilitators.  |                              |
| Description of Activity 1: _____ Date: _____  |                              |
| Trip facilitator endorsement: Name _____ (Office use only: Verified Y/N)  |                              |
| Description of Activity 2: _____ Date: _____  |                              |
| Trip facilitator endorsement: Name _____ (Office use only: Verified Y/N)  |                              |
| Where did you hear about AOA? Website <input type="checkbox"/> Magazine <input type="checkbox"/> Newspaper <input type="checkbox"/> Facebook <input type="checkbox"/> Recommendation <input type="checkbox"/> |                              |
| Recommended by AOA member _____ Other _____   |                              |

## Membership and Fees:

Fee — \$30 pa irrespective of joining date; that is, there is no pro-rata fee Period —

Membership valid from 1/7 to 30/6

**Preferred method of payment — EFT : BSB 036-009 Acc 163847 — NOTE: please use your name and, as a reference, the membership number you received by email.**

Alternatively, payment can be made by providing cash to the Treasurer.

### **Members undertaking**

I support the objectives of Action Outdoors Association. I will abide by its Constitution, rules, and etiquette policies. (To obtain these documents: Log on to AOA's member's site using your temporary log on ID. Click on "Club Information" from the list of options on the left-hand side of the screen. Then choose from the next level menu of options "Club Rules", or "Club Constitution", or "Guidance / Etiquette").

I acknowledge that AOA activities may be dangerous and are coordinated by untrained volunteers. I understand that participating in activities may expose me to hazards and risks that could lead to injury, illness or death; or loss or damage to my property. I will only participate in activities within my medical and physical capabilities and skills. I will carry appropriate food, water and safety equipment applicable for the activity. Before participating in an activity, I will consider the risks and potential hazards, and I will take appropriate precautionary measures.

I accept all responsibility for loss of property or bodily injury to myself while participating in an AOA activity.

I understand and accept the member's responsibilities contained in Schedule 1 of the Constitution. I will:

- Be respectful and cooperative to other members and the trip facilitator
- Occasionally contribute to the Association by volunteering to undertake a task or facilitate a trip
- Take appropriate and reasonable care when on activities and contribute to group safety
- Carry appropriate equipment, clothing, safety gear, and sustenance
- Be responsible for managing my own medical conditions and medication

I understand I participate in activities at the sole discretion of the trip facilitator and that membership does not provide me with a right to participate in an activity.

Applicant's Signature \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Please provide the required information and sign the form, then either email the completed form to [membership@aoa.asn.au](mailto:membership@aoa.asn.au), or give a paper copy to a committee member. The form can be completed in Adobe Reader DC, using the Fill and Sign option, or you can print, fill and sign the form, then scan and return the scan via email.

If you have any questions or are otherwise unsure how to proceed when completing this form, please email the Membership Secretary at [membership@aoa.asn.au](mailto:membership@aoa.asn.au)

|   |
|---|
| OFFICE USE ONLY Payment received date: ____/____/____ Receipt No: _____ |
| Membership Number Allocated: _____ Date entered: ____/____/____         |





## Regular Club Activities

**NOTE** - These activities are “informal gatherings “ by AOA members and non-members to undertake physical exercise. They are NOT official AOA trips hence AOA rules do not apply. Participants do so at their own risk.



### South Perth Bridges Wednesday Night Walk

**Every Wednesday evening** - all adults welcome— Non members free and welcome

Meet at 5.20 for a 5.30pm start at the Mends St Jetty South Perth near the Numbat Sculpture for an invigorating 9.5km walk around the bridges. Alternate weeks the walk takes you through Kings Park.

Summer time stay and enjoy the Perth City lights and dine on the foreshore. All other times you have the option of dining at one of the many local cafes/restaurants with your fellow AOA club members. NOTE - Booking may be necessary for restaurants so please contact the coordinator.

Contact Vince Piper on [training@aoa.asn.au](mailto:training@aoa.asn.au)

### **EVERY TUESDAY MORNING**

at 10.00am Sharp outside the ZOIE Cafe (opposite Coles shopping centre car park, downstairs, outside the Scarborough swimming pool) in Scarborough on the Scarborough cappuccino strip. Start walking at 10.15am Sharp on the footpath north to Trigg's Beach Cafe & return to Peter's By The Sea Kebab Shop in Scarborough for optional Coffee/Brunch.

Please park in the Coles shopping centre carpark, 100 metres south of the Rendezvous Hotel in Scarborough. Distance = 1.5km each way = 3kms total.

Walk will be at an Easy pace. Please wear good walking shoes & bring water

Walk is still on if raining - if so, Please bring rain coat.

Several other walkers from my other walking club will also be joining us.

Cost: **Absolutely FREE to all. All welcome.**

MUMS & BUBS MOST WELCOME! CHILDREN SUPERVISED BY ADULTS AT ALL TIMES ARE MOST WELCOME!!!  
FIT & HEALTHY SENIORS MOST WELCOME!

Smokers please walk away when necessary. Please contact me anytime if you have any questions

Contact: Tony Paxton 0407 906 908 or [afptony@iinet.net.au](mailto:afptony@iinet.net.au)

### **EVERY Monday evening**

at 6.15pm SHARP outside the Peters By The Sea Greek Restaurant (50 metres north of Rendezvous Observation city Hotel) in Scarborough, then start walking at 6.30pm Sharp for a beautiful beach FOOTPATH walk to Mettams Pool, then return to Scarborough for optional dinner / wines / coffees. Please wear good walking shoes.

This activity is free to all. Average level of fitness required. Cost: Absolutely Free to everyone.

**CHILDREN SUPERVISED BY ADULTS AT ALL TIMES ARE MOST WELCOME!!!**

*Dining at PETER'S BY THE SEA GREEK RESTAURANT, Scarborough – Individual billing – BYOG – NO CORKAGE CHARGES – ALSO FULLY LICENSED!*

Please park north of the *Peter's By The Sea Restaurant* in front of Observation Rise Apartments

Smokers please walk away when necessary. Enjoy the above at your own risk.

Contact: Tony Paxton 0407 906 908 (M) / [afptony@iinet.net.au](mailto:afptony@iinet.net.au)

### **EVERY Friday evening**

at 6.15pm Sharp at the Kebabulous Kebab Shop, near the taxi rank outside the south side main entrance, Hillary's Marina, then start walking at 6.30pm Sharp for a footpath walk south to Watermans Bay & return to Hillary's Marina for optional dinner & drinks/coffees.

Walk is 3km each way = Total = 6kms. Dining at 7.30pm at Grill'd Burgers inside Hillarys Marina - fully licensed!  
FREE EVENT –This is a completely FREE activity on every Friday evening! - pay for your own coffees /dinner.

Visitors are most welcome! Children supervised by adults at all times are most welcome!

sorry no pets. Smokers please walk away when necessary. Please call me if you have any questions.

No need to book - Just turn up! Enjoy at your own risk. (walk is still on if raining - if so please bring a rain coat!)

Contact: Tony Paxton 0407 906 908 (M) / [afptony@iinet.net.au](mailto:afptony@iinet.net.au)

# Recycle Page.

REDUCE, REUSE, RECYCLE

## Recycling Old Sports Shoes



Whether you buy sports shoes to run a marathon, walk around the block, or take the dog to the park, when they wear out and you throw them in the bin, they are going to landfill. Here's what you can do with them instead.

### Recycle with TreadLightly

ASGA has teamed up with leading Australian recycling partner Save Our Soles to create TreadLightly. This is a national recycling initiative that takes old sport and active lifestyle footwear and recycles it here in Australia to give it new life.

**If your footwear is still in good condition, donate it to a charity store; if not, take it to a TreadLightly collection unit.**

### How TreadLightly works

- Drop off your pre-loved sports shoes at one of the 800+ collection locations at participating retail locations.
- Donated footwear is sent to the recycling plant for sorting, breakdown, and processing.
- Reusable components are extracted, including rubber, leather, and fibres.
- Reclaimed materials from old sports shoes are used to manufacture new products such as gym mats, floors, and playgrounds.

### WHAT THEY COLLECT

#### Acceptable

- ✓ Athletic lifestyle shoes
- ✓ Any sports branded shoes
- ✓ Thongs & slides
- ✓ Football boots
- ✓ Formal leather school shoes
- ✓ Hiking boots
- ✓ Sneakers
- ✓ Trainers
- ✓ Runners
- ✓ Golf shoes
- ✓ Gumboots

#### Not acceptable

- ✗ Business footwear
- ✗ Steel cap boots
- ✗ Work boots
- ✗ Wedges
- ✗ Pumps
- ✗ Leather dress boots
- ✗ Ballet flats
- ✗ Heels

To find your local collection point visit  
[treadlightly.asga.com.au](https://treadlightly.asga.com.au)

Visit Little Aussie online for more recycling tips

[littleaussie.com.au](https://littleaussie.com.au) 

Got a story tell? A Photo of interest?

Send your articles to  
[vicepresident@aoa.asn.au](mailto:vicepresident@aoa.asn.au)

Want to get involved in helping out on the  
Bibbulmun Track?



On the home page of our website, click on  
“Activity groups etc available”.

Then select “Bibbulmun Track maintenance”.

The track officer can then email you directly  
when the next maintenance day is scheduled

AOA has been caring for the section right at  
the beginning of the track at the Northern  
terminus in Kalamunda to Fern Rd - a total  
length of 7.2klms.

If you`ve been on the Bibbulmun Track this is  
your opportunity to “give back” and help  
maintain the track for everyone to enjoy a  
simple, introductory bushwalking experience

