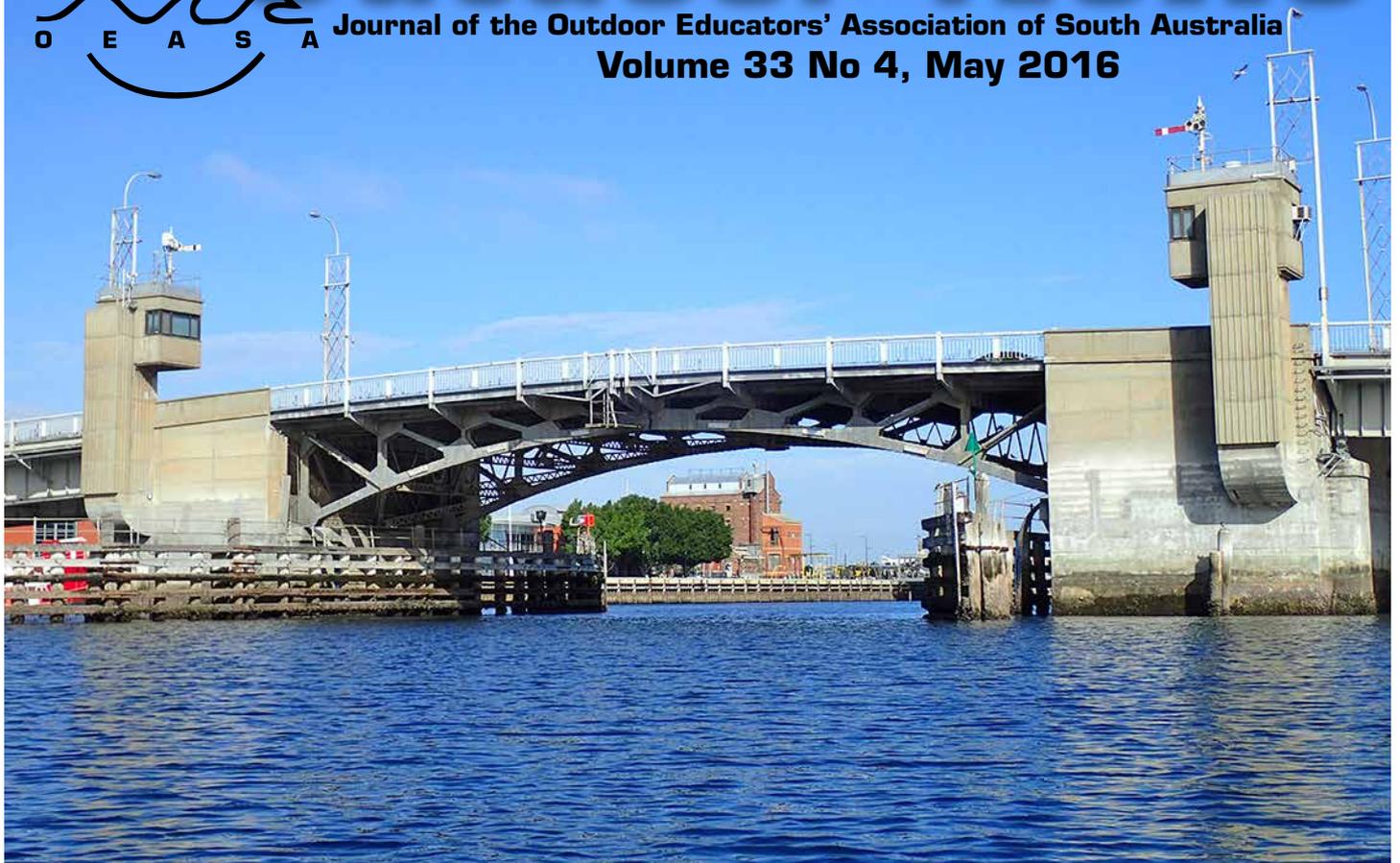




Outdoor News

Journal of the Outdoor Educators' Association of South Australia
Volume 33 No 4, May 2016



The Birkenhead Bridge, first opened (literally and officially) in December 1940, and a waypoint on a forthcoming Waterways Guide trip plan. In the background, the historic Hart's Mill.

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OEASA sponsors

Gold



Silver



Bronze

- Scout Outdoor Centre
- Access Canoes
- Adventure Kayaking SA
- Griffin Wines

From the Editor

Peter Carter

A project that has quietly been happening in the background is the Waterways Guide, a project to supplement the Canoe Guides that were developed some years ago. Paddle NSW began a website for local waters, intending that it expand to cover all states: <www.waterwaysguide.org.au>. Canoe SA received a grant to prepare material for it and another being developed for Trails SA. Nothing much happened for a while but now a team is beginning to survey local waterways, collecting GPS and other data. Our cover picture is one from the first survey trip, to Port Adelaide's Inner Harbour. (If you want the waypoint, it's <wpt lat="-34.842195510864258" lon="138.50189208984375">.)

In this issue, minutes from the AGM, an outdoor school in Port Macquarie, the benefits of hiking, a close look at a paddling stroke that is often described wrongly, the dangers of GPS reliance, nomination criteria and form for the annual OEASA awards, and more.

A recent ABC *Catalyst* program described another good reason to have young people in the outdoors: the high light levels reduce the likelihood of myopia. It's good for our eyes.

Risk in outdoor activities can be minimised but not eliminated. Here's comment from the editor of *Afloat Magazine* on a race collision on Pittwater in February that resulted in one death and one serious injury:

The sport of yacht racing can be fraught with risk. It is fundamentally hazardous. While the matter is currently under investigation by local authorities,

what we don't want to happen is that legislators step in with even more safety measures and make us wear body armour... or cut off bowsprits...

While they have a duty of care to minimise risk to participants, authorities should look objectively at the evidence around injuries to sailors. There shouldn't be a knee-jerk reaction. If you play sport, every so often you'll get a sports injury. You just have to accept that there will be risk of injury if you are involved.

There is so much to be gained by being involved in team sports that, for the risk of a possible injury, I wouldn't like to think consideration be given to sanction something that is so beneficial.

If you're going to have a sport, at some point you have to say that everybody's got to be participating in the actual sport.

The benefits of sailing should not be dismissed because of the potential for physical harm. The risk you face is in people taking no risks at all.

For 'sailing' read the name of any of our outdoor activities: that final sentence is the important one. 



The Outdoor Educators' Association of South Australia

Aims

- 1 To promote the development of Outdoor Education in South Australia
- 2 To represent Outdoor Educators on issues and matters concerning the use of the outdoors
- 3 To maintain the professional development of personnel working in the area of Outdoor Education
- 4 To maintain, support and develop the role of Outdoor Educators in South Australia
- 5 To promote the professional interchange of information between members and other related organisations through conferences, meetings, seminars and publications
- 6 To promote a philosophy of environmental awareness, preservation, conservation and positive attitudes towards the use of the outdoor environment
- 7 To act in an advisory capacity to community, government and non-government agencies

The Outdoor Educators' Association of South Australia supports these national ethical guidelines for outdoor educators:

- The Outdoor Educator will fulfil his or her duty of care
- The Outdoor Educator will provide a supportive and appropriate learning environment
- The Outdoor Educator will develop his or her professionalism
- The Outdoor Educator will ensure his or her practice is culturally and environmentally sensitive

OEASA Committee 2015-2016

Chair: Mike Meredith

Assistant Chair: —

Treasurer: Phil Noble

Assistant Treasurer: Andrew Stace

Secretary: Chris Detmar

Assistant Secretary: Bel Emanuele

Editor and webmaster: Peter Carter

Committee: Scott Polley, Chris Hodgson, Dave Edwards, Micha Jensen, Luke Duncan, Dave Walker, Rob Stilwell, Emma Lowing, Nick Glover, Ray Prideaux

From the Chairman

Mike Meredith

Welcome to the second edition of *Outdoor News* for 2016. I trust you have all had an enjoyable first term getting yourself and young people out and about learning about themselves, each other and the wonderful environments we visit.

Many thanks to those who attended the 2016 AGM held on Friday 18 March at The Seven Stars Hotel, Angas Street. The meeting was attended by 15 people with a good number of apologies due to programs. A few stayed for dinner making it a very enjoyable and social night in town. Minutes and reports from the evening are contained in this edition of the newsletter but in brief: I still remain as Chairperson with Chris Detmar Secretary and Phil Noble Treasurer. Thanks to last year's committee for their tremendous efforts representing all our members over the year. Many committee members have been re-elected and I look forward to working together in the coming year to help provide ongoing and valuable service to the Outdoor Education community. I thanked Nick Glover for his many years of service as Secretary and Bianca Newton for her work on the committee.

The 19th NOEC has been held in Queensland on the Sunshine Coast and from all accounts was a great event. I look forward to hearing details of the conference and sessions as articles are presented throughout the year.

During the holidays my travels took me to the Gawler Ranges, a place I had not been to for many years. To my recollection it was a working property when I last visited so it was with interest that I observed how parks had made the venue more visitor friendly and taken steps to manage the impact of visitors. The rugged beauty and grandeur of the sweeping ancient landscape fascinated me again as it did when I first visited and I would recommend a visit to the many special places we have been given access to within the park.

There are many activities still planned for 2016 and the details for these functions are listed in this edition and are available on the OEASA website. I urge you to mark them on your calendar now so you can ensure you are able to attend and help make them successful events. I would particularly like to draw your attention to the following events for 2016:

The Outdoor Presentation Dinner will be held on Friday 17 June at the Unley City Council Chambers, which has been a great venue, with catering being provided by a new caterer with a similar three course format. This evening recognises the achievements of those involved in the outdoor community and is one I would love everyone to attend. An Award Nomination form and award details have been included later in the newsletter if you have someone in mind.

Outdoor Education Week (October dates TBC) is another fixture on the calendar. This event run each year helps raise public awareness of Outdoor Education and by continuing will help in our ultimate goal of getting quality curriculum driven Outdoor Education experiences for all

students in all year levels across the country. Any positive promotion of what we are doing with young people in the outdoors helps get the message out there. Check out the website: www.outdooreducation-week.com.au.



The GACO (Great Aussie Camp Out) is planned for October 2016 (date TBC) and is intended to get people outside and involved in the great outdoors. The idea is to log on to the website indicating you are involved and get out that night in the back yard, caravan park, national park, etc. There is no cost involved and the event helps promote healthy and respectful use of outdoor places. Get involved and let your students/parents/teachers know about it as well.

The Outdoor Seminar Series will be conducted in third term to keep members updated on exciting happenings in Outdoor Education.

Our first session will be at the Mawson Lakes Planetarium on Friday 2 October for a 7pm start using the planetarium to view 'Aboriginal Skies'. More on this later in the year.

OEASA Outdoor Conference 'Learning through the Outdoors' is planned for later in the year, Thursday 17 November, starting in the evening and continuing on Friday 18 at the Education Development Centre Hindmarsh. If you have a session you would like to present or sessions you would like to know more about please let us know. Later in the year, but check the calendar of events and set the dates aside.

I look forward to catching up with as many people as possible at the presentation dinner or other activities planned throughout the year. If you have any comments or ideas for upcoming events please do not hesitate to contact either myself or one of your committee members: it is always good to hear from members. It is as always a pleasure to be of service.

Yours in Outdoor Education (learning of self, others and the environment) 

Change of address

Please note a new postal address and phone number for correspondence to OEASA:

Chris Detmar, OEASA Secretary

PO Box 669

Goolwa SA 5214

oeasa.secretary@gmail.com

0415 501 695

Calendar

Outdoor Presentation Dinner

Friday 17 June, 6:30 for 7pm start

Unley City Council

Outdoor Seminar Series: 'Learning through the Outdoors'

Friday 2 September, 6:30 for 7pm start

Aboriginal Skies, Mawson Lakes Planetarium

Great Aussie Campout (GACO)

Saturday 8 October (TBC)

ACA to coordinate

Outdoor Education Week

October, TBC

OEA to coordinate

Outdoor Conference: 'Learning through the Outdoors'

Thursday 17–Friday 18 November, 6:30 pm for opening
EDCH

OEASA Committee meetings

5:30 pm at PAC 'Red Centre' Gym (McBride room)

Friday 27 May (T2 Wk 4)

Friday 12 August (T3 Wk 3)

Friday 18 November (T4 Wk 5, end of year drinks) at
EDCH

Outdoor News deadlines

We plan to produce four issues of *Outdoor News* each year. The deadline for submitting articles, etc. for inclusion is the end of term, aiming to get the newsletters out early in the school term.

To this end dates for submission of articles are:

End Term 2, Friday 8 July for the July edition

End Term 3, Friday 30 September for October edition

End of Year, for February 2017 edition.

Please send your contributions to the editor, Peter Carter, <pcarter@acslink.net.au>..

OEASA Annual Presentation Dinner 2016

Friday 17 June 2016

At the Unley City Council Chambers, 181 Unley Road, (corner of Oxford Street) Unley,

6:30 for 7:00 pm start.

Cost: Buffet meal (three course) \$35 for members and full time students, \$45 for non members. Drinks will be available at the venue.

Payment and bookings need to be made by Tuesday 14 June (late fee \$40 or \$50 respectively) at Paddy Pallins: 228 Rundle Street Adelaide

Supporters and sponsors are welcome to be acknowledged for contributing prizes or gifts for either award winners or use on the night in support of OEASA and its aims.

The presentation dinner is a great opportunity to recognise those who have excelled in their field, be it study, outdoor leadership, environmental care or involvement in outdoor activities. Outdoor leadership organisations are invited to present certificates to successful candidates from their courses and other outdoor community organisations are able to present suitable awards at the dinner.

We invite members to nominate those from the outdoor community who they believe worthy using the nomination form in this edition. The various categories and criteria for OEASA awards are included in this edition and are available on the OEASA website.

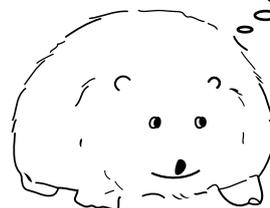
Nominations to OEASA Secretary, Chris Detmar, by NLT Wednesday 25 May 2016:

C/- PO Box 669

Goolwa SA 5214

oeasa.secretary@gmail.com

There is always space in *Outdoor News* for your contribution



Bronze sponsors



GRIFFIN
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Beyond Limits
Uniting Venues SA



Minutes of the 2016 Annual General Meeting

Seven Stars Hotel, Angas Street, Adelaide, 18 March 2016

Opening: 18:30

Present: Mike Meredith, Phil Noble, Peter Carter, David Edwards, Ray Prideaux, Rob Stillwell, Andrew Stace, Jess Stace, Libby Robertson, Wayne Hooper, Peter Kellett, Bel Emanuele, David Edwards, Chris Detmar, Nick Glover

Apologies: David Walker, Micha Jensen, Emma Lowing, Bianca Newton, Rob Hogan, Liz Liebig, Ben Lovell, Michael Foot, Nick Sward, Chris Hodgson, Scott Polley, Luke Duncan

1. Minutes of 2015 AGM

The minutes were read by NG, accepted by BE and seconded by RS.

2. Chairperson's report: Mike Meredith

Welcome to the 2016 OEASA AGM. OEASA has had another very busy and successful year in 2015. OEASA has represented its members as best possible and provided service to outdoor professionals in South Australia. National Outdoor representation has continued with OEASA handing over the administration for the National Outdoor Education Association (OEA) to QOEA who are hosting the 2016 national conference.

I would like to thank the committee members for their significant efforts and help throughout the year. Without their assistance and efforts little would be achieved and we as an organisation would provide little to our members.

I would like to particularly thank Nick Glover and Phil Noble who have continued their work as secretary and treasurer respectively. Micha Jensen must be thanked for his fantastic efforts toward sponsorship for the presentation dinner, Peter Carter for his efforts as editor and looking after the website. Scott Polley has again made significant contributions to OEA.

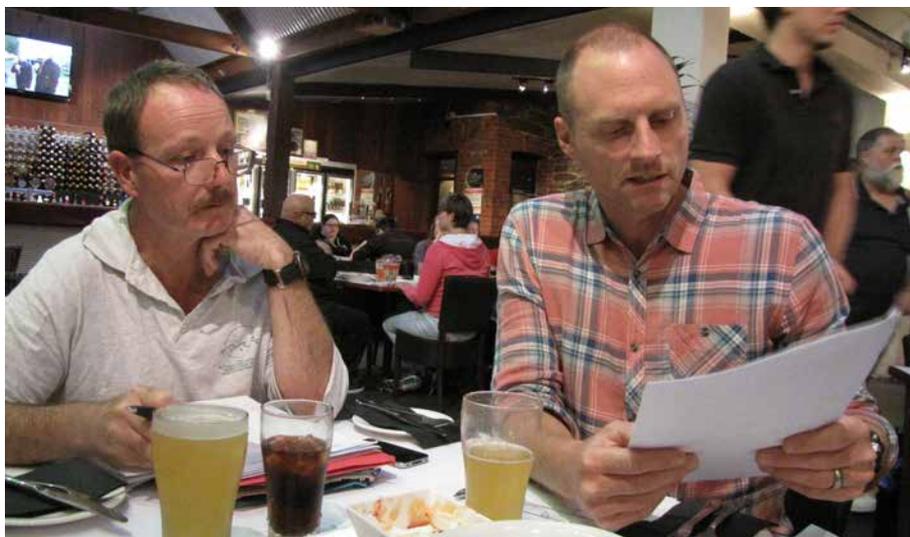
I would like to pay special thanks to Bianca Newton who is moving on from the committee and also Nick Glover who after many years as secretary is relinquishing the reins but remaining on the committee. Thanks and well done.

What has the OEASA committee been up to since the 2015 AGM?

- Membership of over 120 organisations, families, and individuals
- Last year's AGM was attended by 12 members at the Astor Hotel and concluded with a meal at the hotel.
- Continued cooperation with outdoor leadership organisations including BLSA, SAREA and Canoe SA.
- Organised a very successful Outdoor Presentation Dinner attended by 65 people with the presentation by numerous bodies of their leadership and

achievement certificates. The Unley City Council venue was great again as was Frank's superb cooking. This will be the last year for Frank as he has moved on from catering.

- Major Awards presented at the dinner were to Ian Heard for service to OED and Trinity Gardens Primary was awarded the Kris Mosher Environmental Award
- Four newsletters and an e news were distributed. Thanks to Peter Carter for his excellent editorial work and PAC for printing.
- Two editions of National Journal of OED distributed.
- The website has been maintained by Peter Carter. Reminder we are always after material to include.
- Bianca Barbon has maintained an OEASA Facebook/ social media page.
- Bel Emanuele has completed a new OEASA logo
- Discussions have continued with other state Outdoor Education Associations for Outdoor Education Australia—A Network of OED associations. We have handed over to QOEA who are hosting the 2016 National Conference. A Memorandum of Understanding is ready to be signed off
- We have maintained membership of CEASA, ACHPER, OEA and RecSA.
- Ran a very successful Outdoor seminar series
 - The Australian Curriculum Learning Through the Outdoors with Scott Polley on 4 September, attended by over 20 people
 - Learning Through Adventure with Kelly Thorpe on 20 November, attended by 80 people, a very popular event
- Attempted to run TREK 15 but interest and support not quite enough at this stage
- Attempted to conduct a car boot sale and family day but numbers fell a little short to make it viable
- Participated in Outdoor Education week 24–30 October 2015. Once again a significant contribution was made by SA schools and organisations to support this annual event, which coincided with outdoors October.
- Participated in GACO on 10 October 2015 with ACA.



Mike and Nick

Minutes of the 2016 Annual General Meeting

- Responded to DENR requests for feedback and input into park proposals and draft management plans.
- Nick Glover was awarded a "Recognition of Excellence" award at the CEASA world teachers' day celebrations.
- Ran an informative SACE Stage 2 teacher meeting on 11 February, attended by 20 teachers
- OEASA has maintained a healthy financial state and is in a position to maintain services into the near future.

I would like to thank our many sponsors for their valuable support during the year. In particular our Gold sponsors Macpac, Outgrow and Paddy Pallins, Silver sponsor Prince Alfred College and Bronze sponsors Griffin Wines, Scout Outdoor Centre, Access Canoes, RecSA and Adventure Kayaking SA. All must be thanked for their generous donations and support of OEASA and the presentation dinner. Please show your support to all these organisations with your patronage and help to repay some of their support. I would like to acknowledge the support given by Prince Alfred College throughout the year in producing the newsletter and providing a venue for meetings and events.

In summary, I would like to once again thank the committee on behalf of the members for their efforts throughout the year and our many sponsors and supporters and people who have helped OEASA.

I look forward to another busy year in 2016 with the NOE Conference 29 March–1 April in Queensland, the presentation dinner on 17 June and the OEA—Network continuing to represent a strong national body, and providing ongoing input into developing OED content for the Australian HPE curriculum. I hope 2016 will be a good year for all and that activities and programs being run by or for OEASA members are enjoyable and successful.

It is as always a pleasure to be of service.

Accepted by all.

3. Secretary's report: Nick Glover

The past year has been mostly business as usual at the secretary's desk. The major tasks undertaken continue to be the dissemination of relevant information to members, as well as assisting in coordinating OEASA calendar events, such as the dinner and seminar evenings.

In 2015, I created a new email account for the OEASA secretary, making email management more efficient, and to simplify handover should a new member need to take over the role. I'm pleased to say we have a new nominee tonight.

Given I am coming to the end of my tenure I would like to thank people for the generous support I have received in this role. Firstly to my predecessor, Libby Robertson, who handed over the position in very good order. Also to the committee members, and particularly the senior members, who helped me find my feet initially. Thanks to the editor who kept me on my formatting 'toes' with his eye for detail; and a particular thanks to our chairman, Mike who is so reliable in keeping processes on track and has been a great support to me.

I look forward to continuing my contributions to the committee in other roles and remaining a part of the OEASA community.

Accepted by all.

4. Treasurer's report: Phil Noble

The 2015 year for the Outdoor Education Association of South Australia (OEASA) was a lot quieter with no national conference to organise. Our membership database has 143 members with 112 being paid financial members. The breakdown is as follows:

- Life Members: 6
- Individual Members: 12
- Student Members: 1
- Family Members: 4
- School Members: 34
- Electronic Members: 4
- Organisation Members: 1
- Award Winners: 8
- Complimentary Members: 41
- Gold Sponsors: 4
- Unpaid Members: 31

The two major events for OEASA for the year were the Award dinner and the seminar series presentation from Kelly Thorpe.

The Award Dinner had 61 people attending this great night. Throughout the night raffles the auction and prizes kindly donated by several of our members and sponsors raised \$729.20.

OEASA started the year with \$35,258.50 in the bank. Throughout the year we had an Income of \$9,371.52 and Expenses of \$11,496.95. This saw us with a loss of \$2,125.43 and a closing bank balance of \$33,133.07.

OEASA Financial Report 1 January – 31 December 2015

Opening Balance	\$35,258.50
Income	Total
Bank Interest	\$164.52
Award Dinner	\$2,047.00
Auction	\$1,455.00
Membership Individual(12)	\$840.00
Membership Student (1)	\$45.00
Membership Electronic (4)	\$80.00
Membership Family (4)	\$320.00
Membership School (34)	\$2,720.00
Membership Corporate (1)	\$80.00
Membership Organisation (1)	\$40.00
Membership Award Winners(8)	\$0.00
Membership Complementary (41)	\$0.00
Membership Life Members (6)	\$1,580.00
Members 143 (112members) (31 unpaid)	
Total	\$9,371.52
Expenditure	Total
Newsletter: Editing	\$264.75
Newsletter: Printing	\$286.00
Postage	\$714.70

Minutes of the 2016 Annual General Meeting

Stationery	\$338.98
Membership (CEASA, OEA)	\$1,419.50
Public Liability Insurance	\$511.00
Donations	\$2,736.34
Award Dinner	\$2,930.80
Journals	\$1,395.00
Meetings	\$522.50
Internet	\$377.38
Total	\$11,496.95

Summary

Total Income	\$9,371.52
Less Total Expenditure	\$11,496.95
Profit / Loss	-\$2,125.43
Balance at 31 December 2015	\$33,133.07

The report was accepted by all.

WH inquired how we might use our funds to assist the outdoor community. MM responded that a number of initiatives had been tried this year but not been successful in attracting participation. PK reminded those present that the funds should be directed to support the members, and not just the outdoor community at large.

5. Election of officers

Position	Nomination	Accepted/seconded
Chairperson	Mike Meredith	AS/DE
Vice Chairperson	None	
Treasurer	Phil Noble	MM/NG
Assistant treasurer	Andrew Stace	PN/MM
Secretary	Chris Detmar	NG/AS

Assistant Secretary	Bel Emanuele	NG/DE
Editor/Webmaster	Peter Carter	MM/NG
Social media rep	Andrew Stace	NG/DE
Committee members	Scott Polley, Chris Hodgson, Dave Edwards, Micha Jensen, Luke Duncan, Dave Walker, Rob Stilwell, Emma Lowing, Nick Glover, Ray Prideaux	

		MM/WH
CEASA Reps	Mike Meredith and Chris Detmar	NG/DE
REC SA Reps	None	
OEA	Mike Meredith and Scott Polley	NG/AS

6. Outdoor Education Australia—Network OED associations

An update on an MOU was presented by MM. This MOU is likely to be signed off at the upcoming NOEC.

7. AOB

NOEC 29 Mar–1 Apr 2016

2016 OEASA events were appended.

New logo being arranged by BE needs some funding to complete. BE to finalise details and present at the next committee meeting.

Next AGM: Mid March 2017

Meeting closed: 19:10



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Mid-north coast 'Nature School' leads a new approach to early childhood education

ABC Mid North Coast

A unique 'Nature School' has begun on the New South Wales' mid-north coast, offering an alternative form of preschool education, in a bid to reconnect children with the great outdoors.

The Port Macquarie Nature School is a not-for-profit organisation, which runs outdoor preschool sessions each term, for three to six-year-olds.

The sessions have the support of the National Parks and Wildlife Service and are held in a section of rainforest at the Sea Acres National Park.

One of the school's co-founders and educators, Lloyd Godson said the school aimed to encourage development through nature-based exploration and was one of only two of its kind in the state.

It builds their confidence, self-esteem, it allows them take risks, problem solve and think for themselves.

"The Nature School is essentially an outdoor preschool, the children spend up to a whole day, sometimes half a day just outside exploring, it's basically free, unstructured play in nature, with the objective of connecting children back to nature," Mr Godson said.

"The Nature School is a fairly unique model, in that our entire time is outside with the children."

Mr Godson said within New South Wales there was only one other similar nature-based school, located in the Blue Mountains.

"There are some preschools, which are starting to implement some of the forest kindergarten models from overseas into their existing centres; they might spend a Wednesday afternoon for example, taking their kids into nature," he said.

"There is one other school, it's called Wild Grounds in the Blue Mountains, that run a similar kind of model to us, they are an independent outdoor preschool.

"But we do it every day, all day and that sets us apart, I guess."

Nature School concept began in Europe

Mr Godson said the nature school concept itself was not new.

We've started working with intellectually disabled adults, doing a very similar thing, taking them out into nature, reconnecting them with nature, offering them an experience they otherwise wouldn't have.

He said nature-based schools first took root in Scandinavia in the 1960s, before slowly making their way across Europe.

"It's also recognised there, in that families get rebates the same way they would if they send their children to a traditional preschool," he said.

"Germany recognises the value of this kind of education and the benefits it offers children.

"It builds their confidence, self-esteem, it allows them take risks, problem solve, think for themselves — I guess our version of school readiness is quite different to most preschools.

"For us it's being confident little individuals who are willing to take a bit of a risk and make those judgements for themselves."

Port Macquarie School plans to expand

The Port Macquarie Nature School began in the middle of last year and, after three school terms, already has plans to expand to establish a primary school.

"We're hoping to also start to offer programs to teenagers with mental health issues and another thing is a primary school for 2018, looking at a nature-based independent primary school here in Port Macquarie," Mr Godson said.

"So really hands-on experiential learning, just starting with the early years first perhaps, like Kinder and Year 1 and building up."

He said they had already started working with intellectually disabled adults.

"A new partnership with SkillsLink Training, or the Port Macquarie Community College, where we've started working with intellectually disabled adults, doing a very similar thing, taking them out into nature, reconnecting them with nature, offering them an experience they otherwise wouldn't have," he said.

"We've seen some huge changes again in the way they think about nature and the way they react when they are in nature, and that's been really incredible."

'Adventurer' background adds to experience

Mr Godson himself does not come from a child education background and is perhaps more well known for being an *Australian Geographic* "Adventurer of the Year".

He said he earned that title after spending two weeks living underwater, in a special habitat, using plants as his life support.

"My particular background is in marine science ... so I've done some pretty wild and whacky adventures in my time, so I'm not afraid to lead groups in the outdoors and expose children to a little bit of risk, responsible risk," he said.

"I just sort of jumped in the deep end, working with children, but I am always partnered with someone who does have early childhood experience, so I think we have a fairly diverse range of skills that we offer the children."

See: www.abc.net.au/news/2016-04-26/port-macquarie-nature-school-a-new-approach-early-learning/7357454 and portmacquarie.focusmag.com.au/natural-school-inc/



Technology: Use or lose our navigation skills

Roger McKinlay

But navigation is about more than knowing your position. When I followed my satellite-navigation system to a country house, I found my way blocked by a gate with a notice attached: 'No access, GPS wrong!' I was not lost—my satellite-navigation system knew my position accurately. But it did not understand roads. Newspapers regularly pick up 'satnav' disaster stories—such as a lorry bound for the Mediterranean that arrived at Gibraltar Point near Skegness in the United Kingdom. A sense of direction, a sense of scale and a map are essential. And knowledge of where you want to go also helps. The disappearance in 2014 of Malaysia Airlines flight MH370 is a reminder of the vastness of our world.

In the meantime, three practical steps should be taken.

First, improve the science. We need to understand how systems that include—or lack—people work in practice. Cognition research can tell us where ergonomics and systems engineering will help or hinder human abilities. Increased funding for quantum technology research is welcome, such as the United Kingdom's allocation

How ancient Aboriginal star maps have shaped Australia's highway network

Robert Fuller

The next time you're driving down a country road in outback Australia, consider there's a good chance that very route was originally mapped out by Aboriginal people perhaps thousands of years before Europeans came to Australia.

And like today, they turned to the skies to aid their navigation. Except instead of using a GPS network, they used the stars above to help guide their travels.

Aboriginal people have rich astronomical traditions, but we know relatively little about their navigational abilities.

We do know that there was a very well established and extensive network of trade routes in operation before 1788. These were used by Aboriginal people for trading in goods and stories, and the trade routes covered vast distances across the Australian continent.

From: theconversation.com/how-ancient-aboriginal-star-maps-have-shaped-australias-highway-network-55952

of £270 million (US\$386 billion) in 2013. And billions of pounds more will be needed to build infrastructure.

Second, engineers must acknowledge the complexity of these systems. They must use quantitative models of how people navigate and drive and should incorporate findings from neuroscience. Basic mistakes need to be avoided—such as relying on satellite-navigation systems to open doors in the impenetrable zones of stations and railway cuttings, as one train company in the United Kingdom did in 2014.

Third, invest in education. Schools should teach navigation and map reading as life skills. The introduction of computers and calculators has not removed the need to understand numbers. The US Navy has started to teach celestial navigation again as a backup skill.

Navigation is where complex systems meet capable users. Marrying them to enable truly intelligent transport will position us to get the best out of people and technology across many fields. The solutions lie around the next bend, just over the hill.

From: www.nature.com/news/technology-use-or-lose-our-navigation-skills-1.19632

Basic bushcraft crucial to outback survival, says expert bushman

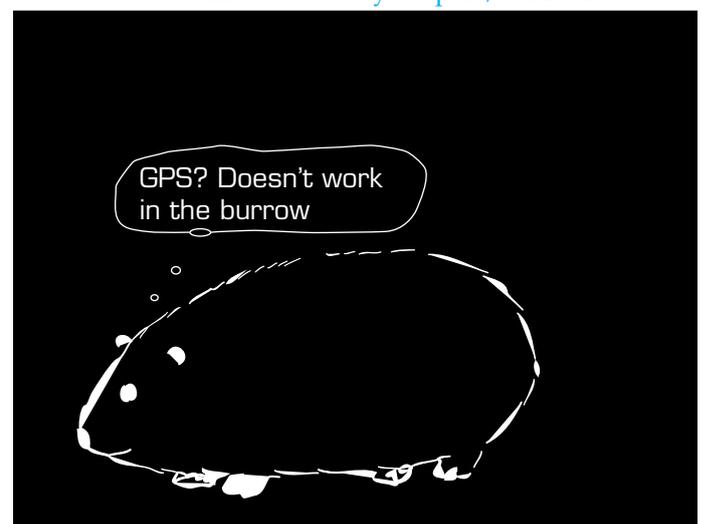
Erin Parke

One of Australia's leading outback survival experts says dependence on high-tech gadgets is putting people at risk in remote areas, and has called for a back to basics approach to bushcraft.

Authorities say an increasing number of people are getting stranded or lost in remote parts of Australia, as four-wheel-drive technology improves, and the 'Grey Nomad' population grows.

Bob Cooper has been teaching bush survival skills for more than 30 years, and said people were increasingly relying on technology, and were increasingly helpless without it.

From: www.abc.net.au/news/2016-04-09/back-to-basics-bush-skills-needed-says-expert/7312064



What's wrong with this?

Peter Carter

Padding skill: Feathered Draw

Rotate your body towards the direction of which you wish to travel.

Place the back of your top hand on your forehead. This is where it will remain for the stroke and the bottom hand will do the work.

Start with the blade parallel to the kayak under the water and about 2 feet out from your hip.

Draw the paddle into your hip with your bottom hand.

When you get to about 6 inches out from your kayak, rotate the paddle 90 degrees and slice the paddle back out to the start position.

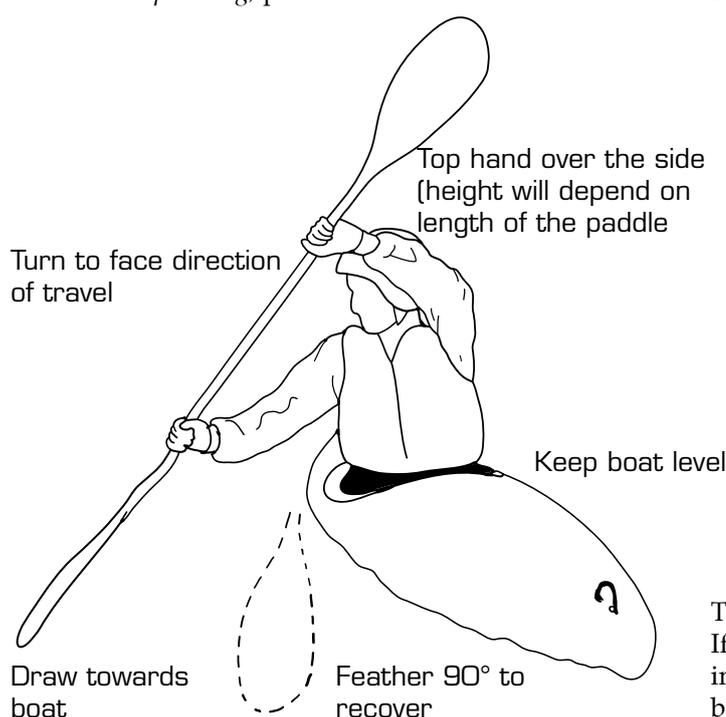
Rotate the paddle back to parallel and perform the stroke again...

That first sentence is a mouthful, but that's not the problem. The description uses imperial units, more than 40 years after Australia changed to SI units, but that's not the problem either.

The problem is the second sentence: Place the back of your top hand on your forehead.

No! Two things are now wrong. With the hand fixed you've lost some flexibility, just when you may need it to keep control. With the top hand near the centreline the paddle cannot be as vertical as it ought to be. Never mind your head, put the top hand across as far as you can, over the side of the boat, kayak or canoe. Depending on the length of the paddle you may be looking over your top arm.

This diagram comes from the ACAS resource *Introduction to Whitewater paddling*, p 6



I don't know where the idea of hand on forehead came from (the example is from Queensland) but you will not find it in anything written for or endorsed by Aus Canoeing, the British Canoe Union or the American Canoe Association. For some reason it seems common among aquatic centre instructors. I even pulled one up at the assessment day in February. It's wrong. Don't teach it. Forget it.

Here's the description from the ACAS resource *Demonstrate simple kayaking skills*, p 14:

Draw stroke

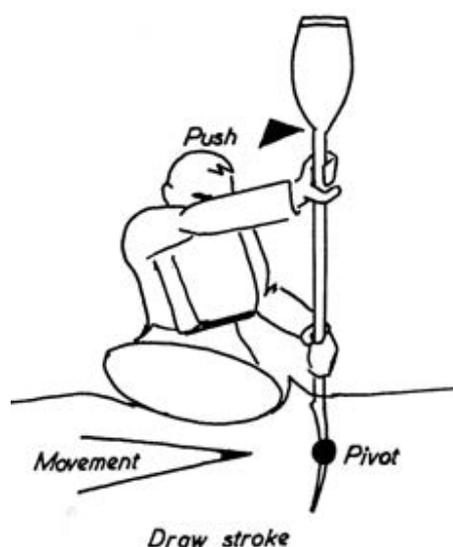
You may want to go sideways towards or away from a jetty or raft of kayaks. The draw stroke is the method.

Begin by twisting the way you want to move. Reach out at right angles with the blade, with the top hand high, and over the side of the boat: the more vertical the paddle the more effective the stroke. Draw the blade towards the boat, but before it reaches the hull lift the wrists to rotate the blade 90°. Slice the blade outwards again for the next stroke. The work is done with the lower arm, with the upper remaining steady.

Control the direction with blade position: towards the bow will turn the boat one way, towards the stern the other. Just right and the boat will go straight.

For the present, keep the boat flat. Some sea boats go sideways more easily if edged slightly towards the direction of travel. (Low volume whitewater boats are edged the other way, to avoid being pulled under.)

The oldest description I can find of the draw stroke comes from Alan Byde's *Living Canoeing*, published in 1969. This is the diagram from page 59.



The basic draw stroke leads to a number of variations. If you have some distance to move sideways the sculling draw is useful, as well as being a useful exercise in blade control. For whitewater paddling bow draw and

What's wrong with this?

the related bow rudder are key strokes for entering and leaving eddies, and for canoe paddlers, the overside or cross-bow draw. All of them require flexibility and near-vertical paddle. (If you want a real flexibility exercise, rotate the upper body 90° and paddle forwards sideways.)

There are videos online:

Canoe Tasmania: <<https://www.youtube.com/watch?v=NS156raAZu0&index=5&list=PL5B9A9793EB5AFCAB>>

Kayak Paddling .Net (animation): <www.kayakpaddling.net/2-6>

Notice to Mariners No 7 of 2016

01 Apr 2016

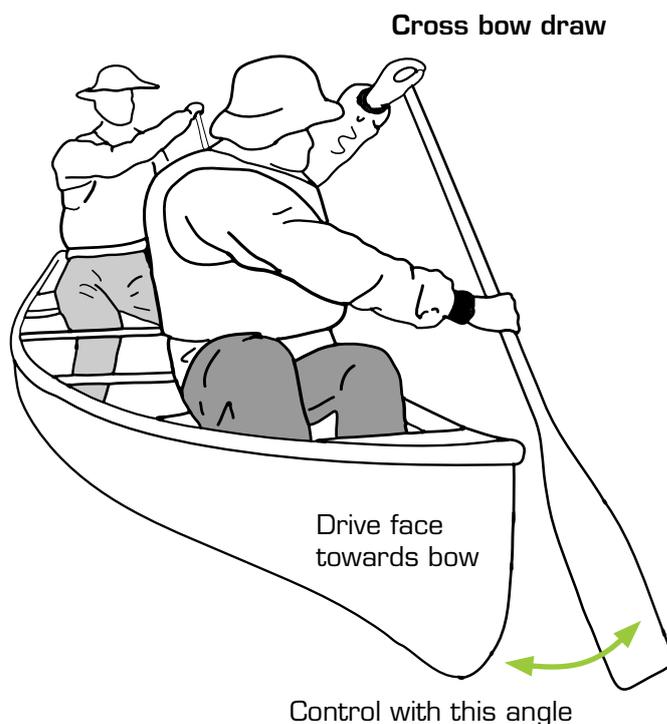
Mariners are advised that the Department of Environment, Water and Natural Resources will have a recording floating platform located at Murray River National Park—Eckert's creek at the following position:

Latitude: 34° 20' 01.5" Longitude: 140° 32' 53.8" E

The recording platform and works will remain at this position until 1 July 2020.

The platform has a yellow St. Andrews Cross Top mark, and is fitted with reflectors. The recording platform is also fitted with an amber flashing light.

Mariners are advised to exercise caution when navigating in the vicinity.



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Doctors explain how hiking actually changes our brains

Alanna Ketler

While it may seem obvious that a good hike through a forest or up a mountain can cleanse your mind, body, and soul, science is now discovering that hiking can actually change your brain... for the better!

Hiking in nature can stop negative, obsessive thoughts

Aside from the almost instant feeling of calm and contentment that accompanies time outdoors, hiking in nature can reduce rumination. Many of us often find ourselves consumed by negative thoughts, which takes us out of the enjoyment of the moment at best and leads us down a path to depression and anxiety at worst. But a recent study published in Proceedings of the National Academy of Sciences found that spending time in nature decreases these obsessive, negative thoughts by a significant margin.

To conduct this study, researchers compared the reported rumination of participants who hiked through either an urban or a natural environment. They found those who walked for 90 minutes in a natural environment reported lower levels of rumination and they also had reduced neural activity in the subgenual prefrontal cortex, an area of the brain related to mental illness. Those who walked through the urban environment, however, did not report decreased rumination.

The researchers noted that increased urbanization closely correlates with increased instances of depression and other mental illness. Taking the time to regularly remove ourselves from urban settings and spend more time in nature can greatly benefit our psychological (and physical) well-being.

Hiking while disconnected from technology boosts creative problem solving

A study conducted by psychologists Ruth Ann Atchley and David L. Strayer found that creative problem solving can be drastically improved by both disconnecting from technology and reconnecting with nature. Participants in this study went backpacking through nature for about 4 days, during which time they were not allowed to use any technology whatsoever. They were asked to perform tasks which required creative thinking and complex problem solving, and researchers found that performance on problem solving tasks improved by 50% for those who took part in this tech-free hiking excursion.

The researchers of this study noted that both technology and urban noise are incredibly disruptive, constantly demanding our attention and preventing us from focusing, all of which can be taxing to our cognitive functions. A nice long hike, sans technology, can reduce mental fatigue, soothe the mind, and boost creative thinking.

Hiking outdoors can improve ADHD in children

Attention Deficit Hyperactivity Disorder (ADHD) is becoming more and more common among children. Children who have ADHD have a difficult time with impulse control and staying focused, they get distracted easily, and exhibit excessive hyperactivity.

While raising children who have ADHD can be difficult for parents, the usual solution—opting for prescription medication—may be doing more harm than good, particularly when natural solutions can work just as well. A study conducted by Frances E Kup, PhD, and Andrea Faber Taylor, PhD, found that exposing children with ADHD to “green outdoor activities” reduces symptoms significantly. The results of this study suggest nature exposure can benefit anyone who has a difficult time paying attention and/or exhibits impulsive behavior.

Hiking in nature is great exercise and therefore boosts brainpower

We already know that exercising is fantastic for our overall well-being. Hiking is an excellent way to burn between 400–700 calories per hour, depending on your size and the hike difficulty, and it is easier on the joints than other activities like running. It has also been proven that people who exercise outside are more likely to keep at it and stick to their programs, making hiking an excellent choice for those wishing to become more active on a regular basis.

Researchers from the University of British Columbia found that aerobic exercise increases hippocampal volume—the part of the brain associated with spatial and episodic memory—in women over the age of 70. Such exercise not only improves memory loss, but helps prevent it as well. Researchers also found that it can also reduce stress and anxiety, boost self esteem, and release endorphins. Many people take medication to solve each and every one of these issues, but the solution to these ills may be a lot simpler than you think!

How can you begin to start hiking?

Luckily, hiking is one of the easiest and least expensive sports to get involved in, and it can have great benefits for the whole family, including grandma! Start out small and test your abilities. Do what works for you—if that means just walking through trails in a park, that's fine. Any exercise outdoors is better than none. You can easily find maps of trails around your home online, and there are plenty of smartphone apps to map them out, too. I recommend turning off your signal and your phone while hiking though, so you can reap the most benefits of the hike (though it may be wise to at least carry it with you in case of emergency).

Make sure you have some good sturdy hiking shoes, a hat, and a water bottle, and be sure to layer your clothing so you can take things on or off easily as you warm up and cool down. You may want to consider using trekking poles as well, which can increase your speed and take some of the pressure off your knees. Now, can you just do one thing for me?

Go take a hike!

From: www.collective-evolution.com/2016/04/08/doctors-explain-how-hiking-actually-changes-our-brains

OEASA Awards

OEASA Awards are presented annually at the Certification Presentation Dinner.

The following awards may be approved by the OEASA committee, following submission of an application for selection of an appropriate award.

The application should state:

- 1 Candidate's full name, address, phone number and email if applicable
- 2 Nominator's full name, address, phone number, fax number, email and institution(s) they are associated with
- 3 The Award that the candidate is being nominated for.

Conditions:

- 1 One candidate nomination per application
- 2 Nominator may nominate multiple candidates
- 3 The nominator does not need to be an OEASA member
- 4 The decision to accept the nominator's recommendation lies with the OEASA committee
- 5 Successful awardees will be advised by OEASA, and invited to attend the certificate presentation dinner
- 6 Awards may not be awarded in all categories every year.

Awards:

- 1 A certificate will be issued by OEASA, signed by the chair, bearing the OEASA logo
- 2 The award will be posted out to candidates that are unable to attend the certificate presentation dinner
- 3 Awardees will be provided with state OEASA membership for 12 months
- 4 Mark Auricht Award, Tertiary Award and Krish Mosher Award students will be offered membership to the Australian Outdoor Education body, including receipt of the national journal
- 5 Mark Auricht Award, Tertiary Award and Kris Mosher Award will be provided with a small prize
- 6 All awardees and their friends and family are invited to attend the OEASA Certificate Presentation Dinner, at OEASA member rates
- 7 The committee may from time to time provide awardees with limited means with financial assistance to attend
- 8 The OEASA tertiary award will also be recognised by Uni SA Alumni in the graduation ceremony
- 9 All senior secondary, tertiary and professional awardees will be invited to join the OEASA committee.

Categories:

- 1 Student
 - a. Primary Education
Open nomination, including teachers, principals, volunteers and others.
 - i Significant application to outdoor or environmental education
 - ii Involvement in outdoor journeys and/or environmental action
 - iii Role model for other primary outdoor or environmental education students.

- b. Secondary Education (Stage 2 Outdoor Education)
Nominated by teachers of Stage 2 Outdoor Education
 - i Achieves a result of 20 (pre-scaling) for Stage 2 Outdoor Education
 - ii Demonstrates application to outdoor journeys and/or environmental action
 - iii Is a role model for other Outdoor Education students.
 - c. Mark Auricht Award
Nominated by the Chief Moderator/SACE Board, Outdoor Education.
 - i Achieves the highest mark for Stage 2 Outdoor Education
 - ii Demonstrates application to outdoor journeys and/or environmental action
 - iii Is a role model for other Outdoor Education students.
 - d. VET/TAFE Outdoor Recreation award
Nominated by the Program Director, Diploma of Outdoor Recreation.
 - i Achieves a high academic standing within the Diploma of Outdoor Recreation
 - ii Demonstrates application to outdoor journeys and/or environmental action
 - iii Is a role model for other Outdoor Recreation students.
 - e. Tertiary Outdoor Education Award
Nominated by the Outdoor Education study stream coordinator.
 - i Achieves a high academic standing within studies of Outdoor Education
 - ii Demonstrates application to outdoor journeys and/or environmental action
 - iii Is a role model for other Outdoor Education students.
 - f. Certificate of Merit in Outdoor Education (all students)
Open nomination, including teachers, principals, volunteers and others.
 - i Demonstrates a high level of application to Outdoor Education studies
 - ii Demonstrates application to outdoor journeys and/or environmental action
 - iii Is a role model for other Outdoor Education students.
- 2 Professionals and Volunteers
- a. Service to Outdoor Education
 - i Demonstrates significant and sustained application to the provision and improvement of Outdoor Education and/or Outdoor Recreation
 - ii Demonstrates significant and sustained impact on the provision, quality or development of Outdoor Education in South Australia
 - iii Is a role model for other Outdoor Education/Outdoor Recreation/Environmental Education professionals or volunteers.

OEASA Awards

- b. Krish Mosher Environmental Education Award
 - i Demonstrates significant and sustained contributions to Environmental Education and/or Earth Education and/or Environmental Action
 - ii Demonstrates significant and sustained impact on the provision, quality or development of Environmental Education and/or Earth Education and/or Environmental Action
 - iii Is a role model for other Environmental Education and/or Earth Education and/or Environmental professionals or volunteers.
- 3 OEASA Life Member
 - i Demonstrates significant and sustained service to the Outdoor Educators' Association of South Australia
 - ii Is a role model for other Outdoor Education/ Outdoor Recreation/ Environmental Education volunteers or professionals.



The Great Aussie Camp Out, October

GACO brings together thousands of Australians for one big night where they share the experience of camping out under the stars... in their back yards, on a river bank, in a camp, a National park, a caravan park, in fact, anywhere they might feel like!

With the long term goal of promoting healthy active lifestyles by encouraging individuals, families, friends and clubs to enjoy the great outdoors, GACO will coordinate a one night 'camp-out' across the country with the aim of introducing people to the fun and adventure of camping out. People will be encouraged to stay at a residential camp or caravan park, pitch a tent, sleep under the stars, grab a barbie, organise some games and get away from their normal weekend routine. It is anticipated that a range of come'n'try activities will also be offered on the day of the GACO by community groups such as Scouts and Guides, bushwalking clubs, canoeing clubs. Residential camps will also be able to offer activities such as high ropes, etc. National Parks could arrange to have Park Rangers on duty to conduct interpretation activities for the night. In this way participants will be able to sample adventure activities and experiences in the outdoors in a controlled and supported environment.

There will be more information about the Great Aussie Camp 2016 so stay tuned: <www.greataussiecampout.org.au>.



Journal of Outdoor and Environmental Education

John Quay

Wanted to let everyone know that the *Australian Journal of Outdoor Education* is now the *Journal of Outdoor and Environmental Education*...

Here is the journal site: <outdooreducationaustralia.org.au/joe>.

We are currently in the process of setting up a group of regional editors, from different areas around the globe, as a key part of the editorial team. The aim is to finalise this for the next issue.

We encourage you to submit your papers, or ideas for special issues, to the journal: *JOEE* (pronounced joey).

Warm regards to all :-)

Submission guidelines

Contributions on any and all Outdoor Education and related matters are welcome in *Outdoor News*, and may be submitted directly to the editor at <pcarter@acslink.net.au>.

The first line of a file is to be the item's title, the second, the author's name (without 'By'). Include captions for any accompanying images, with details of who, which, what, when, where, etc.

Text may be as text file (.txt), RTF (.rtf) or Word format. If your file is a Word .doc or .docx, or RTF, please use appropriate styles for headings, list items, etc. (See 'Wordprocessing right and wrong', *ON* Vol 28 No 3, October 2010, p 14.)

Do not embed Web URLs in Word hyperlinks: list them in full.

Photographs must be submitted as image files, JPEG or TIFF, and **not** embedded in Word files (ever). Line art may be submitted in TIFF, EPS or Illustrator format. Where there are several images they may be sent as a ZIP archive.

Advertisements from sponsors or other organisations must be submitted as PDFs. Half page advertisements may be one column or landscape. Payment, where applicable, must be made through the OEASA Treasurer.

Outdoor Educators Association of South Australia

Outdoor Education Award

For people who have demonstrated a high level of involvement and commitment to Outdoor Education.

Nominations to be received by 25 May. To be presented at the Certificate Presentation Dinner in June.

Candidate Name: _____

Address: _____

Contact Phone: _____ **Email:** _____

Category

- | | | | | | |
|----------------------------------|--------------------------|---|--------------------------|-------------------------------|--------------------------|
| Primary Education Award | <input type="checkbox"/> | Secondary Education Award | <input type="checkbox"/> | TAFE Outdoor Recreation Award | <input type="checkbox"/> |
| Tertiary Outdoor Education Award | <input type="checkbox"/> | Certificate of Merit in Outdoor Education | <input type="checkbox"/> | | |
| Service to Outdoor Education | <input type="checkbox"/> | Kris Mosher Award | <input type="checkbox"/> | | |
| Life Membership | <input type="checkbox"/> | | | | |

Statement Addressing Criteria

Nominee: _____ **Organisation/Institution:** _____

Address to

OEASA Secretary: Chris Detmar, C/- PO Box 669, Goolwa SA 5214, oeasa.secretary@gmail.com

OEASA Committee _____

Recommendation: Accept/Not Accept

Comments

Outdoor Educators' Association Of South Australia

ABN 26 588 063 701

Membership form

Membership subscription for period 1 March 2016 to 28 Feb 2017

Type of Membership:

Renewal	<input type="checkbox"/>	New member	<input type="checkbox"/>
Individual \$70			<input type="checkbox"/>
Student \$45 (with AJOE)	<input type="checkbox"/>	\$20 (without AJOE)	<input type="checkbox"/>
School/Organisation/Corporate/Family \$80	<input type="checkbox"/>		
Electronic Member ((Newsletter and emails) \$20	<input type="checkbox"/>		

(Please tick appropriate boxes Note that we are not charging GST)

Members in the organisational category have been sent a Tax Invoice to use. If you are a new member in this category please return this form without payment and a Tax Invoice will be sent to you.

Please make cheques and money orders payable to 'Outdoor Educators' Association of South Australia'.

Members will receive:

- OEASA newsletters *Outdoor News* (four per year)
- AJOE (*Australian Journal of Outdoor Education*) (two per year)
- affiliation to other State Associations via the Outdoor Council of Australia and Outdoor Education Australia

Member details:

School/Organisation/Corporation (if applicable) _____

Last Name _____ First Name _____

Postal Address _____

_____ Postcode _____

Home Phone _____ Work Phone _____

Fax _____

E-mail _____

Individual/student/family members: what is the school or organisation you are connected with?

Forward to:

OEASA Treasurer
Phil Noble
21 Flinders Street
Kent Town SA 5067

0418 854 474
pnoble@staff.pac.edu.au