

Bush guide - dream job for Claire



Claire and a view of the landscape around Arkaba Station in the Flinders Ranges

by Stephanie Timotheou

It's not every day you come across wild animals and spectacular views at work, but for Strathalbyn local Claire Hartvigsen, this is the norm.

At the age of 20, Claire has already found her dream job and loves the thrill and excitement each day brings.

Claire works as a field guide at Wild Bush Luxury's Arkaba Station in the picturesque Flinders Ranges and takes groups of up to eight on guided walks through the private property of 40,000 acres.

During an exclusive four-day/three-night walking safari, Claire said the wildlife and views you come across are simply breathtaking.

"The highlight of my journey so far would have to be coming across an emu nest with about 11 eggs in it," Claire said.

"It was exciting and thrilling at

the same time because we had to run away as fast as we could so that the mother of the eggs didn't see us and think we were going to harm them."

Claire, who has been a guide since July last year, has always enjoyed hiking and said working for the Arkaba Station was a dream come true.

"Growing up, I did a lot of camping with my family so this was the perfect opportunity to make a career out of something I am so passionate about," Claire said.

"I love the fact that I am outside every day working in a natural environment and that every day is different."

Claire's job also entails animal eradication and focuses on cats, rabbits and feral goats to preserve Australia's diverse environment.

She said this is the harsh side of the job but it must be done to

protect the environment and native animals.

"By doing this, we are protecting animals such as kangaroos, emus, lizards and the yellow footed rock wallaby which was almost in danger of becoming extinct at one point," Claire said.

Claire also talks to guests about the environment to raise awareness and to let them know about the things that occur in the wild. Claire said the Arkaba site also has a hidden spring which often provides surprises for guests.

"One time, up near the spring, we came across three echidnas – one female and two males, which is a pretty rare sight in the Ranges," Claire said.

Wild Bush Luxury is currently on the lookout for passionate, local guides to work at its Arkaba property.

For more information, visit www.arkabawalk.com

Outdoor play promoted

by Sarah Martin

A nature play workshop at the Coventry Library will encourage children and their parents to incorporate elements of the natural world into their daily games.

The workshop is inspired by Richard Louv's book *Last Child in the Woods*, which identifies the growing disconnection between children and their environment.

Louv's work brings together a body of research that is important in increasingly screen-based times and shows that direct exposure to nature is essential for healthy childhood development, and also for the physical and emotional health of children and adults.

Adelaide Hills Library Service Youth Services Officer Jo Kaeding said reading the book compelled her to introduce nature play into the library program.

"The book talks a lot about unstructured play," Jo said.

"Even playgrounds are really quite sterile, with climbing on equipment but not on trees and no exploration in bushes and gardens."

"That kind of play is closed-ended and doesn't allow children an opportunity to gain confidence in their own bodies, explore what they can do, and take risks – which is an important part of the experience of learning."

The nature play session will include a story chosen to encourage outdoor exploration and then guest speaker Jason Tyndall from Natural Resources Management will talk to families about

different ways to explore the natural world.

The children will then take part in three activities using natural materials.

"One station will have pieces of timber and sticks and kids can make houses with them, another will be making villages using mulch to mould and make roads and the last station will have a craft activity using objects from nature," Jo said.

"For the kids it will be a lot of fun and for parents it will hopefully be educational and give inspiration for activities at home."

"We hope that the three stations will show examples that give parents confidence in engaging with nature play."

The Coventry Library nature play session will be held on June 19 from 11am-12pm.

Save on your power bill!

Servicing your air conditioner will keep it running efficiently and prevent breakdowns.



Save up to 30% Off!

Wall split service for \$99

Ducted service for \$165

Call 1300 885 247

www.mrgoodair.com.au

Travel

compiled by JOHN ROZENTALS

Discover Peru's wonders, including **Machu Picchu, Cuzco, Arequipa, Colca Canyon and Lake Titicaca** on a 13-day escorted small-group journey from Cox & Kings.

The Peru Train to Machu Picchu starts in Lima and includes a visit to the city's oldest private colonial mansion, an Andean Explorer scenic train journey from the Altiplano to Cuzco, and the Indian market at Urubamba. You'll also visit the extraordinary Temple of the Sun at Koricancha and stay overnight at Machu Picchu.

Prices start from \$4043 per person twin-share, including land transport and domestic flights, four-star accommodation with daily breakfast, seven lunches, one dinner. Valid for sale to February 14. Phone 1300 836 764 or visit www.coxandkings.com.au



Machu Picchu ... an overnight stay.

Looksfresh Photography will run **three-hour photo workshops** during **Vivid Sydney**, the light, music and ideas festival that will take place in the city from May 24 to June 10.

The workshops are limited to six to eight participants, **cost \$45 per person**, start at 6pm and finish at 9pm.

Phone 0418 947 183 or visit www.sydneyphototours.com.au

PHONE 1300 237 886 OR VISIT WWW.INSIGHTVACATIONS.COM

*John Rozentals is the publisher and editor of www.ozbabyboomers.com.au, a lifestyle resource for mature Australians.

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10

The Weekender Herald - May 31, 2013 - page 10