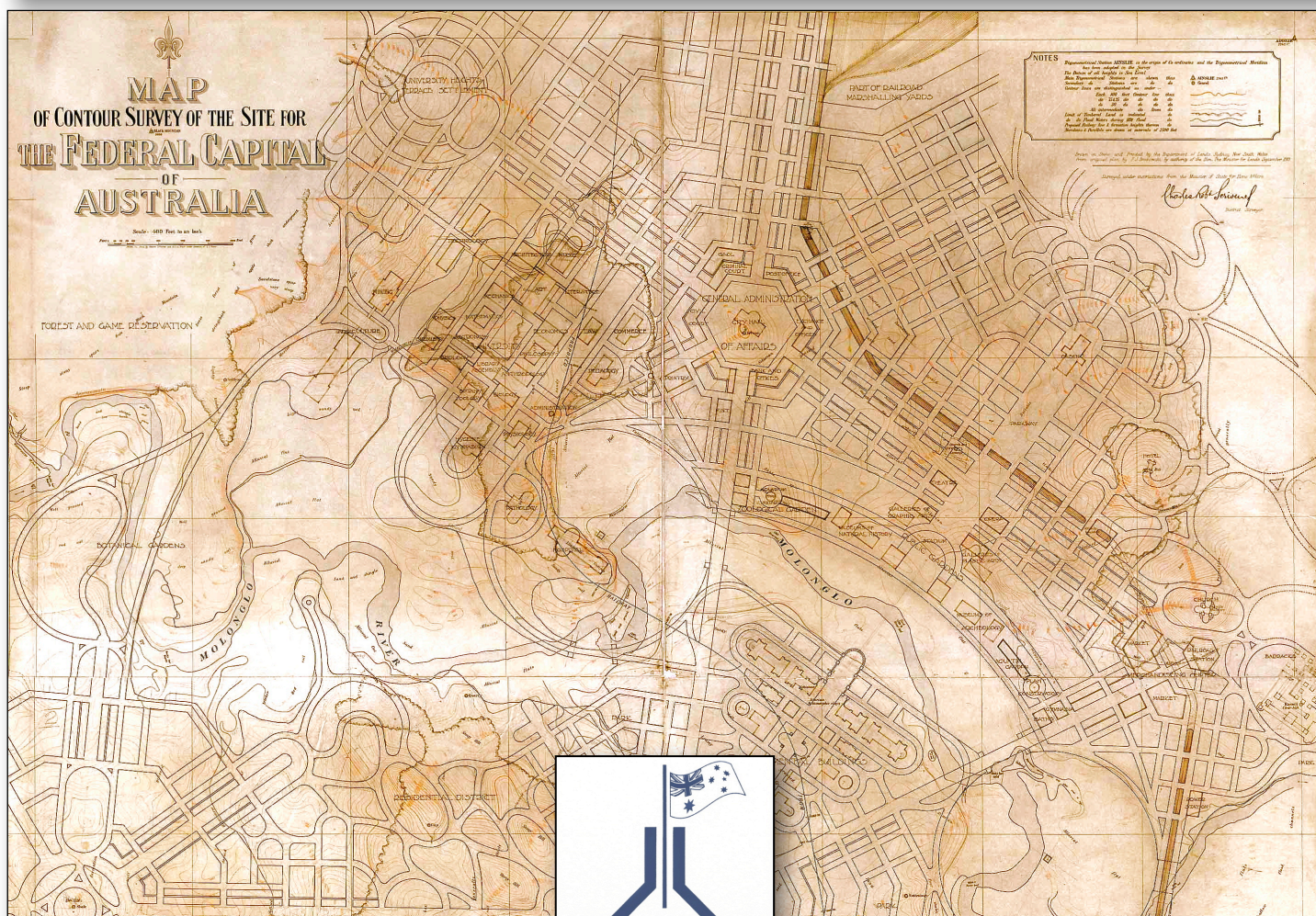




25 YEARS ON...

A history of ACT Walking for Pleasure 1987–2012



RAY BLACKMORE

25 YEARS ON ...

A History of ACT Walking for Pleasure.

Contents

President's Preface

Introduction

The Walking Programs

Social Interaction and Events

The Capital Wanderer

Finance and Members Services

Membership

The “*Rules*”, AGM's and Committees

Publicity

The Electronic Age

External Affairs

Conclusion

Attachment A: Committee Members from 1997/98 to 2011/12

Attachment B: Walk Co-ordinators 1987 - 2012

Attachment C: Walk Leaders [50 and more] 1987 - 2012

Attachment D: Life Members 1987 - 2012

Attachment E: *Ten years of pleasure 1987-1997*

President's Preface

Twenty-five years on and much of the original attraction of the Canberra region remains. Without our extensive nature parks, lakes and leafy suburbs it is doubtful that recreational walking here would be the pleasurable experience that it still is.

ACT Walking for Pleasure continues to be a vibrant, healthy organisation. I remember well my first impressions, on assuming the role of President that this organisation just runs itself. So much work goes on behind the scenes by a trusty and keen band of volunteers, including some who are not even on the committee, and to all of them, including Co-ordinators and Walk leaders; we owe a big debt of gratitude

Walking is, of course, a great way to exercise and to achieve and retain a good general level of fitness. This is emphasised by the fact that so many of the walkers mentioned in the original *Ten years of pleasure 1987-1997 ...* by Stella Cheah [incorporated in this history] remain as active members of our organisation.

ACT Walking for Pleasure, however, is about much more than exercise, it:

introduces members to areas and aspects of, and facts about, Canberra of which they might otherwise not have been aware

provides opportunities to observe Canberra's extensive flora and fauna in its natural environment

opens up new friendships and support groups, and,

provides many hours of that essential ingredient of our lives, pleasure.

Ray Blackmore has done an excellent job in producing this well-written and accurate 25 year history of our organisation. This has involved him in many hours of research and writing. Ray has been ably assisted by many members of WFP who have contributed in some way to this history, but particularly by Andrew Welsh, Leonie Rogers and Maureen Blackmore who edited the text, arranged the layout with photographs, and co-ordinated with the Printers; by Linda Muldoon who did the graphics design for the cover pages; by past and present Walk Co-ordinators who provided anecdotes and checked facts; and again by Leonie Rogers who obtained photographs from a number of WFP members [and took some herself]. To all these people we owe our sincere thanks.

Terry Polleycutt,
President.

Introduction

To commemorate the first ten years of Walking for Pleasure Inc. [WFP] Stella Cheah wrote a history of its activities, entitled:

Ten years of pleasure - 1987 – 1997

The story of the first ten years [and before]

of **ACT Walking for Pleasure Inc.**

[Referred to in this history as *Ten years of pleasure 1987 - 1997...*]. This is reproduced at Attachment E.

In that history, Stella recorded that WFP was officially formed on 5 April 1987 with a launch on the lawns of Old Parliament House. WFP's 25th Anniversary will be marked by a celebration on 15 April 2012 at the Aboriginal Cultural Centre, Yarramundi Reach, preceded by a normal *Sunday* walk.

There has been a lot of water under the bridge in the subsequent 25 years; and a lot of feet along footpaths as well! In that time WFP has conducted over 6000 walks bringing much physical and social enjoyment to many people – and long may it do so.

A statistic to indicate what else has happened in the last 25 years. When WFP was launched in 1987 the average price of a house in Canberra was \$ 153 000. One thing about the past – it was cheaper then!

This history does not intend to redo Stella's comprehensive history of our first ten years; albeit, at times, I have found it necessary to refer to, and add material from her work.

In conclusion, all errors and omissions are the sole responsibility of Mrs. Blackmore for interrupting me during my research and typing *.

Ray Blackmore.
1 February 2012.

* Only joking, Dear!



The first acknowledgment of Co-ordinators 1989

The Walking Programs



Orroral Tor Conquest 1993

After 25 years, WFP continues to provide a comprehensive variety of walks, from one hour gentle strolls in Canberra right through to longer walks that might be up to 20 km “in the bush”. These walks offer something for all ages and abilities [usually with lots of chatter and coffee afterwards]. We live up to our name and objectives of “Walking for Pleasure”.



Cappuccino Walk 2006

A list of Co-ordinators from 1987 to 2012 is at [Attachment B](#) and a list of Walk leaders [50 and more Walks led] is at [Attachment C](#).

Tuesday

By 1997 short and easy walks of about 1½ hours held on Tuesday mornings were well established. These walks were described then, and now, as being for new members, or those people who have difficulty participating in, or who can not spare the additional time needed for, WFP's regular two-hour walks.

Typically, *Tuesday* attracts between 50-60 walkers each week. Like all programs there can be variations depending on the weather, time of year or competing activities. There have been several occasions where over 80 walkers have attended.

Unlike other programs, *Tuesday* sticks steadfastly to a 9.30 am starting time format. From Summer 1998 *Tuesday* commenced its tradition of getting together for morning tea after the last walk before Christmas. All other programs followed suit.

Two auspicious dates:

- 16 September 2003 a walk was held in Acton to mark the 10th anniversary of the *Tuesday* program. Walkers stayed on after the walk to enjoy morning tea and reminisce. Marj Ashley's 10 years service as a *Tuesday* Co-ordinator was acknowledged by the presentation of a Certificate of Appreciation.
- 1 March 2005 marked Elva Neill's 10th anniversary as Chief Co-ordinator. This was celebrated with tea/coffee, cake, speeches and presentation of a commemorative certificate.



Tuesday at Lanyon 2006

Wednesday

1997 saw *Wednesday Walks* continue its program of providing walks of about two hours duration. These walks are over a variety of terrains and are not restricted to recreation paths and suburban areas. Randomly glancing at a newsletter from Spring 1998 one can see walks involving Sherwood Homestead, Yass, Murrays Corner/Bullen Range, Molonglo Gorge and Mount Taylor summit – were we tougher then?



View from Mt Sheaffe 2007

Attendances are typically around 35 and start times are at 9.30 am except in the Summer when there are some earlier commencement times.

For some time *Wednesday* also had a program of walks of about 1½ hours in the evening during the Summer. This practice fell off by Summer 2008/09. However, there is still one evening walk each Summer, as mentioned below.

At Blue Range Hut on 1 September 2010 the 10th anniversary of Annette Harry as Chief Co-ordinator, and Leonie Rogers as Co-ordinator of the *Wednesday* program, was celebrated. The venue chosen was that used 10 years previously for their first walk as Co-ordinators. A picture taken on the anniversary walk is a feature on the cover of this history.

The occasion was marked by luncheon [BYO], cake, speeches and presentation of commemorative certificates. The cake provider [as a cost-cutting measure?] left out one of the “T’s” in Annette’s name! Annette was kind enough not to notice the omission. Anyway, someone quickly ate the evidence!

On the Social Interaction front, *Wednesday* walkers arrange to gather for après walk coffee. In most years, they also organise to have a meal after the Summer evening walk.

The *Wednesday* program instigated and organises the across-programs walk that is now known as the “Di Pillinger Memorial Walk” – see *Social Interaction and Events*.

Thursday

One hour “strolls” for members who, for reasons of disability or advancing years, find other WFP walks beyond their capabilities, were introduced on a trial basis in Autumn 2007. These walks are relaxed and on flat or almost flat terrain [no hills!]. It did not take long for it to become evident that the trial was a success. The *Thursday Strolls* are now a fixed part of our Walks program. Rosemary and Ivan Gilchrist were the inaugural Chief Co-ordinators.

The *Thursday Stroll* group continues to thrive with about 20 – 25 people attending each week. There is a very strong core group of regular attendees who look forward to Thursday mornings. It’s like a “family” in that members look out for each other and check on the welfare of those who have not turned up for a while.



Thursday Walkers 2nd Anniversary walk 2009

It is important for the group to get exercise, but the coffee and cake after the walk is a high social priority.

Friday

1997 saw the *Friday Walks* continue its program of providing walks of about two hours over varied walking surfaces. Indeed, a look at a newsletter 15 years ago shows walks to Yankee Hat art site, Tidbinbilla Nature Reserve and cross-country at Coppins Crossing. Walks started at 9.30 am except during the Summer when various earlier start times were used. In addition, Twilight and Evening walks of about 1 ½ hours were also offered.

However, by Summer 2002/03 *Friday* had standardised on all Summer walks starting at 8.30 am. Attendances vary but are typically about 30.

31 August 2001 saw Rosemary and Ivan Gilchrist honoured on the occasion of their 10th anniversary as Chief Co-ordinators of the *Friday* program. The celebratory format was as per usual - with coffee, cake, speeches and a presentation. As well as certificates of appreciation they were presented with the “ACTWFP Order of the Well-Worn Boot”, actually a large viola-filled flower-pot cast in the shape of an old boot.

Anne Newcombe took over from the Gilchrists from the start of the Spring 2001 program, and on 1 June 2005 Linda Muldoon became Chief Co-ordinator.



Friday Fadden Fog 2009

Chief Co-ordinators can get lucky sometimes! John Turnbull led a walk in the Bendora Arboretum in Autumn 2010. Despite Canberra being fog-bound, conditions were perfect at the Arboretum. Not only was John's walk enjoyable, but it transpired that he was actually in charge of the Arboretum in the 1960's. One doesn't get better qualified Walk leaders than that! Full of knowledge of the history of the Arboretum, luncheon on the banks of the Cotter was much enjoyed.

Sunday

Sunday continued on from the first *Ten Years* with format and venues similar to the *Wednesday* and *Friday* programs though attendances tend to be higher; they are usually around 30 -40.

In Summer, start times vary between 9.30 am for December and 8.30 am for January and February.

Twilight walks [6.30 pm start] are also offered. These are of about 1 ½ hours duration. From Summer 1997 to 2005 Linda Muldoon put the Twilight program together offering eight walks during January and February.

However, since the Summer of 2007/08 Albert Brakel has co-ordinated the Twilight program. From 2007/08 the number of Twilight walks has been reduced to three each year owing to generally smaller attendances.

On 5 December 2004 Andrew Bennett's 10th anniversary as Chief Co-ordinator of the *Sunday* program arrived. Linda Muldoon led a walk starting from the Kaleen Plaza Shopping Centre. This was the venue for Andrew's first walk as Chief Co-ordinator. The usual format of tea/coffee, cake, speeches and presentation of a commemorative certificate followed.

However, not all *Sunday* walks have been as cheery as Andrew's 10th anniversary walk. In March 2001 at Gossan Hill, Bruce, whilst the weather was overcast, it was not particularly threatening. Halfway [the point of no return!] the rain came with remarkable strength. In short, it was a very wet and miserable set of walkers who slogged back to the cars. However, this was somewhat of an anomaly for the *Sunday* program as it has generally had good weather with only a handful of walks cancelled because of bad weather over the last 15 years.

A sociable cup of coffee is standard practice after a *Sunday* walk.



The Pinnacle 2009

Longer Walks

The *Longer Walks* program changed its name to *All Day Walks* in the Summer program of 2002. From the Winter of 2011, walks reverted to the original 1993 nomenclature of *Longer Walks* – the concept stayed the same. Ray Blackmore took over as Chief Co-ordinator from Dianne Deans from Autumn 2005. Dianne stayed on as a Co-ordinator.

Walks are now usually on the first and third Thursday of every month. There is, in most quarters, an additional walk on a Tuesday.

Attendance varies a great deal with about 16 being the norm. Walk venues range from interstate to Canberra suburbs. This program has the dubious distinction of being the only one to actually lose a walker. Brian was “lost” at Rendezvous Creek on a Thursday and found at Nursery Swamp the following Saturday - fortunately none the worse for wear. Would you believe that his sole source of nourishment during his adventure was a bag of carrots - true!

A milestone was reached in the Autumn 2003 program when the 10th anniversary of the program was celebrated. There were presentations at Tidbinbilla Deep Space Tracking Station in appreciation to Dianne Deans, Chief Co-ordinator, and Co-ordinator, Emily Quantock, for steering the program through 10 years. A celebratory luncheon was held later at the Kamberra Function Centre, attended by 63 current and past *Longer Walkers*.

After *Longer Walks* there is a sharing of coffee and cakes. The cakes are taken so seriously that Anne Cameron won the prestigious “Longer Walks Club-Person-of-the-year Trophy” at the December 2009 Christmas al fresco luncheon for the quality of her “slices”. This event also includes a quiz and a visit from Santa Claus and Mary Christmas.

A recent addition to the Social calendar is a Winter Solstice celebration at Brandy Flat Hut with all the appropriate trimmings.



Winter Solstice lunch at Brandy Flat Hut 2011

The annual “Cappuccino Walk” can also be seen as very much a social event - not just a purely physical work-out!

A scene from the past.

Time, place and cast: morning of 5 June 2003, Tinderry Nature Reserve.
Present: Chief Co-ordinator, Dianne Deans, Walk leader, Norm Johnston, and sundry WFP walkers.

The scene: a steep, muddy fire trail. The weather is cold and raining, turning to sleet. As the walkers reach the summit of the fire trail the following exchange occurs:

Ranger: in air-conditioned vehicle: *Who are you?*

Dianne: *We're Walking for Pleasure.*

Ranger: *You must be joking!*



Wet Longer Walkers



Christmas in July 2006

Social Interaction and Events

Nothing typifies WFP's twin aims of encouraging physical activity and social interaction better than our "Away" events. These take two forms: day coach trips and multi-day trips. Coach Trips are open to all WFP members.

Coach Trips. The first trip was the concept of Dorothy Seedsman and took place on 1 April 1992. The destination was the Snowy Mountains. By 1997 the trips were firmly part of the *Friday* program, were run by Rosemary and Ivan Gilchrist, and were offered in the Autumn and Spring each year.

The format is: morning tea, either catered or BYO, followed by a walk [of course], luncheon at a Club or restaurant with another walk to round out the day. Members are eligible to attend on a first-come-first served basis. Popular venues include Tumut, Batemans Bay, the Snowy Mountains, Cowra, Bungonia Gorge, and Fitzroy Falls. After 26 trips, Rosemary and Ivan passed the baton to Barrington Ogden following the Spring 2003 trip.

On Trip #28 to the Snowy Mountains Helen Phillips fell and broke her ankle. Len Van Der Hor and Paul Bowler tended to Helen until the Southcare helicopter could whisk her back to Canberra. This did not dent Helen's enthusiasm for the concept as she took over as Co-ordinator for Coach Trip #29. Helen has continued to do the administrative side for the, now, once a year coach trips. Jan and Bob Cremer map out the walks, and Joan Revill is another willing assistant.



Tumut Coach Trip 2011

Multi-day Trips. The first *Longer Walks* official "Away Trip" was in the Summer of 1998. The venue was Thredbo and was such a success that multi-day Away Trips have been a feature of the *Longer Walks* program ever since.

Favourite destinations include Thredbo, the Coast, and the Blue Mountains. Organisers of Away Trips include Annette Harry, Koi Headford, Dianne Deans, Jan and John Woods, Bernie Groves, and Ray and Maureen

Blackmore. One destination caused apprehension amongst *some* members when they realised that the Spring 2004 venue was Laurel Hill Camp, previously a gaol!

The format for these popular Away Trips is pretty much the same – plenty of walking, a good “Happy Hour” location [essential!] and sharing a meal.

Whilst under the auspices of the *Longer Walks* program, most Away Trips have also been attended by members from other programs. At Talbingo, 42 people turned out for one of Bernie Groves’ walks. Bernie reckons that he should have had a couple of sheepdogs to keep them all in the same paddock! Partners of WFP members are welcome on “Away Trips”.

The Di Pillinger Memorial Walk is an annual event that has proven very popular. It typifies WFP’s twin objectives of encouraging walking and promoting social interaction. The walk is held on the Wednesday between Christmas Day and New Year’s Day and is attended by walkers from all six programs. Walkers set out to circumnavigate Lake Burley Griffin sometimes at a time, pace and direction [!] of their own choosing. BYO morning tea [shared] follows.

The walk is organised by the *Wednesday* program. It was first held in December 2007 but not named after Di until December 2009. Di was a long-time member of WFP and was a friend to, and of, many members. Over 50 people attended the 2011 event.

Rosemary and Ivan Gilchrist were honoured on 15 April 2010, at a memorable *Thursday Stroll* when 51 members arrived at the Carillon to mark the Gilchrist’s retirement from the last of their official positions with WFP [Chief Co-ordinators of the *Thursday Strolls*].

Rosemary and Ivan’s involvement with WFP had spanned more than twenty years. Ivan served as Vice President, President, Co-ordinator, and Chief Co-ordinator. Rosemary was a committee member and a Chief Co-ordinator. In addition, Rosemary and Ivan conducted 26 Coach Trips for WFP [see above]. After the walk, more than 80 past and present members of WFP gathered for coffee/cake, speeches and a presentation event at the Regatta Point Pavilion.

A photograph of the start of this farewell walk is featured on the back cover of this history.

Other popular annual events are *Christmas in July* [now *Mid-Winter Frolic*] and the *Committee Christmas Dinner*.

Care Co-ordinator. WFP sends cards to members who have lost a close family member, or have been injured or are ill. Whilst this has always been done by a committee person, nowadays one of the committee members is nominated in the newsletter as *Care Co-ordinator*.



The Capital Wanderer

WFP's newsletter is a quarterly publication, based on the four seasons, listing the walks for each of the six programs. It is free-of-charge to members.

In Autumn 1993 Don Mountain became editor, and in Spring 1993 he named it *The Capital Wanderer*. In Spring 1998 Don handed over to Bob Cremer who has edited *The Capital Wanderer* ever since. Don't walk in front of a bus, Bob!

For many years Rosemary and Ivan Gilchrist seamlessly organised the distribution of the newsletter. This was done by collating the newsletters, attending the starting places for walks and organising volunteers to hand-deliver the newsletters to members' local areas. The Gilchrists stood down from this role after Spring of 2006. Maxine Harvey now arranges distribution.

As a service to members, it was decided that, from Winter 2008, the newsletter would be posted to members. This decision was taken because of WFP's improved financial position and to ensure that all members receive the newsletter at about the same time. However, there is a fair bit to do between printing and receipt of the newsletter by members: folding, sealing, labelling, sorting and delivery to Australia Post still has to happen.

The newsletter contains advertisements. Community walks and events are carried free-of-charge [see *External Affairs*]. Paid advertisements are also accepted providing that they are for services or products compatible with WFP's objectives. Regular advertisers are Elizabeth Halfnights' *Gentle Exercise and T'ai Chi classes* since Spring 1994, and *Northern Highland Travel* since Summer 2002/03.

Since Summer 2008/09 newsletter recipients could request from Andrew Welsh a week-by-week listing of all walks via a PDF file.



Testing the new bridge in Orroral Valley 2011

Finance and Members Services

Members' funds. A Table at page 19 of *Ten years of pleasure 1987 – 1997 ...* details WFP's finances for the Financial Years 1989/90 through to 1996/97. At 1 February 2012 members' funds amount to \$ 27 217.

[Author's Note: this is not an end of Financial Year figure [calculated at 30 April]. This will be significantly lower, due to payment of the Public Liability Insurance premium, the special Autumn edition of the newsletter, and costs involved with the Silver Anniversary celebration.]

Successive committees have endorsed the principle that a reasonable amount of members' funds should be retained in a Term Deposit as a hedge against unforeseen circumstances; or in the words of Donald Rumsfeld, "Unknown unknowns".

Income. WFP's funds derive mainly from Membership Fees. In 1997 fees were \$6, increased to \$10 from July 2002. In 2004/05 WFP's membership structure was recast [see *Membership*] and the individual members' fee remained at \$10 and a "household" fee of \$15 was introduced. This two-tiered fee structure was increased to \$20 and \$30 from July 2007.

Public Liability Insurance [PLI]. Mary Lovett [President] and Kay Tremble [Treasurer] negotiated with Communities@Work about the possibility of a subsidy in respect of WFP's PLI and, from February 2004, they agreed to fund 50% [up to a maximum of \$500] of the premium. This arrangement was initially for two years but continued until January 2012.

Auditor. Keith McKnown continued as WFP's Auditor until retiring from that position at AGM 2006. WFP then went "commercial" and appointed John McClean as Auditor.

Mobile phones were first purchased by WFP in May 1994. However, by March 2009 mobile phone ownership had become so prevalent that WFP no longer needed to provide this service. WFP's only telephone cost, from January 2004, is the maintenance of the 1300 799 719 number [Publicity Officer].

Identity badges continued to be made-to-order for members by Bob and Jan Cremer at a bargain price of \$3 per badge.

Clothing. In October 2004 WFP decided that members should be offered an assortment of quality items featuring the WFP logo. Kay Tremble and Nancy Hanson arranged the design and production of an array of garments which went on sale in October 2005 resulting in WFP having some of the best-dressed walkers around! Anne Cameron took over distribution and final liquidation of stock. The Winter 2010 newsletter announced that *ADpro [Promotional Products]*, Fyshwick, will embroider WFP's logo and name, for a small fee, on apparel purchased from them or supplied by a member.

Library. The Publicity Officer maintains a small stock of books that are available for loan to members to assist them in the development of walks.

Safety of members is always a concern of WFP committees. First-aid kits are supplied, and replenished as required, for all programs. For some years WFP sold sun screen preparations to members. Due to a plethora of products on the market and a wide range of individual needs, this practice ceased in September 2002.

WFP's EPIRB [a warning beacon system] for use in an emergency situation was superseded by the Personal Locator Beacon system [PLB] and in November 2009 WFP purchased a PLB. This was funded by a generous bequest from Di Pillinger, a popular WFP member. The device carries a plaque –*We Remember Di Pillinger*.

Membership

In 1997/98 WFP's membership stood at 511 members and, at 1 February 2012 WFP had 363 members.

In 2004 a significant change took place in respect of membership. *A.C.T. Walking for Pleasure Incorporated – Rules of the Association* [the Rules] provides only for individual memberships. However, from its inception WFP catered for "Family Memberships". In these cases the "Family" was required to nominate the person who was to be, officially, the member of the Association. Only that person would have voting rights at General Meetings or could stand for office at Annual General Meetings.

By 2004, because of increased costs such as printing and, particularly, Public Liability Insurance [PLI], WFP's finances were under stress. In addition, WFP's insurer expressed concern that our membership structure was unsound in that the second persons in "households" were actually members of the public and, consequently, over-exposed the insurer. At the same time, the committee noted that in "households", where only one fee was paid, all residents enjoyed all the benefits of membership.

To rectify this anomaly, a new [increased] fee structure was introduced providing for a fee of \$10 for the first member residing at an address, and an additional, lesser fee \$5 for each other person residing at that address. The justification for the lesser fee was that only one copy of the newsletter would be provided. This arrangement was introduced from 1 July 2004. The committee decided, for ease of explanation, to refer to multiple memberships as *Household Memberships*. This two-tiered fee structure was increased to \$20 and \$30 from July 2007 and there has been no need to increase fees since then.

There was an additional charge if a member required the newsletter to be posted. The additional charge for postage of the newsletter was dropped from Winter 2008. See comments under *Newsletter*.

WFP has 10 Life Members. These are listed in Attachment D.

The “Rules”, AGM’s and Committees

The “Rules”. WFP must operate in accordance with the *A.C.T. Walking for Pleasure Incorporated – Rules of the Association* [the *Rules*].

WFP adopted the *Rules* at AGM 1992. These *Rules* have served WFP well as there have only been two amendments since their adoption. The first was passed at AGM 2007; *Rule 3.5* [b] was amended to provide that if a person joins on, or after, 1 January of a particular year, that person only pays half of the prescribed membership fee. Previously this “discount” only came into effect on, or after, 1 March.

The other amendment was carried at AGM 2011. *Rule 4.8* [c] was amended so that any office-bearer can give notice of a committee meeting, in accordance with that *Rule*, in the absence of the Secretary.

AGM’s. Until 2000, AGM’s had been held in venues such as Church halls. Whilst usually supplied free of charge, or at low cost, these were often cold and draughty – AGM’s are held in the Winter!

WFP decided to go a bit more “up market” for AGM 2000 and hired a room at the Canberra Southern Cross Yacht Club, Yarralumla. From AGM 2001 the AGM has been held at the Canberra Southern Cross Club, Phillip. In 2003 the Canberra Southern Cross Club was persuaded to waive the room-hire fee and, as a quid pro quo, WFP urges members to treat the AGM as an opportunity to get together over a meal at the Club before the AGM.

Nowadays attendance at AGM’s is around the mid-fifty mark with most members dining at the Canberra Southern Cross Club prior to the meeting.

The role of committees. It has been said that a WFP committee, to be successful, only has to focus on two *Rules*. Firstly, *Rule 2* – the objectives of the organisation - which are summarised in the *Introduction* - as encouragement of walking as a fitness activity and encouragement of social interaction. This history has endeavored to demonstrate how well WFP has gone about this task.

The other crucial *Rule* for a successful committee to adhere to is the *Rule* about financial probity – *Rule 4.5* [i] “... make payments authorized by the committee ...” There is no record of a WFP Auditor ever questioning the prudent handling of members’ monies.

Perhaps another indicator of the good-standing of committees is the fact that opposed nominations for committee positions are as scarce as hens’ teeth – there have been none over the last 15 years.

Tenure of committee members is not restricted under *The Rules*. However, it has been standard practice that a President serves for a maximum of two terms.

At AGM 2010 it was suggested that executive members of the committee serve in a position for a maximum of three or four consecutive terms. The benefits

of this would be in succession planning and encouragement for members to stand for office.

The incoming committee addressed this issue and decided that, as a general policy, executive members and ordinary committee members not hold their particular positions for longer than three terms. This would not prevent a person from relinquishing one position and standing for election for another.

It was agreed that termination of tenures should be staggered, where appropriate, to minimize loss of corporate memory.

A list of committees since June 1997 is at Attachment A. Previous committees are listed in Appendix A of Stella's *Ten years of pleasure 1987-1997...*

Publicity

In 1997 WFP's front-line publicity outlets were *The Chronicle* and *Fridge Door* in *The Canberra Times*. Over time, entries in *The Chronicle* fell away. Now, WFP's notices of up-coming walks are published in *Fridge Door* most weeks.

WFP acquired telephone number "1300 799 719" for calls to the Publicity Officer. However, as time goes on, more and more enquiries are by email resulting from the establishment of WFP's website [see *The Electronic Age*]. These days most contacts from the public about walking opportunities are generated through the website.

The WFP brochure has been through several reincarnations. The current full colour brochure, issued in 2010, resulted from the efforts of Liz Van Der Hor, Faye Powell and John Hemenstall. The artwork from this brochure was then used, in March 2011, in the design of the very professional banner that WFP displays at appropriate public and WFP events.

Publicity interaction with outside organisations is covered more fully in *External Affairs*.

The Electronic Age

Website. WFP's first tentative step into the Electronic Age was made in March 2003 when WFP's activities were placed on *Communities Online*, an ACT government service. However, WFP's major step into the Electronic Age was in March 2006 when discussions were entered into with *Mission Australia* about the possibility of developing [free-of-charge] a WFP website as part of the Work for the Dole Scheme.

By August 2006 WFP's website [www.actwfp.org.au] was up and running due to the work, at various times, of Mary Lovett, Bob Cremer and Brian Breach. Adam Johansen of *Mission Australia* was the actual developer of the site. At that time, Brian became WFP's website "controller".

In January 2008 Anthony Widdowson was appointed WFP's Webmaster and continues in that role. July 2010 saw WFP set up an IT Working Party [Faye

Powell in the Chair] to fine-tune IT arrangements. This resulted in a number of enhancements to the website.

Email. From mid-2010 WFP established an email regime with generic addresses e.g. info@actwfp.org.au and president@actwfp.org.au whereby emails to a generic address are redirected to the personal email address of the incumbent. All emails to WFP generic addresses are processed through an IMAP account so that they are archived.

CANwalk portal. In September 2010 the Heart Foundation commenced development of a portal. CANwalk is a collective of various walking groups in Canberra. WFP, through Andrew Welsh, Faye Powell and Maureen Blackmore, has played an important role in the development of the portal, in particular, assisting Bill Caddey of the Heart Foundation during a crucial time leading up to its launch by the Chief Minister of the ACT, Mr Jon Stanhope, MLA, in January 2011.

The portal is designed to make it easier for people, when googling, to locate a suitable walking group, or walk-related event in the Canberra area. WFP's website can be directly accessed by links from the CANwalk portal.



Can you teach old dogs new tricks? Hall 1995

External Affairs

WFP has always interacted with appropriate government agencies and other groups, either by publicising their activities in the newsletter or, by participating with them in meetings, forums, surveys etc. A non-exhaustive list includes:

Heart Foundation [ACT Division]

ACT Heritage Festival/Week
Canberra Two-Day Medal Walk
Oxfam – Walk against Want
Walk to Cure Juvenile Diabetes
Seniors Week
International Year of Sport
Canada Fun Run for Cancer
World Walking Day
Health & Wellbeing Week
Tuggeranong Festival
NSW Lands Department [Hume & Hovell Track maintenance]

Various ACT government bodies dealing with National Parks, Nature Reserves, the environment, etc.

As money-making activities, WFP has interacted with other organisations. These included the *Mont 24 Hour Bike Race* [administrative support], and the *Brindabella Challenge Bike Road Race* [marshalling duties].

However, WFP's committee decided in August 2008 to discontinue providing a service for organisations operating outside its core interests. The committee felt that WFP's financial position was such that this type of fund-raising was no longer necessary. This does not rule out responding, on a case-by-case basis, to requests for assistance from organisations whose aims are compatible with WFP's objectives.

On two occasions WFP made significant donations to outside bodies. In 1997 \$2 000 was donated to the ACT Cancer Council and, in 1999, \$2 000 was donated to Southcare Helicopter Service.

Probably WFP's most significant interface with an outside body is its work with the Heart Foundation on the establishment of, and ongoing involvement with, the CANwalk website. [See *The Electronic Age*.]



Crossing the creek 2002

Conclusion

ACT Walking for Pleasure has, since its inception, progressed [metaphorically] from the toddler stage to full adulthood - 25 years and still going strong!

WFP has endeavoured, and in my view succeeded, in achieving its goals of “encouraging walking as an activity for the promotion of health” and “encouraging social interaction”.

This history has aimed to outline how we have gone about fulfilling such worthy goals. Who has been responsible for us achieving these goals? It is Committee members, Co-ordinators, Walk leaders and, not least, you our loyal members.

I have enjoyed helping produce this history and I, personally, hope to be around for the Golden Jubilee celebration in 25 years time. I know it sounds a bit ambitious, but remember, I have already been walking for over 75 years so another 25 shouldn't be too hard!

Ray Blackmore.

1 February 2012



Santa Bushed

ATTACHMENT A

Committee Members from 1997/98 to 2011/12

4 June 1997. 39 members attended at Church of Christ Centre, Lyons.

<i>Committee elected</i>	President	Andrew Bennett
	Vice President	Brian O'Neill
	Treasurer	John Tucker
	Secretary	Jan Cremer
	Membership Secretary	Bob Cremer
	Publicity Officer	Patricia Gray
	Members	Linda Muldoon Janet Irons Elva Neill Kathleen Taperell

3 June 1998. 29 members attended at Church of Christ Centre, Lyons.

<i>Committee elected</i>	President	Brian O'Neill
	Vice President	Linda Muldoon
	Treasurer	John Tucker
	Secretary	Jan Cremer
	Membership Secretary	Bob Cremer
	Publicity Officer	Patricia Gray
	Members	Don Phillips Janet Irons Elva Neill Pam Egan

16 June 1999. 44 members attended at Church of Christ Centre, Lyons.

<i>Committee elected</i>	President	Brian O'Neill
	Vice President	Linda Muldoon
	Treasurer	John Tucker
	Secretary	Monica Thomas
	Membership Secretary	Bob Cremer
	Publicity Officer	Helen Phillips
	Members	Don Phillips Patricia Gray John Carlon Jan Cremer

5 July 2000. 45 members attended at Canberra Southern Cross Yacht Club, Yarralumla.

<i>Committee elected</i>	President	Linda Muldoon
	Vice President	Patricia Gray
	Treasurer	John Tucker
	Secretary	Monica Thomas
	Membership Secretary	Bob Cremer
	Publicity Officer	Helen Phillips
	Members	Jan Cremer Anne Newcombe John Carlon Brian O'Neill

<i>Committee elected</i>	President	Linda Muldoon
	Vice President	Patricia Gray
	Treasurer	John Tucker
	Secretary	Monica Thomas
		Ray Blackmore [from 19 March 2001]
	Membership Secretary	Bob Cremer
	Publicity Officer	Helen Phillips
	Members	John Carlon Jan Cremer Anne Newcombe Brian O'Neill

27 June 2001. 66 members attended at Canberra Southern Cross Club, Woden.

<i>Committee elected</i>	President	Linda Muldoon
	Vice President	Patricia Gray
	Treasurer	Kay Tremble
	Secretary	Ray Blackmore
	Membership Secretary	Bob Cremer
	Publicity Officer	Helen Phillips
	Members	Jan Cremer Anne Newcombe Joan Reville Brian O'Neill

26 June 2002. 60 members attended at Canberra Southern Cross Club, Phillip.

<i>Committee elected</i>	President	Patricia Gray
	Vice President	Helen Phillips
	Treasurer	Kay Tremble
	Secretary	Ray Blackmore
	Membership Secretary	Bob Cremer
	Publicity Officer	Carol Patterson
	Members	Ellen Greenwood Anne Newcombe Joan Revill Arthur Rich

25 June 2003. 50 members attended at Canberra Southern Cross Club, Phillip.

<i>Committee elected</i>	President	Mike Sandford
	Vice President	Helen Phillips
	Treasurer	Kay Tremble
	Secretary	Ray Blackmore
	Membership Secretary	Bob Cremer
	Publicity Officer	Arthur Rich
	Members	Ellen Greenwood Nancy Hanson Joan Revill Mary Lovett

23 June 2004. 47 members attended at Canberra Southern Cross Club, Phillip.

<i>Committee elected</i>	President	Mike Sandford
	Vice President	Mary Lovett
	Treasurer	Kay Tremble
	Secretary	Ray Blackmore
	Membership Secretary	Bob Cremer
	Publicity Officer	Arthur Rich
	Members	Helen Phillips Nancy Hanson Shirley Lutz Len Van Der Hor

29 June 2005. 59 members attended at Canberra Southern Cross Club, Phillip.

<i>Committee elected</i>	President	Mary Lovett
	Vice President	Nancy Hanson
	Treasurer	Pat Makeham
	Secretary	Ray Blackmore
	Membership Secretary	Bob Cremer
	Publicity Officer	Arthur Rich
	Members	Anne Cameron Maxine Harvey Len Van Der Hor Shirley Lutz [Resigned 26 March 2006]

7 June 2006. 58 members attended at Canberra Southern Cross Club, Phillip.

<i>Committee elected</i>	President	Mary Lovett
	Vice President	Len Van Der Hor
	Treasurer	Pat Makeham
	Secretary	Ray Blackmore
	Membership Secretary	Bob Cremer
	Publicity Officer	Brian Breach
	Members	Anne Cameron Maxine Harvey Noreen Bird Richard Carruthers

25 July 2007. 45 members attended at Canberra Southern Cross Club, Phillip.

<i>Committee elected</i>	President	Len Van Der Hor
	Vice President	Barry Ogden
	Treasurer	Pat Makeham
	Secretary	Ray Blackmore
	Membership Secretary	Brian Breach
	Publicity Officer	Vacant John Hempenstall [From 15 August 2007]
	Members	Anne Cameron Pat Thom Vacant Vacant

14 July 2008. 48 members attended at Canberra Southern Cross Club, Phillip.

<i>Committee elected</i>	President	Len Van Der Hor
	Vice President	Vacant
	Treasurer	Pat Makeham
	Secretary	Ray Blackmore

Membership Secretary	Pam Jupp
Publicity Officer	John Hempenstall

Members	Pat Thom Liz Van Der Hor Paul Harry Heather Gellard
---------	--

29 June 2009. 54 members attended at Canberra Southern Cross Club, Phillip.

<i>Committee elected</i>	President	Terry Polleycutt
	Vice President	Vacant
		Barry Millar [From 26 October 2009]
	Treasurer	Paul Harry
	Secretary	Ray Blackmore
	Membership Secretary	Pam Jupp
	Publicity Officer	John Hempenstall
	Members	Mary Callaghan Liz Van Der Hor Heather Gellard Vacant Faye Powell [From 26 October 2009]

28 June 2010. 56 members attended at Canberra Southern Cross Club, Phillip.

<i>Committee elected</i>	President	Terry Polleycutt
	Vice President	Barry Millar
	Treasurer	Paul Harry
	Secretary	Paul Bowler
	Membership Secretary	Pam Jupp Andrew Welsh [From 20 January 2011]
	Publicity Officer	Maureen Blackmore
	Members	Mary Callaghan Wendy Whitham [From 12 July 2010] Robin Green [From 24 January 2011]

20 June 2011. 55 Members attended at Canberra Southern Cross Club, Phillip.

<i>Committee elected</i>	President	Terry Polleycutt
	Vice President	Barry Millar
	Treasurer	Paul Harry
	Secretary	Paul Bowler
	Membership Secretary	Robin Green
	Publicity Officer	Maureen Blackmore

Members

Julie Deeley
Andrew Welsh
Jodie Leonard
Vacant

ATTACHMENT B

Walk Co - Ordinators 1987 - 2012

Rod Adams	Keith Earnshaw	Anne Newcombe
Leonie Andrews	Janine Edwards	Brian O'Neill
Marj Ashley	Noel Fennessy	Trevor Parkinson
Barry Avery	Judy Foschia	Carol Patterson
Dawne Ballard	Ivan and Rosemary	Don Phillips
Margaret Ballard	Gilchrist	Geoff Pickford
Avice Barrett	Len Gilmour	Judy Price
Christine Barton	Joyce Gray	Emily Quantock
Heather Bell	Brian Haddy	Julie Robinson
John Bellinger	Annette Harry	Leonie Rogers
Andrew Bennett	Jenny Hunter	John Ross
Karen Bidwill	Janet Irons	Margaret Russell
Bob Bird	Jill Jansson	Dorothy Seedsman
Ray and Maureen	Colin Kish	Chris Sharp
Blackmore	Mary Lovett	Jim Simpson
Rosemary Blemings	Harry Maude	Kathleen Taperell
Keith and Sally Boyd	Noreen Millburn	Monica Thomas
Albert Brakel	Wendy Moores	Kay Tremble
Bev Burton	Don and Sylvia	John Tucker
Jean Casburn	Mountain	Lorraine Weatherall
Lynda Collins	Leanne Moy	Joy Wiltshire
Bob and Jan Cremer	Linda Muldoon	Cynthia Wood
Dianne Deans	Elva Neill	
Hedy Donovan	Peter Nelson	

Current Co-ordinators [April 2012]

Tuesday	Elva Neill
Wednesday	Annette Harry, Leonie Rogers
Thursday	Christine Barton, Dawne Ballard, Bob and Jan Cremer
Friday	Linda Muldoon, Kay Tremble, John Bellinger
Sunday	Andrew Bennett, Albert Brakel [Summer evenings]
Longer Walks	Ray Blackmore, Dianne Deans.

ATTACHMENT C

Walk Leaders –1987 to April 2012

Bronze! Leaders of 50 and more Walks.

Marj Ashley
Albert Brakel
Anne Brooks
Gert Friedrich
Ellen Greenwood
Ed Hazell [dec'd]
Koi Headford
Janet Irons
Keith Lance
Carol Patterson
Don Phillips [dec'd]
Emily Quantock [dec'd]
Joan Revill
Monica Thomas
Kay Tremble

SILVER!! Leaders of 100 and more Walks.

Ray and Maureen Blackmore
Jan and Bob Cremer
Patricia and Paul Gray
Sylvia and Don Mountain
Linda Muldoon
Elva Neill
Terry Polleycutt
John Tucker

GOLD!!! Leaders of 200 and more Walks.

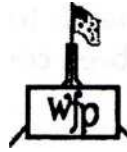
Andrew Bennett
Dianne Deans
Rosemary and Ivan Gilchrist

ATTACHMENT D

Life Members 1987 - 2012

Ivan & Rosemary Gilchrist – 10 August 1994
Keith McKnown – AGM 2002
Bob & Jan Cremer – AGM 2005
Ray & Maureen Blackmore – AGM 2009
Elva & Peter Neill – AGM 2010
Andrew Bennett – AGM 2010

ATTACHMENT E



Ten years of pleasure

1987-1997

The story of the first ten years (and before)

of

ACT Walking for Pleasure Inc.

Stella Cheah

Acknowledgements

To the following people go my sincere thanks for assisting me in the writing of this history. Without their help, my task would have been considerably more arduous:

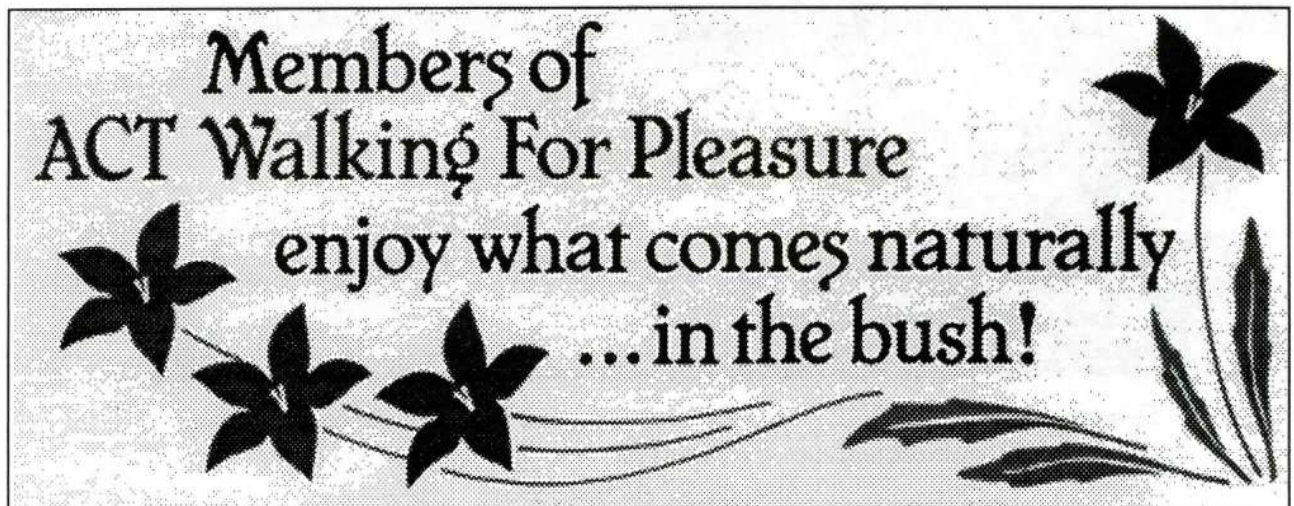
Avice Barrett
Andrew Bennett
Albert Brakel
Lynda Collins
Dianne Deans
Richard Fennessy
Ann Foldi

Ivan and Rosemary Gilchrist
Keith Lance
Don Mountain
Linda Muldoon
Kelvin Roberts
Dorothy Seedsman
John Tucker

Stella Cheah
June 1999

Contents

Acknowledgements		2
Preface		4
Introduction		5
Chapters:		
1	Getting Organised	6
2	Walk Programs and Newsletters	11
3	Membership	16
4	Finances	17
5	Publicity	20
6	Interaction with the Community	21
7	Social Gatherings	23
Conclusion		25
Appendix A	Committee Members	26
Appendix B	Walk Co-ordinators	28



Preface

Walking for Pleasure is a unique organisation in the ACT. Though it did not originate in the Territory, one can be forgiven for thinking that the concept was designed specifically for the Canberra environment. Or maybe that Canberra was designed specifically to suit the needs of Walking for Pleasure. When the founding fathers decided on the site for the national capital, they selected an area which was geographically and climatically perfect for recreational walking. When the planners arrived they showed foresight by deciding that the perimeter of hills surrounding Canberra should be set aside as nature parks. Following the construction of recreation pathways on these hills, as well as around the lakes, rivers and byways of the suburbs, the scene was set for the advent of Walking for Pleasure. Add to the above, the energy and hard work of numerous volunteers, and one can see why ACT Walking for Pleasure is such a successful and healthy organisation.

The decision to compile a history of the first ten years of Walking for Pleasure is a wise one. Even though there is a large membership, there is also a large turnover of members, and there are very few remaining of those involved during the formative years. In a situation like this, it is so easy for the origins to disappear in the mists of time.

In compiling this history, Stella has been able to draw on past editions of the Newsletter (now *The Capital Wanderer*) for a lot of information, but to accurately recap the early era she has had to spend untold hours in investigation and research. The finished product is an accurate and well written history for which Stella has earned the heartfelt thanks and appreciation of all members.

If Walking for Pleasure continues in the same vein in the future, then in 2007 someone will be using this history as a starting point to compile the story of its second ten years.

Ivan and Rosemary Gilchrist

June 1999



Damper, jam and cream! ACT Walking for Pleasure walkers never forget the 'Pleasure' in the title of the organisation, even if it means carrying the ingredients to Brandy Flat Hut, Namadgi. 17 August 1993.

Introduction

Walking for Pleasure (WFP), an initiative of the Commonwealth Government Department of Health, has been in existence in Australia since the 1970s.

In the ACT, WFP commenced as a joint project of Life. Be In It¹ and the Health Advancement Branch of the ACT Department of Community Services and Health, which provided not only financial and moral support, but also the project officers, first Joy Burt, second Margo Irons, and then John Madden. At that time, WFP was one of several projects initiated by the Health Advancement Branch, intended to improve the health of the citizens of the ACT, but it is believed it was the only one which survived.²

It was always envisaged that WFP would become an autonomous body, and that the development of the walking groups would depend very much on the efforts of the individuals who joined them. Each group would determine the time, day, length and difficulty of the walks and the type of walking.

Surveys at the time showed that less than half the population participated in regular exercise, and walking was seen as a way to change this. [It was hoped that by] providing a pleasurable introduction to walking as a social outing, . . . people would be more likely to adopt a regular walk habit. The walks would not be too vigorous (like bushwalking), but would be enjoyable, safe, cheap and improve cardiovascular fitness and other aspects of health.³

On 5 April 1987, WFP was officially formed in the ACT.

It was . . . launched by Mrs Hazel Hawke and the late Paul Eddington (of 'Yes, Minister' fame) on the lawns of what is now old Parliament House, on behalf of the ACT Health Advancement Branch and Life. Be In It. . . . WFP walkers from Sydney and Goulburn came over for the day to lend support. A short introductory walk was held, going to the High Court, then along the lake shore to Commonwealth Avenue Bridge, over to the Albert Hall, through the tunnel under Commonwealth Avenue, and back to old Parliament House.⁴

Mrs Hazel Hawke accepted WFP's invitation to become patron on 20 June 1991, a position she held until 15 October 1993.

¹ The State Government of Victoria was the instigator of Life. Be In It which became a Commonwealth Government body in 1975. Life. Be In It is now an independent privately run organisation in most of the Australian States in which it still exists. In the Northern Territory it is also an independent organisation but is assisted by the Government of the Northern Territory. In the ACT, Life. Be In It was attached to the ACT Bureau of Sport, Recreation and Racing. This information was obtained in 1996 from Kelvin Roberts, then Executive Officer, Recreation Unit, Sport and Recreation Development, in the ACT Bureau of Sport, Recreation and Racing.

² This information was given to me by a member of WFP, who worked in the Branch at that time.

³ Albert Brakel, *The Capital Wanderer*, Autumn 1997.

⁴ Brakel.

Getting Organised

In the early years, meetings of walk co-ordinators were held at the Health Centre in Civic or in the Health Advancement Branch's Cliathus Street, O'Connor, office, either at 12.30 p.m. or 5.00 p.m., to enable them to meet each other and to facilitate the process of the separate groups becoming involved in publishing the newsletters and programs. Unfortunately, it has been impossible to locate any records of those meetings until the one held on 18 January 1989, chaired by Margo Irons. The Belconnen group was represented by Colin Kish, Albert Brakel and Keith Earnshaw, while Avice Barrett and Bob Bird represented Weston-Woden, Trevor Parkinson the Civic Lunchtime Strollers, and Brian Haddy the monthly Westbourne Woods walks. At this meeting it was agreed that walkers would be asked to sign their names in a book at the commencement of the walk, to assist in the recruitment of walk leaders and in the production of statistical information on numbers participating in the walks. WFP would be promoted as relaxing, refreshing and fun.

It was also decided co-ordinators would become responsible for preparing the newsletters and sending them out. Keith Earnshaw prepared the Autumn 1989 newsletter, which became the first to be put out independently of the Health Advancement Branch. Albert Brakel was the editor of the following Winter newsletter and John Tickner the Spring newsletter. The groups took it in turn to fold, label and mail them. These meetings continued until the second annual general meeting (AGM) on 11 June 1991. Thereafter the new committee decided to meet in members' homes on a rotational basis, a practice which continues today.



A group of walkers enjoy a rest atop Mount Arawang, mid 1990.

Left to right, back row: Chas McGillivray, Ivan Gilchrist.

Middle row: Keith McKnown, ?, Betty McGillivray, Dorothy Seedsman, Keith Lance, Stella Cheah.

Front row: Rosemary Gilchrist, Anne Foldi, ?, ?.

ACT WFP applied for incorporation and was granted it on 29 August 1989. The Health Advancement Branch as sponsors of WFP met the expenses involved. A constitution was a necessary adjunct to incorporation and John Madden drafted the first, which was attached to the Spring 1989 newsletter for consideration by members. It was adopted with minor amendments at the AGM held on 18 January 1990. At the second AGM, more minor amendments were made; the 'chairman' became the 'president', and a 'vice-president' and an 'assistant treasurer-membership secretary' were added to the committee. A disclaimer was also included. With the enactment of the Associations Incorporation Act 1991, much work was done by committee members in the first half of 1992 to amend the constitution, which would now be called 'the rules', and to make up a new card index system for the membership register to satisfy the requirements of that Act. At the AGM on 3 June 1992 the new rules were accepted. Another requirement of the Act was the appointment of a public officer. Koi Headford was appointed to this position and remained in it until the 1996 AGM when John Tucker took over this role.

In Winter 1989, funds were made available from a grant of \$2300 from the ACT Office of Sport, Recreation and Racing for members to attend first-aid courses run by St. John Ambulance Australia (ACT). The policy of providing funding for members to attend these courses has continued. First-aid kits have been carried on walks since November 1991, each co-ordinator having a kit. Discussions were held with officers of St. John Ambulance on the items they considered should be included in them. These kits are resupplied at appropriate intervals.

Training courses for walk leaders were held in May 1991. A Tips for Walk Leaders' sheet was produced in 1992.

Sandwich boards were constructed as a directional aid for members arriving at walk meeting places. They came into use in April 1993 and have proved very successful.

From December 1992, with the number of walkers increasing, more thought was given to the amount of parking freely available at meeting places. This resulted from an unfortunate occurrence at the Isaacs shops, when so many cars arrived the whole of the parking area was soon filled by WFP members' cars. The shopkeepers, not unnaturally, were a little annoyed. Everyone moved off to another parking spot and the walk eventually got underway. Sufficient parking has become an important consideration in deciding where walks should commence.

Walkers were encouraged to wear name badges to help promote a friendly atmosphere and introduce new members more quickly to their companions. In the early days 'the first experience on turning up for a walk was to be handed a roll of address labels and a Texta pen, for writing your first name and sticking it on your shirt or jumper'.⁵ The next step was to have name badges made. Janet Donnelly and then Chris Sharp were responsible for the manufacture of them at Taylor Primary School which owned a badge-making machine. In December 1992 WFP purchased its own machine. Chris Sharp continued the task of making them. In Winter 1993 this job was passed on to her mother, Joyce Gray, and then in Autumn 1994 to Jill Jansson. A member paid \$2 on ordering a badge and was expected to collect it on a subsequent walk. By August 1996 Bob Chapman had taken on the task of badge maker. By this time about 90 badges had piled up with the owners unable to be found so the committee decided that, in future, they would be posted direct to members. After an attempt to locate the owners of the unclaimed badges, those remaining were disposed of in 1997.

In mid-1990, the newsletter was registered with Australia Post as a Category B publication. A post office box was rented in early 1992, and later in that year an international standard serial number placed on the newsletter. Also in that year, as WFP is an income tax exempt

⁵ Brakel.

organisation in accordance with sub-paragraph 23 (g) (iii) of the Income Tax Assessment Act, an income tax exemption was secured.

In Spring 1994 it was suggested that, if car pooling occurred on walks outside the Canberra suburban area, each passenger in the car should offer to help with petrol costs calculated at 20 cents per kilometre, divided by the number of car occupants, including the driver. This car pooling suggestion has been mentioned twice since in the newsletters in Spring 1995 and 1996.

WFP, on its tenth anniversary, was able to celebrate not only its birthday, but also that only two serious accidents had occurred on walks during all those years. One method of attempting to ensure members' safety was to adopt a policy of walking on the lefthand side of footpaths. This has been successful, except on one walk in December 1993, on a footpath near Kings Avenue bridge:

These footpaths are often, mistakenly, called 'bike' paths and some users, cyclists particularly, consider they are there for their exclusive use. Such was the opinion of a cyclist who approached the walking group from the rear, at high speed, on this particular day. As he sped past, he was very loud and very vocal in his opinion of who should and who should not be using the path.

One of the senior members of the group, on hearing the noise, spun around, inadvertently putting himself directly in the path of the cyclist. The impact was dramatic, with the rider becoming airborne but - being young and agile - he landed on his feet after his short flight virtually unhurt. The same could not be said for his bicycle though - the front wheel suddenly resembled a big letter U. The same could not be said for the victim either - he met the bitumen face first and suffered cuts and abrasions to his face and head, bruises elsewhere and was momentarily stunned. An ambulance was called (courtesy of a mobile phone from a passing motorist) and the injured man was conveyed to hospital. When police arrived on the scene they were able to convey to the cyclist that pedestrians had as much right to the use of the path as he did.

The patient, being made of 'tough stuff' recovered quickly after a night in hospital. The incident, however, brought home to WFP the need to insist that walkers keep to the left on these paths and walk not more than two abreast. It also helped in the later decision to carry mobile phones for emergencies on all walks.⁶

The first purchase of a mobile phone was in May 1994. It was used, by great good fortune, on a pleasant Sunday morning, 15 May 1994, when the walk was to Mount Majura summit from Mackenzie Street, Hackett.

The walk around some of the trails had gone according to plan. Led by Albert Brakel, probably the most senior (in terms of length of membership) of our walk leaders, it was in its final stages.

One thing had made this walk quite different from the hundreds of WFP walks which had preceded it. On several occasions there had been 'near misses' with people injuring themselves on walks. At the same time, WFP had been extremely lucky, as none of the injuries was life-threatening. The committee had been discussing ways and means of lessening the risk over several months. Steps had been taken to ensure the first-aid kits were up-to-date, and members had been encouraged to gain their first-aid certificates. One suggestion had been to position walkie-talkie radios at front and back of the walk, but after lengthy discussion the idea was shelved. It would do nothing to summon urgent help if needed.

About this time mobile phones were just being released onto the market at an affordable price. Although the coverage of WFP's walk area around Canberra was known to be patchy, it was decided to purchase one phone initially to test its reliability.

And so it was, unfortunately, that on the very first walk with the new phone it had to be put to the test. On the way downhill, not so far from the end of the walk, one of the walkers had the

⁶ Ivan Gilchrist provided these paragraphs for inclusion in this history.

misfortune to slip and fracture her ankle. After a quick 'first-aider' examination of the ankle, it was decided there was no way she could walk to the finish, even if helped by another walker. Although it was not possible to tell if the ankle was broken or just badly twisted, it wasn't worth risking more damage. So a quick telephone call from the mobile, and an ambulance was dispatched. It arrived within minutes and the 'ambos' rendered advance first-aid on the spot. Because it was not possible to get the ambulance to the patient, a second four-wheel drive ambulance was called. Within 15 minutes of the first call, the patient was on her way to hospital.

The value of carrying a mobile phone on walks has not been questioned since. Even on some of our more rugged bushwalks one is carried. It may not work in many places in the bush, but one way or another it will save time in case of an emergency.⁷

This mobile phone was carried on every walk, at great inconvenience on some occasions, because of the necessity to get the phone from one walk leader to the next, until a second was purchased in February 1996, two more in June 1996, and a fifth in April 1997. All walk co-ordinators then had their own mobile phone.

Their purchase and use has certainly been worthwhile. The following story is also proof of this:

Wednesday, 3 April 1996, was to be a memorable day in the history of WFP. The walk that day was a climb up the north-western slope of Mount Taylor. The meeting point was on Sulwood Drive, near the corner with Mannheim St., Kambah. Since it was school holidays there were a number of children walking that day; one member was accompanied by his grandson.

Walkers set off at their normal pace around the western side of the hill before beginning the climb. It was a very warm day, and a stop to admire the view, take some refreshment and a much needed break half way up the hill was most welcome; watching eagles fly past at eye level was an exciting experience.

Then it was on to the top of the steep climb and the more gentle pull up to the summit. The more energetic were eager to get to the top, but one walker was in difficulty, experiencing considerable pain in his back, and the distance between the front and the rear of the walk became rather extended. Fortunately, his brother-in-law knew that he needed his tablets but the bag containing them was already well on its way to the summit with his grandson!

A member hurried forward to warn the walk leaders of the problem and to gain the attention of the grandson, who went running back with the tablets for his grandfather. However, it quickly became evident that extra assistance would be needed, since the patient's distress had increased despite his taking medication. Now, where was the mobile phone? This time, another member made a hurried trip to the front of the walk to retrieve the instrument whose value was becoming increasingly apparent.

By calling 000 the ambulance service was alerted and within a few minutes the strangely comforting sound of sirens could be heard in the distance as the rescue vehicles made their way towards Mount Taylor. Then the mobile phone rang with the enquiry 'Where are you again, we can't see you'?! Careful instructions were relayed for a second time and an assurance given that the rescue personnel had keys to the gate into the reserve. After an anxious few minutes an ambulance and two supporting vehicles could be seen snaking their way slowly up the steep track towards the small group of worried walkers.

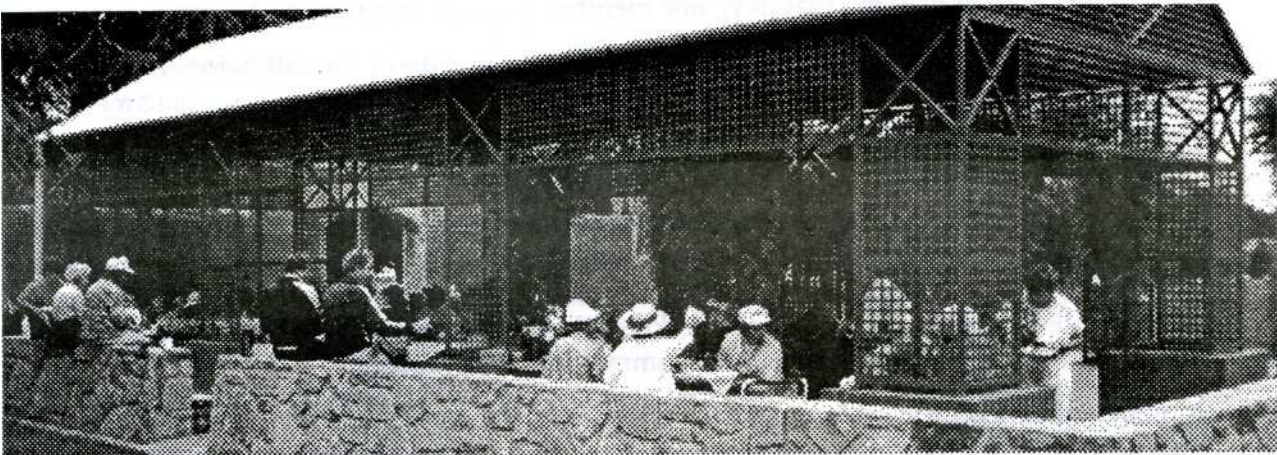
The appearance of the paramedics brought with it considerable relief for the patient's colleagues if not for him; still in considerable pain, he was nevertheless required to answer a number of searching questions designed to pinpoint the cause of his discomfort. Eventually satisfied with their diagnosis, the rescuers administered appropriate treatment, and a frustrated and exhausted patient was carefully placed on a stretcher and carried away to the waiting ambulance for the trip to the then Woden Valley Hospital.

⁷ Don Mountain provided these paragraphs for inclusion in this history.

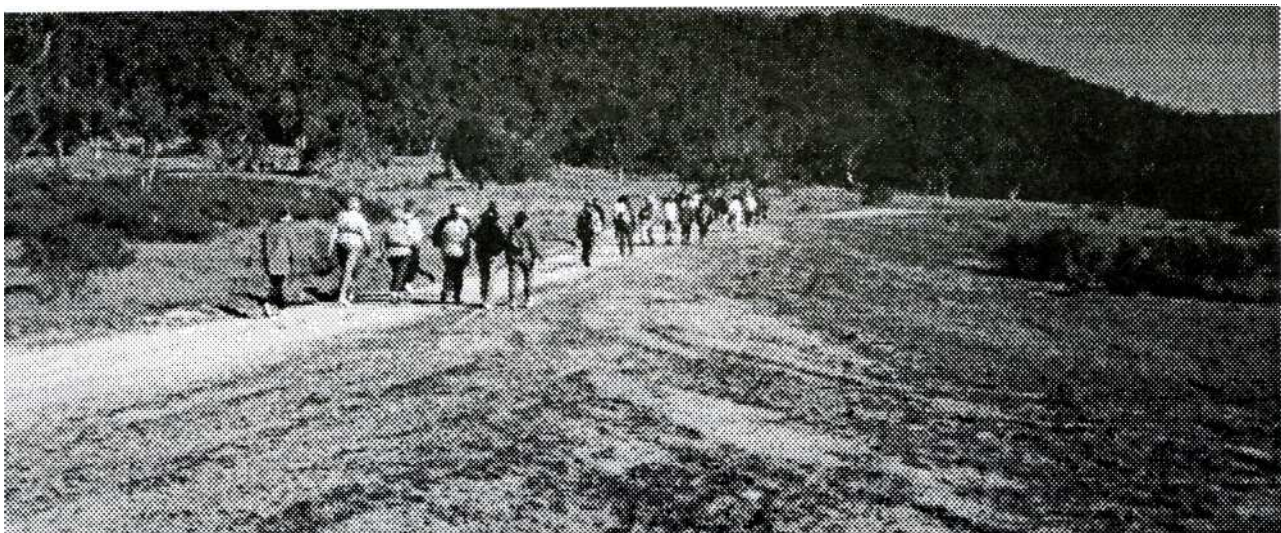
On 2 April 1997, some time after surgery, he appeared again at a Wednesday walk, looking very fit and well. This time it was a walk through Stromlo forest, very pleasant, but not quite as memorable as the walk up Mount Taylor on 3 April 1996!⁸



Enjoying a Christmas picnic lunch after the walk, Sunday 17 December 1995



Wednesday walkers enjoying a Christmas barbecue, Commonwealth Park, 16 december 1992



On the track to Rowleys Hut, Namadgi National Park, 25 May 1994

⁸ Ann Foldi and John Tucker provided these paragraphs for inclusion in this history.

Walk Programs and Newsletters

Some of the first walk programs were put out by Life. Be In It and were headed 'Urban Bush Rambles'. Keith Lance, still a member of WFP, recalls that, on his arrival in Canberra in 1984, he was encouraged by friends to join the Life. Be In It walks which had been in existence for some years then. Some of them commenced at the National Capital Development Commission's temporary building, just opposite where the former Tuggeranong Police Station building now stands in Sternberg Crescent, Wanniasa, and were led by Life. Be In It staff.

For March-June 1986 six weekday walks were organised, the meeting places being bus stops. Details of bus routes were given, although most of the walkers travelled by car. Action Buses sponsored the group. The walks were organised through the Reid TAFE Community Education Program with the assistance of the Commonwealth Department of Territories.

After the formation of WFP in 1987:

Weekend walkers were particularly well catered for. At first, they could choose from two or three walks each Sunday, and even some on Saturdays! This didn't last long because each group's membership was too small to provide walk leaders every week. The North Canberra Group, operating around Civic, folded after two months (another group of that name was resurrected in another form later on).

Joy Burt, and later Margo Irons, produced regular walk programs and separate newsletters every two months. The first programs were fairly rough handwritten efforts, but with time they became more professional looking, with a green and white letterhead. The purpose of the separate newsletters was for each group to report on their activities in a few paragraphs, and they often had photos of walkers enjoying themselves. On one occasion the Ridgecrest pensioner group published a picture of their dog Brutus, who went on all their walks! Copies of the Ranger-guided walk programs in the Canberra Nature Parks and the NSW WFP newsletter 'Talking Walking' were also available. All this was organised and paid for by the Health Advancement Branch. Membership was free, all you had to do to get the program and newsletter was get your name on the mailing list.

The original logo was the 'walking humanated shoes', which portrayed a rather elderly couple. This was borrowed from NSW WFP, where the emphasis was oriented towards the over-50's, but in the ACT all age groups were encouraged, so the original version was soon joined by others depicting younger people. The logo also appeared on T-shirts, in the official green and white colours, which sold for \$8.⁹

The newsletter from 5 April 1987 was headed 'Walking for Pleasure' until it became *The Capital Wanderer* in Spring 1993. This change of name was the brainchild of Don Mountain, who also deserves credit for the vast improvement in the standard of the newsletter when he became its editor. A browse through them for the last decade gives the reader an indication of how the walk programs have changed during that time.

Walking groups were set up along similar lines to what they are now, with co-ordinators and walk leaders, some walking at weekends, others on weekdays. One difference was that as well as general community membership, some of the groups were based on workplaces, and some on pensioner or other organisations. Any member could participate in any of the groups, as now The ideal, apparently, was to encourage walking groups in all sectors of society: every

⁹ Brakel.

WODEN/WESTON CREEK WALKING GROUP

Every second Sunday - All walks start at 2pm and take
1½ to 2 hours.

Enquiries: Avice 282-2316 (H)
Bob Bird 231-8024 (H)

02 Sep Wanniasa Hills
Type Hilly in places
From Opposite Courtice Close on Bugden Ave, Fadden

16 Sep Black Mountain
Type Narrow and flat
From Car Park just below Tower (Black Mt Drive)

30 Sep Simpson Hill
Type Slight incline
From End of Car Park MayGibbs Close, Richardson

14 Oct Narrabundah Hill
Type Some Uphill, then undulating
From Cnr Somerset and Burrinjuck Crescent, Duffy

28 Oct Lakeshore of Burley Griffin
Type Flat
From Black Mt Peninsular (first carpark on right)

11 Nov Red Hill
Type Hilly
From End of Brereton Street, Garran

25 Nov Farrer Ridge
Type Slight climb
From Muresk Street, Farrer



A page from an early (1990) newsletter. How things have changed!

suburb, every office, every organisation and every special interest area, so that the walking spirit would permeate the entire community, and bring with it the resulting health benefits.¹⁰

The Belconnen group formed in 1987. A publicity campaign was held at Jamison shopping centre resulting in 65 people on their first walk. This centre sponsored two programs, July-August and September-October 1987. By June 1988 numbers had dropped and another publicity campaign was held at the same venue on 2 July. In the first few months, walk leaders met over coffee in Heidi's Continental Restaurant at Jamison on Sundays when necessary to plan the next walk program. This group and the Woden-Weston group:

. . . settled down to a walk every second Sunday, but alternating so that it was still possible to attend a walk every weekend. The usual walk length was 1-1 1/2 hours; as people got fitter over the years, this became 1-1/2 and then 2 hours.¹¹

The Belconnen group met at 10.00 a.m. and the Woden-Weston group at 2.00 p.m. It was only in Summer 1990-91 that the Woden-Weston group changed to morning walks, in that program at 9.00 a.m. to accommodate the heat of summer and thereafter at 10.00 a.m. Monthly Sunday Westbourne Woods walks were included in the program. These walks still continue but ceased to be advertised by WFP after Spring 1989. The Ridgecrest Retirement Village conducted a program for its residents, but it too ceased to be mentioned by WFP after Spring 1989. Weekly Wednesday lunchtime Parliamentary triangle walks, meeting on the lawns opposite the Administration Building and the High Court at 12.30 p.m., were also included until early in 1988 when they ceased due to lack of support.

In Spring 1987, the North Canberra Creative Living Centre met at 82 Limestone Avenue in the annex of the Church of Christ. Their first walk was on Monday, 31 August, at 12.45 p.m. followed by a talk from a guest speaker and afternoon tea. This became their routine fortnightly ritual. The Defence Department had walks starting from Campbell Park and Russell Offices. The Royal Military College Duntroon provided a bus to take Campbell Park walkers to Russell and return, and Russell walkers to Campbell Park and return. It held its twentieth walk on 19 August by which time 84 people had attended, with 30 regular enthusiasts, but by the end of 1989 numbers had dwindled to about five, and it held its last walk in April 1990.

The Department of Administrative Services moved to Civic and started the Civic Circuit Strollers. Their first walk was held on Wednesday, 21 October 1987, with an assembly point at Veterans Park, at the corner of Mort and Bunda Streets. In Spring 1990 the meeting place was changed to the corner of Northbourne Avenue and Alinga Street outside the duty free shop. Their last advertisement appeared in the Summer 1991-92 program - it was dropped after they had not been heard from for some time.

The Tuggeranong walking group, which developed from the Life. Be In It urban bush rambles, held its first walk at 12.15 p.m. on 13 November 1987, commencing at the Tuggeranong town centre bridge, their destination Oxley Hill. They didn't meet again until 12 noon on Wednesday, 9 March 1988, when again their destination was Oxley Hill. An April walk was held at 10.00 a.m. to Fadden Pines. These walks continued to be held at irregular intervals on no particular day and at no particular time, until Winter 1990 when walks were held regularly every second Wednesday at 9.30 a.m. Lynda Collins from the Life. Be In It section of the ACT Bureau of Sport, Recreation and Racing was responsible for the introduction of these regular fortnightly walks. By Spring 1990, the group was operating smoothly, enabling a member of WFP, Dorothy Seedsman, to become the main co-ordinator. In Winter 1991 casual walks on the alternating Wednesdays commenced. By this time numbers had increased from 15 to 40. In Winter 1992, weekly walks became an established part of the program.

¹⁰ Brakel.

¹¹ Brakel.

The first dusk walks were held in January and February 1988 at 6.30 p.m. by the Belconnen group, and in subsequent years this became a familiar pattern during the summer months. Each group determined the pattern of its summer walking program, some not walking at all. In the summer of 1994-95 early morning walks starting at 7.30 a.m. and 8.30 a.m. respectively for the Friday and Sunday walks became an option, while the 6.30 p.m. evening walks were retained.

By March 1988 other groups were starting up. The Bureau of Mineral Resources (BMR) started a group, which joined forces with the Defence group until the latter became inactive in April 1990. It produced its own monthly published newsletter for three and a half years. In July 1988 the BMR also started a monthly challenge walk on the last Friday of each month for 1 - 1 1/4 hours. Between January 1990 and June 1991, 50 walks had been held, and membership was about two dozen. This group was in action until the end of 1992 when WFP was reorganised and the BMR group became autonomous as the AGSO Lunchtime Walkers.. The Department of Community Services and Health (later to become the Department of Health, Housing and Community Services) walked each Friday lunchtime for one hour aiming to cover five kms. In the Summer of 1989-90 these became twice weekly on Tuesdays and Fridays. The Belconnen Meet Your Neighbour group met on Tuesdays at 10.00 a.m. at the Belconnen Mall with a guest speaker and morning tea, followed by a walk at 11.30 a.m.. Their last advertisement appeared in the Winter 1990 newsletter.

The word 'Newsletter' was first used at the head of the July-August 1988 publication, and the next program for Spring 1988 was the first containing a three-month program. It announced that a blind and visually impaired group had held its first walk and that they would continue every third Sunday, but these never got under way. A similar fate befell the Richardson Rambles which commenced in Winter 1990, meeting every Wednesday and Friday at 9.30 a.m. at the Richardson shops car park for a one hour flat walk along the local footpaths. They faded after Spring 1990. In Winter 1991 an attempt was made to start a Trim and Fit group program on a Monday at 10.00 a.m. for one and a half hours but this only survived for the length of that program.

The 1989 Autumn newsletter, as well as being the first to be published by WFP without help from the Health Advancement Branch, was the first to combine the walk program and the newsletter.

A policy decision of the early '90s was that no pets would be allowed on walks. This resulted from problems experienced when some walkers brought dogs on walks without having them on a lead.

In September-October 1991 the Weston Creek Probus Club WFP group was formed with walks every Friday at 2.00 p.m. In November the time was changed to the morning at 9.00 a.m. It was in Summer 1991-92 that this group's program was included in the newsletter. The meeting time was changed to 9.30 a.m. in the Winter 1992 program.

In Winter 1992 the naming of the groups by area was abandoned, and the walks became Sunday, Monday, Wednesday and Friday walks. In the Spring 1992 program walkers were asked to arrive 15 minutes before the scheduled starting time, to stay behind the leader, to keep to the left on cycle tracks and pathways, to advise the leader or person bringing up the rear if leaving the walk, and not to deviate from the walk route. In Summer 1992-93 the newsletter started to show an ISS Number and map references appeared for every walk meeting place. This was the first newsletter to contain a short paragraph about the naming of Canberra's suburbs - the choice was Ainslie. It also contained a questionnaire to ascertain members' preferences regarding walking times.

By Winter 1992, difficulties were experienced on all walks because of increasing numbers. The average on Wednesdays was 40, on Fridays 30, and 40-50 on Sundays. Consideration was given to dividing walkers into two groups, fast and normal walkers. This was tried at the end of 1992. It was reported at the June 1993 AGM that attendances had increased, sometimes to between 60 and 80. A record 85 walkers attended one walk in May. Weekly numbers usually exceeded 150. At the June 1994 AGM the president reported a record of 102 walkers on 11 July 1993, a flat walk at Yarralumla Bay. Another record - 223 walkers attended the three walks held during that week. 166 walks had been held between 1 June 1993 and 31 May 1994. At the June 1995 AGM, it was again reported that the average number of walkers per week was 150. This had risen to 167 at the time of the 1996 AGM. 7355 walkers had taken part in 230 walks.

Don Mountain became the editor of the newsletter in Autumn 1993. Only the Sunday, Wednesday and Friday walks were included - the Monday walks had ceased. Joy Wiltshire, the co-ordinator, left Canberra and no one could be found to take her place. Because of the restrictions on newsletter space, only walks organised by WFP were included thereafter. The first coloured front page appeared and it was buff.

Early in 1993, Ivan Gilchrist, the President, approached Dianne Deans about running longer walks on a trial basis once a month to see whether they would be appropriate for WFP. The first all-day walks were introduced in the Autumn 1993 program. The first walk on 16 March was a short distance on the Hume and Hovell Walking Track from Fitzpatrick Trackhead to Wee Jasper and was walked by 30 walkers. Subsequent walks were well attended, average 29 walkers, so it was decided to continue a regular monthly program.

The walks became well known and some of the harder walks are spoken of today, e.g. the fourth walk on 15 June was to Orroral Tor 1201 m. in the Namadgi National Park and this involved walking through the bush and climbing up, over, and under rocks. A memorable walk for walkers who had never experienced the bush like that before. Walkers are still accepting all these challenges and must be enjoying them as they keep coming back for more: billy tea and damper at Brandy Flat Hut, scones, pikelets, jam and cream at Brayshaws Hut (after a walk of course), a weekend doing some of the Hume and Hovell Walking Track, a magical day watching platypus on the Murrumbidgee River, a boat trip on Burrinjuck and cave tour, a cappuccino walk, and another magical day walking in the snow to Square Rock.

Due to popular demand, in September 1995 twice monthly walks were introduced and these have been well attended with average attendance 18 per walk. A trial on summer walks was introduced in January 1997, average attendance 15 walkers, so these will be continued for summer 1997-98. The walking venues are in Namadgi National Park, Brindabellas, Tidbinbilla, Hume and Hovell Walking Track, Budawang, and Forests. All walks are thoroughly checked by the chief co-ordinator, Dianne Deans, the co-ordinator, Emily Quantock, or the volunteer leaders beforehand and take four to seven hours.¹²

In Spring 1993, with the advent of the name *The Capital Wanderer*, short easy walks were introduced on the second and fourth Tuesdays of the month at 9.30 a.m., to help beginners get started. In Autumn 1995 these became weekly events. In Spring 1996 Sunday walks changed from a 10.00 a.m. start to 9.30 a.m. Now the walks on the four days all started at the same time, and lasted for two hours, except for the Tuesday walks which remained one and a half hours.

¹² Dianne Deans provided these paragraphs for inclusion in this history.

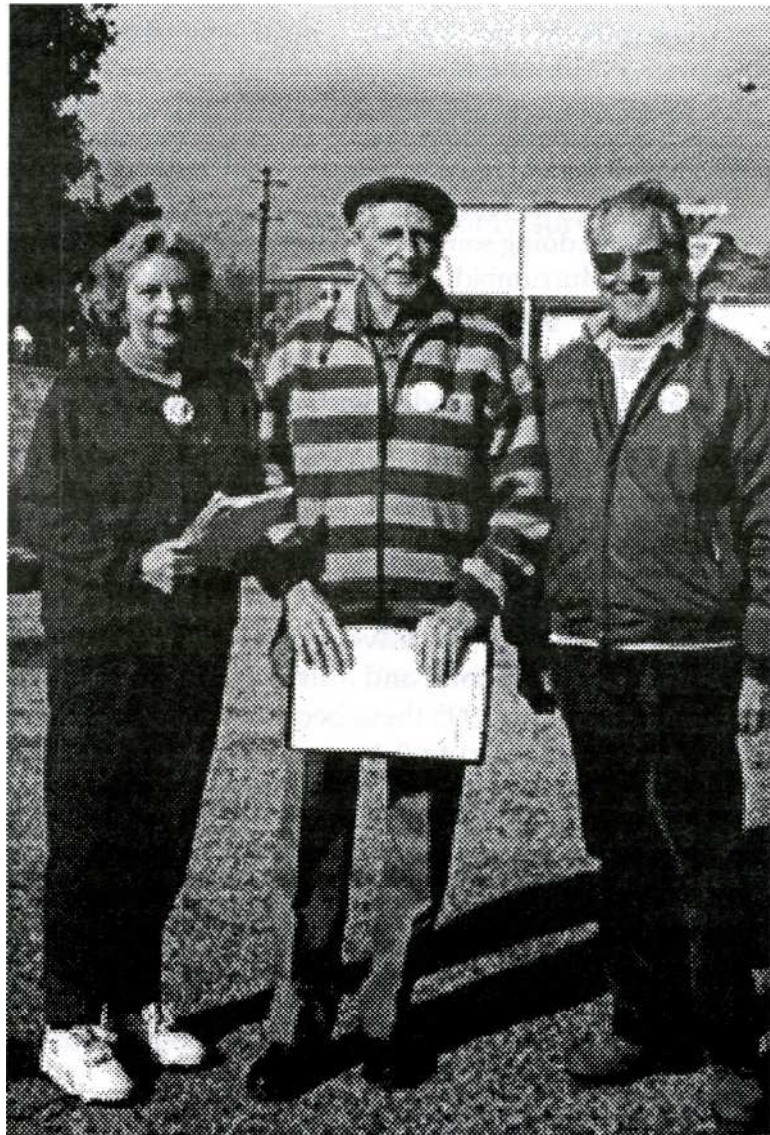
Membership

By early 1989 Albert Brakel, who worked out the economics of the newsletter now that WFP had to produce it, remembers that there were about 80 active walkers. The earliest surviving membership lists go back to the 1989-90 financial year when there were 154 people on the list at the end of the year. The following year, 1990-91, 70 of the original 154 renewed, and 79 new members enrolled. In 1991-92, membership increased considerably to 356 (83 renewals, 273 new enrolments); in 1992-93, numbers were up again to 450 (172 renewals, 278 new members); in 1993-93, there were 583 members (233 renewals, 350 new); in 1994-95, 524 (311 renewals, 213 new); in 1995-96, 498 members; in 1996-97 503 members.

As only one person in a household usually enrolls as a member of WFP, it can be estimated that in these eight financial years all the people in approximately 2000 households have been members. WFP has also enjoyed the company of many members of diplomatic missions, during their posting to Canberra. Many visitors to Canberra also come on walks, so perhaps more than 4000 people have walked with WFP.

Of the 154 people who were members in 1989-90, a handful still remain as members.

Only two members of WFP have been granted life membership. Ivan and Rosemary Gilchrist joined in the 1990-91 financial year, and have been tireless workers for it ever since. Ivan was vice-president in 1991-92 and president for the following two years. Rosemary was a committee member during those three years. They have been responsible for the organisation of the coach trips; for the inception of the Friday walks; for assembling the newsletters, addressing them and sorting them into suburbs for delivery to members; and for so many other tasks too numerous to mention. Life membership was conferred on them by the committee at a meeting on 10 August 1994 and their life membership certificates presented to them by the president, Don Mountain, at the commencement of a walk on 26 April 1995 outside the Queanbeyan railway station.



Ivan and Rosemary Gilchrist after receiving their Life Membership Certificates at Queanbeyan

Finances

Finances are always an important part of any organisation. Membership was at first free. However, with WFP's forced independence in 1989, members were advised, in the Winter newsletter of that year, they would have to pay a \$2 subscription for the 1989-90 financial year, to help cover the cost of the newsletters and to ensure that it only went to those who really wanted it. At the beginning of the 1990-91 financial year, this amount was increased to \$5 as the Health Advancement Branch could no longer subsidise their publication. The subscription was increased to \$6 in the year 1995-96.

In 1989, as already stated, WFP received its first grant of \$2300 from the ACT Bureau of Sport, Recreation and Racing. This was used for leadership and first-aid training, and for first-aid kits.

Readers of the 1989-90 Summer newsletter were informed that a further grant in the order of \$30 000 from the ACT Bureau of Sport, Recreation and Racing had been requested. It would help meet two major aims - to make ACT WFP Inc a financially stable community organisation and to have the means of expanding the program to more and more members of the community.¹³ John Madden, who succeeded Margo Irons as project officer in mid-1989, would be involved in running the program for about 21 hours each week.

In the next newsletter (Autumn 1990) members read that the grant application had been unsuccessful and the continued employment of John Madden had not been possible. Nothing daunted, the committee next applied to the ACT Health Promotion Fund for sponsorship. This application was successful, and a grant of \$23 448 was received in early 1991. WFP was required to employ a project officer and to work with the ACT Cancer Society in promoting their SUN SMART public awareness campaign on the need to avoid damage to the skin from sun exposure. The Autumn 1991 newsletter was the first to carry the ACT Cancer Society's skin cancer messages and artwork, and the Winter 1991 newsletter the first to show the Health Promotion Fund's logo.

On 15 December 1990, an advertisement was placed in *The Canberra Times* for a project officer. Judy Price had been filling this position since Winter 1990. Eleven applications were received and seven applicants interviewed. The interviewing committee consisted of Albert Brakel, Colin Kish, Judy Price and John Stevenson. Michael Tabart was selected, his contract running from 18 February to 31 December 1991. His duties were various, and included the promotion of WFP, producing the newsletter and writing the application for a further grant in the following year.

Early in 1992, the project officer made a claim in the Small Claims Court against WFP, which then instituted a counter claim against him. After a hearing before the registrar of the court, both parties agreed to withdraw their claims and not proceed with the matter.

Funds were not sufficient to allow the employment of a project officer in 1992, despite WFP receiving a further grant of \$5000 from the Health Promotion Fund to produce promotional posters and pamphlets. The only string attached was the continued use of the Board of Health's logo on all WFP publications. This grant should have been acquitted by 30 June 1993, but permission was obtained for an extension to 31 December 1993.

¹³ John Madden, Summer 1989-90 newsletter

In its acquittal notice, WFP informed the Health Promotion Fund that the grant had been utilised to promote the awareness of the public to the benefits of preventing skin cancer, to promote public awareness of the sport of walking, and to increase awareness in the community to health issues. Good results had been obtained; there had been an increase in membership numbers, in the number of walks conducted and in attendances on walks. There was also in the community a greater awareness of the physical benefits of walking.

A further grant from the ACT Recreation Development Program of the Department of Sport and Recreation of \$5000 was approved to develop walking opportunities for senior citizens. However, this grant was never taken up by WFP. WFP has not applied for any further government grants.

Two donations were received in the early years. The Canberra Tradesmen's Union Club, Dickson, sent a cheque for \$50 in 1991. The NRMA gave \$400 in 1992 to purchase five sets of eight books giving details of walks in the ACT for the use of walk co-ordinators.

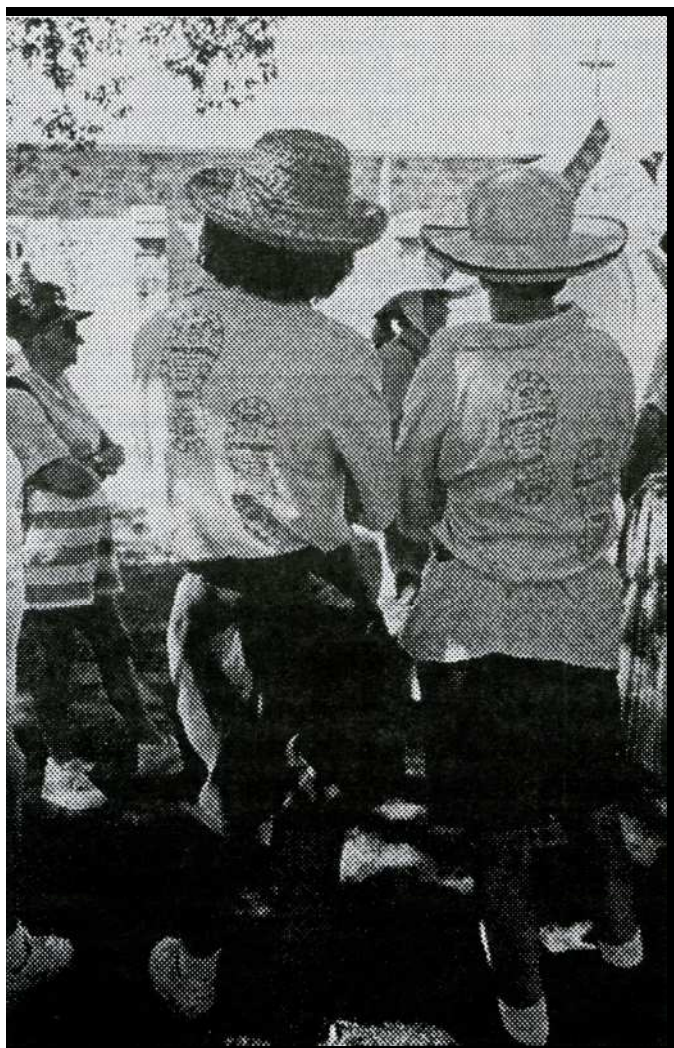
Some money was raised by allowing advertising in the newsletters. In 1990, the committee decided to charge \$25 for a full page, \$13 for a half page and \$10 for a quarter page.

As a result of WFP's sponsorship by the ACT Cancer Society, packs of the society's sunscreen were purchased from it in October 1992 for sale to WFP members, and this practice is still continuing, earning a small amount for WFP. The sale price to members is kept to a minimum. Other sales have taken place over the years. In 1987 T-shirts, in the official green and white colours, with the original logo of the walking humanated shoes, were sold for \$8 each. Hats

approved by the ACT Cancer Society sold for \$4.50 in Summer 1991-92. In 1995 car stickers were produced featuring the ACT floral emblem of the daisy, with the motto 'Members of ACT WFP enjoy what comes naturally . . . in the bush!' These were sold for \$1 each. Linda Muldoon was responsible for the artwork.

In Summer 1992 a policy was adopted that the sale of goods and raffle tickets, the distribution of pamphlets, and advertising in the newsletters not directly pertaining to WFP would not be allowed. This policy was relaxed in 1994 to allow one member, Dianne Deans, to sell T-shirts she had designed, after walks were completed. Summer shirts sold for \$20 and winter shirts for \$25. Tai Chi advertisements from Elizabeth Halfnights were inserted in the newsletters from Spring 1994 at a nominal charge of \$10. These advertisements are still running.

Through good management, WFP has become a self-supporting organisation, with what could be called fairly substantial assets, when it is remembered that annual subscriptions have been kept as low as \$6. An example of that good management is



Two walkers proudly wear their ACTWFP T-shirts

the delivery of newsletters. Since mid-1991 they have been sorted by suburb and handed out to members at the commencement of walks. Any remaining are taken by volunteers, who hand-deliver those destined for the suburb in which they live. This has led to a considerable saving in postal costs over the years. Only members who have post office boxes have their newsletters delivered by Australia Post and they are charged an extra \$2 for this facility.

Members' assets amounted to:

in the financial year ending 30 June 1990,	\$ 1 640.00
in the financial year ending 30 June 1991,	\$ 2 576.00
in the financial year ending 30 June 1992,	\$ 2 608.00
in the financial year ending 30 April 1993,	\$ 4 262.00
in the financial year ending 30 April 1994,	\$ 6 523.00
in the financial year ending 30 April 1995,	\$ 8 133.00
in the financial year ending 30 April 1996,	\$10 228.00
in the financial year ending 30 April 1997,	\$11 316.00

Anthony Jaywardena was the first auditor, appointed to audit the 1990-91 books. Since then Keith McKnown has been the auditor. Keith also audited the 1989-90 books in 1992 when the committee became aware that this task had been overlooked.



Christmas picnic lunch at Pine Island, 20 December 1995

Publicity

To bring to the attention of the community the existence of WFP and the health benefits of walking, advertisements were placed in local papers. An article appeared in *The Valley View* on 9 November 1987 advertising the first Tuggeranong walk from the Tuggeranong town centre bridge to Oxley Hill on Friday, 13 November, at 12.30 p.m., another on 3 March 1988 advertising the second walk of this group on 9 March. On 22 December 1988, *The Public Eye* published the walking program for January, February and March, 1989. Another advertisement appeared in *The Chronicle* on Tuesday, 25 July 1989. From November 1989 the walks were publicised every week in local newspapers. In 1989 Albert Brakel became the first publicity officer. Judy Price was elected to that position at the AGM on 18 January 1990, followed for four years by the late Joyce Gray. As a result of the extensive advertising campaign through *The Valley View*, *The Chronicle*, *Fridge Door* (a section of *The Canberra Times*), and five radio stations, Joyce was receiving so many telephone calls by late 1991, that an answering machine was purchased for her early the following year.

The BMR group advertised continuously on the BMR noticeboards from early 1988 until mid-1991, and also on occasion in *BMR News*. The Defence group had some publicity in the Defence staff publication.

By July 1989 Margo Irons, the second project officer, who had been working on the development of WFP since February 1988, had visited all the hospitals and health centres in the Territory, spreading the word about WFP and leaving copies of the newsletters and programs.

In July 1991, the WFP booklet of the NSW Department of Sports, Recreation and Racing had been revised and reprinted to suit the purposes of ACT WFP. This booklet was reprinted in 1993 with some alterations. An information sheet for new members was also produced in 1993.

In 1992, the Women's Information and Referral Centre had an entry about WFP in its publications. In December of that year, the Committee decided to advertise only in *The Chronicle*, *The Valley View*, and *Fridge Door*. However, a quarter-page advertisement was inserted in the May-October 1993 issue of the ACT Sports and Recreation Calendar. Don Mountain did the artwork for this.

Information packages were also delivered to all libraries and health centres.

On 10 April 1993, an extensive article appeared in *The Canberra Times* by Claire Tedeschi entitled 'Making friends while walking'. Claire had joined a walk on Cooleman Ridge. The article was accompanied by a photograph of a group of smiling walkers happily striding along.

Interaction with the Community

Some of the early walks organised by Life. Be In It were in association with events organised by other bodies, such as the heritage walks during heritage week. WFP continued this tradition. A special heritage walk was held on Sunday, 16 April 1989. Simon Baker, an Australian Olympic walker, launched the walk at 1.00 p.m. at the Commonwealth Park Amphitheatre. It:

consisted of three Walks, the first to Argyle Place and surroundings led by Len Gilmour, with the next led by Albert Brakel, where walkers reflected on the Anzac Parade monuments. Finally, Colin Kish's Walk through Duntroon led to the rebuilt original Changi Prisoner of War camp chapel.¹⁴

This co-operation with the heritage week program has continued down the years, with walks to places such as the Royal Mint, Black Mountain Reserve, and Kambah Pool to Station Creek. In 1994 the Council for the Ageing week coincided with heritage week, so a combined walk for both organisations was conducted to Blue Range Hut.

For several years, commencing in 1990, WFP participated in ACT Alive, a Sunday afternoon event held on the lawns in front of old Parliament House during the Canberra Festival. Members were recruited to man a stall publicising WFP and its activities, and to lead ad hoc walks. One such walk in 1992 was from the stall location up to the new Parliament House and return. WFP gained many new members on these occasions.

As a result of its on-going association with the ACT Cancer Society, WFP usually involves itself in its activities, especially in Cancer Awareness Week. On 15 November 1993 at 1.30 p.m., 60 walkers took part in a special walk from Royal Canberra Yacht Club to Parliament House. Ros Kelly, the then Minister for Environment, Sport and Territories and the Federal Member for Canberra, agreed to conduct the launch of the week on the lawns atop Parliament

¹⁴ Colin Kish, Winter 1989 newsletter.



Launch of Cancer Awareness Week, 15 November 1993

House at the conclusion of the walk. This event was featured in *The Canberra Times* with a particularly striking photograph.

That same year in October, the president, Ivan Gilchrist, the vice-president, Don Mountain, and committee member and wife of the president, Rosemary Gilchrist, attended the opening of the Cancer Society's new shop at their headquarters in Curtin.

In 1989 WFP participated in the Canberra College of Advanced Education's display from 31 March to 14 April at the O'Connell Education Centre, Griffith, which enabled community organisations to explain and promote their services to the public.

In Autumn 1991 a few hardy WFP members took part in Community Aid Abroad's Walk Against Want on a somewhat inclement day.

WFP manned a stall at the northside community fair at Havelock House in April 1991 and at the community market at Downer in May and June. In July 1991 WFP attended the Jamison shopping centre charity day. In October 1991 WFP participated in the Belconnen community festival. In July, 1992, WFP provided a stall at a healthy ageing workshop organised by the ACT School of Nursing. In conjunction with Floriade, a stall was manned at Stage 88 on 1 October 1992, the United Nations day for the elderly. On 14 October 1992, WFP participated in the Woden Plaza health expo. A static display was mounted at sports works, a program of the National Science and Technology Centre, in 1993.

In October 1991 the National Heart Foundation (ACT Division) was asked to promote WFP activities.

Various activities of other organisations have been advertised in the newsletters. An AIDS walkathon of 10 kms. around part of the Lake Burley Griffin foreshore on 17 April 1988 was announced in the March-April newsletter, and the ACT Parks and Conservation Service publicised their walks from time to time. The National Heart Foundation of Australia promoted a 'Walk for Heart' being held on 8 April 1990 in that year's Autumn newsletter. Prizes for the top fundraisers in various categories were donated by the Athletes Foot and Civic Advance Bank. In Spring 1991 the Wilderness Society announced their Walk for Wilderness' walkathon being held on 1 September. The Canberra two-day walk was advertised for the first time in the Summer 1992-93 newsletter and this practice has continued. For the past few years WFP has assisted the organisers of the event by providing volunteers to help man the checkpoints.

In December 1992, the ACT Parks and Conservation Service planned to commence a 'Friends of Tidbinbilla' organisation. They wished to promote this in the newsletters and distribute pamphlets on walks. The committee agreed to both requests; while WFP members would be encouraged to participate, WFP would not otherwise be involved.

WFP has provided speakers at meetings as diverse as the Calvary Hospital Psychiatric Unit, the RAAF Ladies' Group, the Retired Teachers' Association, a Seniors' week seminar, and a View club.

Many requests have been received for WFP publicity information such as posters and brochures. These have come from, among others, the Veterans' Advice Network for an Expo at St. Andrews Church Hall in Forrest in October 1995, the Wilderness Society, and the then Woden Valley Hospital Health Promotion Services.

Social Gatherings

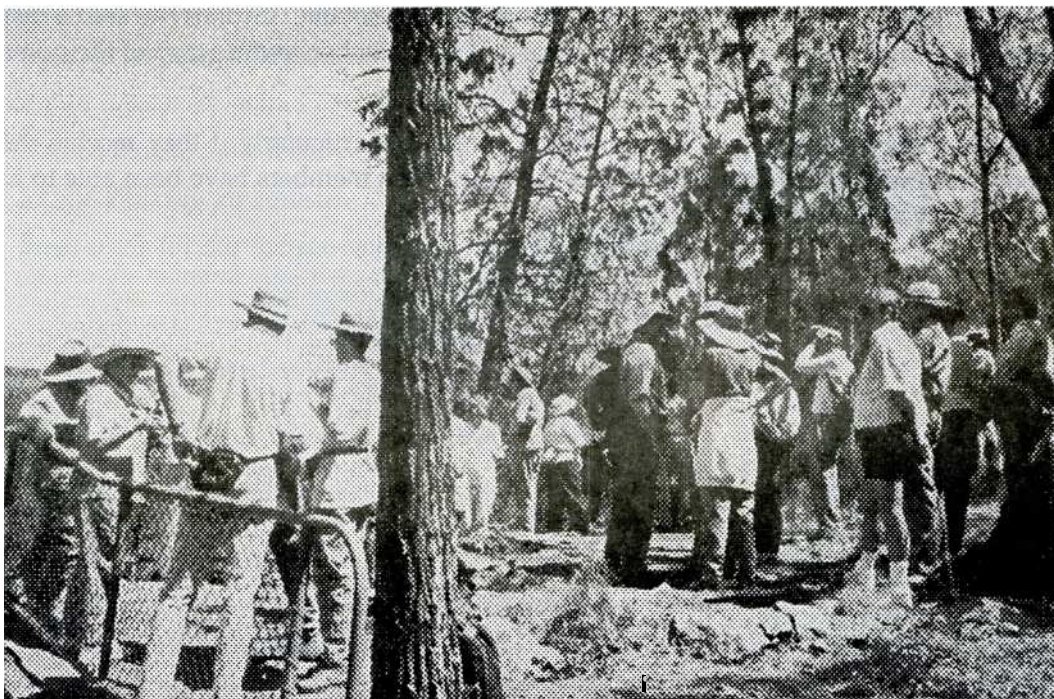
WFP has not endeavoured to combine walking with social gatherings. After all, our walks *are* social affairs. However, on Sunday, 22 November 1987, the WFP groups met for a fun day at Weston Park. Two hour, one hour and half hour walks were held, everyone was asked to bring a barbecue or picnic lunch. There were Life. Be In It games for the kids. 50 people attended.

For many years informal Christmas parties have been held at the end of each group's final walk before Christmas, people bringing their own lunches. At the end of 1987, the Health Advancement Branch provided drinks. To celebrate the tenth anniversary of WFP on 5 April 1997, a birthday cake and fruit juice were offered to walkers at the end of the walk on 6 April 1997, and a cake was offered to members after the 1997 AGM.

Perhaps the twice yearly one-day coach trips, conducted each Autumn and Spring, have become the most social of WFP activities.

Although most people associate Rosemary and Ivan Gilchrist with these, the first one was the brainchild of Dorothy Seedsman. Dorothy at this time was a co-ordinator of the then Tuggeranong walking group, the forerunner of today's Wednesday walks. Dorothy carried out all the original organising of the excursion, but then found that she would be overseas on the date set down, Wednesday, 1 April 1992. So responsibility for final arrangements and conducting the trip was passed on to Rosemary and Ivan.

The trip took in Cooma (morning tea stop), Perisher, ski-tube to Blue Cow, a short walk, lunch, ski-tube to Bullocks Flat, coach to Thredbo, chairlift to Crackenback, a short walk, then return to Canberra. A 'white out' at Blue Cow, which restricted activities, was the only down-side to a very successful day. So successful that there was immediate pressure to organise another excursion.



Walkers enjoying a rest on the walk in the Conimbla National Park, part of the coach excursion to Cowra on 14 October 1994

As support was strong, arrangements began for a trip to the Bowral-Mittagong area. This took place in October 1992, taking in 'tulip time' at Bowral and a walk on 'The Gib'. Once again it was a successful day, so the precedent was set for an excursion each Autumn and Spring. The tenth anniversary year of WFP saw the twelfth such trip. This was a second trip to Bundanoon with walks in Morton National Park and luncheon at the Bundanoon Resort and Conference Centre.

The first excursion to Bundanoon was a memorable one. Those members who were on that trip in October 1993 will remember the wild flowers in the National Park, the beauty of Fairy Bower and the delicious luncheon at the Gasthoff Restaurant. They will also remember having to extricate the coach when it became bogged in the National Park and the rain which arrived about the same time to add to the occasion. But overall it was a great day.

The only other trip to be affected by bad weather was on 31 March 1995 when a walk from Perisher to Porcupine Rocks (in Kosciuszko National Park) was scheduled. The coach arrived at Perisher to be greeted by a deluge of rain and snow - a blizzard which prevented even the hardiest of walkers from leaving the coach. The coach returned to Sawpit Creek and after watching a film in the theatre, eating our backpack lunches there, by kind permission of the staff, a six kms. walk in falling snow was able to get under-way after lunch and was a pleasant experience. The Perisher to Porcupine Rocks trip was tried again on 2 February 1996. The weather on this occasion was much kinder, the trip was successful and backpack lunches were devoured at Porcupine Rocks. The only other occasion when backpack lunches were carried was to the Boxvale Track near Mittagong in March 1994.

On all other occasions lunches have been arranged at nearby restaurants and in every case found to be satisfactory in varying degrees. Those standing out as better than average were the aforementioned Gasthoff at Bundanoon, a fine meal at the Visitors' Centre at Fitzroy Falls in October 1995, complemented by interesting walks along the gorge, and the Kookaburra Kafe at Mogo on the south coast after an exhilarating walk at Durras Lake in April 1997.

Other pleasant excursions and walks include Tumut in April 1993 with a beautiful Autumn display and a visit to Blowering Dam and the Broom Factory. Most of the ladies on this trip acquired a new straw broom here, but there is no truth to the story that the male walkers suggested the ladies ride their brooms home. In October 1994 a trip was made to Cowra and nearby Conimbla National Park. Features of this trip were the contrasts of drought- stricken Conimbla with a lack of promised wildflowers, compensated by the beauty of the Japanese Gardens in Cowra. In September 1996 an excursion to Mount Annan Botanic Gardens featured a display of Australian native plants, a tasty outdoor meal at Kylies Kitchen and a grasp of the potential of this new botanic garden.

Hopefully these twice yearly 'Occasions' will continue, particularly if they receive the same support from walkers as they have had in the past, when members have been able to have an enjoyable day at a reasonable cost.¹⁵

¹⁵ Ivan Gilchrist provided these paragraphs for inclusion in this history.

Conclusion

ACT WFP has now reached adulthood. It is an efficient, well-run organisation thanks to the efforts of many people who have worked hard to achieve this goal and who continue their efforts. Among them, to mention a few, are the committee members, the walk co-ordinators, the walk leaders, the editor of the *The Capital Wanderer*, the auditor and the public officer. WFP, quoting Albert for the last time, 'enables members to keep fit in a most enjoyable way, and in the process to see nooks and crannies of Canberra that they didn't know existed'. It is probably no exaggeration to say that, over the years, every mountain has been climbed, every track and footpath walked. The following statistics compiled by committee member, Richard Fennessy, and published in the Winter 1995 newsletter are perhaps rather surprising!

Since 1 July 1994, the 38 Wednesday walks have attracted a total attendance of 1685. That's about 45 people per walk. Assuming that the Friday and Sunday walks are similarly popular, we therefore see a total of about 150 walkers per week, if we include the small band of Tuesday regulars. Say 600 per month, or 8000 per year, allowing for those extra walks we organise during the Summer months. So, if the walks average out at 5 km in length, it means that, together, we walk a total of 40 000 km every year. Now, by the original definition, a kilometre is one ten-thousandth of the distance between the North Pole and the Equator (through Paris), so that means that those 1000 feet of our 500 members walk the equivalent of a trip around the Earth every twelve months.

Long may WFP continue!

This history should end on a light note. Radio 2CN conducted a 'Great Limerick Competition' in mid-1994, the subject to be some aspect of life in Canberra. One of WFP's members, Linda Muldoon, put in an entry, which unfortunately did not win, but which deserves to be included in these pages:

*Many a monument we show off and prize
We've houses for pollies both foolish and wise
But we treasure our leisure
Joined Walking for Pleasure
Bush trails lift our spirits - while trimming our thighs!*

Appendix A

Committee Members

Interim Committee appointed in 1989:

Chairman	Colin Kish
Secretary-Treasurer	Avice Barrett
Publicity Officer	Albert Brakel
Project Officer (from Health Advancement Branch)	John Madden
Member	John Tickner

Annual General Meetings

18 January 1990 — 11 members attended at the Griffin Centre, Civic

<i>Committee elected:</i>	Chairman	Colin Kish	
	Treasurer-		
	Membership Secretary	Avice Barrett	
	Minutes Secretary	Albert Brakel	
	Publicity Officer	Judy Price	
	Members	Wendy Moores	Janine Robertson
		Trevor Parkinson	John Stevenson

On 2 November 1990 Wendy Moores and Trevor Parkinson were replaced on the committee by Joyce Gray and Dorothy Seedsman.

11 June 1991 — 20 members attended at Weston Creek Football and Sports Club, Stirling

<i>Committee elected:</i>	President	Colin Kish	
	Vice-President	Ivan Gilchrist	
	Treasurer-		
	Membership Secretary	Koi Headford	
	Assistant Treasurer-		
	Membership Secretary	Stella Cheah	
	Publicity Officer	Joyce Gray	
	Minutes Secretaries	Margaret Gantley	Joyce Weeks
	Members	Avice Barrett	Rosemary Gilchrist
		Peter Clarke	Dorothy Seedsman

On 13 November 1991 Barry Avery became a member of the committee under Clause 6(b) of the Constitution. On 30 January 1991 Margaret Gantley and Joyce Weeks were replaced on the committee by Stella Cheah as the Minutes Secretary

3 June 1992 — 22 members attended at the Erindale Centre, Wanniasa

<i>Committee elected</i>	President	Ivan Gilchrist	
	Vice-President	Barry Avery	
	Treasurer	Koi Headford	
	Membership	Dorothy	
	Secretary	Seedsman	
	Secretary	Jill Jansson	
	Publicity Officer	Joyce Gray	
	Members	Albert Brakel	Don Mountain
		Rosemary Gilchrist	Sylvia Mountain

16 June 1993 — 17 members attended at the Griffin Centre, Civic

<i>Committee elected</i>	President	Ivan Gilchrist
	Vice-President	Don Mountain
	Treasurer	Koi Headford
	Membership Secretary	Sylvia Mountain
	Secretary	Jill Jansson
	Publicity Officer	Joyce Gray
	Members	Marj Ashley Rosemary Gilchrist Margaret Russell

15 June 1994 — 33 members attended at the Church of Christ Centre, Lyons

<i>Committee elected</i>	President	Don Mountain
	Vice-President	Andrew Bennett
	Treasurer	Koi Headford
	Membership Secretary	Sylvia Mountain
	Secretary	Jill Jansson
	Publicity Officer	Margaret Russell
	Members	Marj Ashley Noel Fennessy Richard Fennessy Joyce Gray

14 June 1995 — 45 members attended at the Church of Christ Centre, Lyons

<i>Committee elected</i>	President	Don Mountain
	Vice-President	Andrew Bennett
	Treasurer	Koi Headford
	Membership Secretary	Sylvia Mountain
	Secretary	Jan Cremer
	Publicity Officer	Margaret Russell
	Members	Noel Fennessy Richard Fennessy Linda Muldoon Elva Neill

12 June 1996 — 39 members attended at the Church of Christ Centre, Lyons

<i>Committee elected</i>	President	Andrew Bennett
	Vice-President	Brian O'Neill
	Treasurer	John Tucker
	Membership Secretary	Janet Irons
	Secretary	Jan Cremer
	Publicity Officer	Patricia Gray
	Members	Bob Cremer Linda Muldoon Elva Neill Kathleen Taperell

Appendix B

Walk Co-Ordinators

Rod Adams
Leonie Andrews
Mail Ashley
Barry Avery
Margaret Ballard
Avice Barrett
Heather Bell
Andrew Bennett
Karen Bidwill
Bob Bird
Rosemary Blemings
Keith and Sally Boyd
Albert Brakel
Bev Burton
Jean Casburn
Lynda Collins
Dianne Deans
Hedy Donovan

Keith Earnshaw
Janine Edwards
Noel Fennessy
Judy Foschia
Ivan and Rosemary Gilchrist
Len Gilmour
Joyce Gray
Brian Haddy
Jenny Hunter
Janet Irons
Jill Jansson
Colin Kish
Harry Maude
Noreen Millburn
Wendy Moores
Don Mountain
Leanne Moy
Linda Muldoon

Elva Neill
Peter Nelson
Trevor Parkinson
Geoff Pickford
Judy Price
Emily Quantock
Julie Robinson
John Ross
Margaret Russell
Dorothy Seedsman
Chris Sharp
Jim Simpson
Kathleen Taperell
John Tucker
Lorraine Weatherall
Joy Wiltshire
Cynthia Wood



Perhaps reflecting on the future of ACT Walking for Pleasure, this group of walkers pause by the pool at the Mount Annan Botanic Garden, part of the day trip by coach on 20 September 1996



A SWAN-SONG BY THE LAKE

*Rosemary and Ivan Gilchrist (centre front) finally retired as Walk Leaders
and Walk Co-ordinators at the Thursday Stroll on 15 April 2010*

PHOTO COURTESY OF THE CANBERRA TIMES
Photographer Marina Neil

FRONT COVER

*Photo: Wednesday Walk from Blue Range Hut to Sherwood homestead site, 1 September 2010
Photographer Linda Muldoon*

*Map: Top section of the 1913 contour survey map of the site for the Federal Capital of
Australia, overlaid with the Griffin plan*