



# The NEWS

of the

## MELBOURNE BUSHWALKERS INC.

AUGUST 1995

EDITION 533

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PRICE 60 cents

### Film Night - Astor Theatre.

Corner Chapel St. & Dandenong Rd, St. Kilda  
Saturday, August 19, 1995

Meet at Cha Cha's Restaurant (20 Chapel St.)  
at 6:00 pm for a meal. Two very different films  
"DAD AND DAVE - ON OUR SELECTION"  
at 7:15 pm. (New Australian Comedy Riot, with Joan  
Sutherland).

"CABARET" at 9:30 pm. (New print). Liza Minelli,  
Michael York, Joel Grey.

\$9 each film. Please let Nancy know if you plan to  
attend - 9380 4056. If we meet before the films, we  
may be able to arrange \$7 for each

### XC Skiing at Wilky

There is a vacancy for 1 or 2 people on the Wilky week  
- 26 August to 2 September (one of the party has had to  
drop out). If you are interested (previous skiing  
experience essential) contact Peter Knighton  
, or Jordie Cuthbertson

### YEA-BROADFORD RUN

**Driver wanted** for Mini-bus (most likely an 8-seater  
Mitsubishi Express van) to take the Broadford to Yea  
runners up to the start and pick up at finish. Cost free  
to the Driver, except for any additional kms you may do  
beyond Yea. Once you have dropped off the Runners  
you are free to go elsewhere, but you must be back in  
Yea by c. 1700. Contact John Roseman on  
if interested.

**Indian Feast - \$20 - you will not leave hungry!**

Friday, August 25, 1995 - 7:00 pm.

*SHALIMAR INDIAN RESTAURANT* (B.Y.O.)

343 Bay St., Brighton (just east of North Brighton  
Railway Station). Fixed Menu - Pappadums, Samosa,  
Shish Kebab, Tandoori Chicken, Lamb Korma, Seasoned  
Vegetables, Kashmiri Pileu, Nan, Reita, Gulab Jamun  
(dessert), Tea or Coffee - Vegetarian can be arranged.  
Please let Nancy know if you plan to attend

### Oriental Meal. Sak's "Steamboat"

B.Y.O. drinks. At Jean Giese's home,  
near Surrey Hills Railway Station.

Saturday, September 9, 1995 - 6:00 pm. This reminds  
me of what I would call a "fondue party". Small pieces of  
food are placed in the "Steamboat" and are cooked as we  
socialise. Sauces are added to the food; rice is also served.  
Cost will be \$10 - \$15, Nancy will collect \$10 from those  
planning to attend, the extra will be fixed-up that evening.  
Sak would like some volunteers to help him on Saturday  
for shopping, set-up, and food preparation.

Please ring him if you can help -

Please let Nancy know if you plan to attend -

### Beginners Ski Day, Lake Mountain - Aug. 26<sup>th</sup>

For those who came to the blurb night but didn't get on  
the first trip. See you in the Clubrooms Wednesday 23  
August. *Sylvia work*

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Don't forget the **Half Yearly General Meeting**  
on **Wednesday 30 August 1995**  
in the Clubrooms, at **8.00 pm**

## From the Editor

Hasn't the weather been cold and wet? At least it has provided some of the best snow cover for some years. And it isn't stopping people from going on day walks. We were lucky last Dandenongs walk - we got to do the whole walk with barely a sprinkle of rain, even some sunshine at one stage. But no sooner had we got back to the cars, than the rain came down in earnest.

Pam and I escaped from Melbourne's winter for 4 days in early July. We went up to Mildura and had some nice mild, sunny weather. We explored the area, visited Wentworth, where there was a steam rally - including steam-driven paddle wheelers. But the highlight for us was our first flight in a hot air balloon. There was a gathering of balloonists in Mildura and we got to go on one of them, with about 10 others following us across the Murray River to land in NSW. Our flight lasted about half an hour and I guess we travelled about 15 or 20 kms. It was lovely and peaceful floating along in the gentle breeze. We want to go ballooning again one day.

For those cyber-surfers out there, who are connected to the Internet and the World Wide Web, you might like to visit the Australian Bushwalking page on the web. It can be found at: "<http://www.anatomy.su.oz.au/danny/bushwalking/index.html>". There is info. on Clubs. (This info. courtesy of Footnotes, newsletter of the Maroondah Bushwalkers) I'm not connected (yet) so you can't email me or upload copy to me. However, while on Computers, it would help my rather limited typing ability if Walk previews, articles, etc for NEWS could be supplied to me on either a 3½" or 5¼" disk, in Word for Windows (any version) or plain text file format.

Congratulations to Noel Tolley and Gillian Norden (Sumner) on their recent marriage at Dromana, on 22<sup>nd</sup> July 1995.

*Bob Steel*

**The NEWS** is the official newsletter of the Melbourne Bushwalkers Inc. and is published monthly. Edited by **Bob Steel**. Articles, walk reports, poems, snippets of news, reports of new gear, book reviews, letters "to the Editor", advertisements, etc are always welcome. The Editor reserves the right to edit articles, contributions, letters etc submitted for publication, where space, clarity, propriety, etc dictates. and to maintain editorial consistency. Please note that articles for **The NEWS** may be put in the **Red Box** in the clubrooms or mailed to me, Bob Steel, at .  
or faxed to me on

### Advertising Rates

¼ Page 1 Issue-\$20; 3 Issues-\$50; 12 Issues (1 year)-\$180

½ Page 1 Issue-\$30; 3 Issues-\$75; 12 issues-\$270

Full Page 1 issues-\$50; 3 issues-\$125; 12 issues-\$450

Only advertisements directly relating to bushwalking will be accepted (ie, gear, maps, trips, tours, etc)

**Members Ads - FREE**

## New Members

Janet Munro,	Mal Garney,
Roger L Browne,	Leigh Harkin,
Teck Long Chin,	Wendy Boddison
Jill Dawson,	Uma Thakar,
Margaret Barkley,	Nellie Matsacos,
Janty Taylor,	

### Members Added To The List:

Mark Durre,	Michael Verni,
Peter Knighton,	Tony Crooks,

### Altered Address or Phone Numbers

Jordy Cuthbertson,	Margaret Searle,
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### Membership Statistics:

Life Members	11,	Honorary Members	10
Single Members	316,	Joint -	96 (= 48 couples)
<b>TOTAL</b>	<b>433</b>		

### Committee Duty Roster:

16/8 - Pearson & Nigel;	23/8 - Nancy & Alan
30/8 - Jean & Denise;	6/9 - Peter & Janet

**Next Committee Meeting on Monday, 4 Sept. 1995**

**Closing Date for SEPTEMBER 1995 News  
is Wednesday 30<sup>th</sup> AUGUST 1995.**

Meetings are held in the Clubrooms, MacKenzie St., Melbourne (rear of the Royal Horticultural Society building) on **WEDNESDAY** Evenings between 7.00pm and 9.00pm.

*Visitors are always welcome.*

General correspondence should be directed to:  
The Secretary, Melbourne Bushwalkers Inc.  
PO Box 1751Q, MELBOURNE 3001

## Previews for late August & September Day Walks

**Saturday 26 August**  
Easy/medium

**KALORAMA - MT.**  
**DANDENONG**

Leader: **Michael Humphrey**  
Transport: **Private or Train**  
Approx. Distance from Melbourne: **45 kms**  
Expected time of return: **1630**  
Area: **Dandenong Ranges**  
Approx length of walk: **11 kms**  
Map Reference: **Melway maps 52 & 66**

The views on this walk would have to be some of the most spectacular in the Dandenongs, so clear weather has been ordered. Don't forget to bring those cameras if you are that way inclined - you are sure to get some great shots!

You will notice that I have graded this walk *easy/medium* as there is a fair bit of climbing (mid to late afternoon), but we will take it nice and slow with plenty of breaks. The views, believe me, will more than compensate for the climbing.

The walk will commence promptly at 1100 at the Kalorama lookout - Fiveways Corner (Melway map 52, J9). If you are coming by public transport please ensure that you give me a call at home on \_\_\_\_\_ to arrange to be picked up at Bayswater station (train arrives at 1024). See you there!!

**Sun 3** **BROADFORD to YEA RUN**  
**Hard** **c. 50kms**

Leader: **John Roseman**  
Transport: **Private (mini-bus)**  
Approx. Distance from Melbourne: **124 kms**  
Expected time of return: **1930**  
Approx length of run/walk: **50 kms**  
Map Reference: **Yea 1:50 000**  
Cost: **\$30**

You will need to book early to guarantee a seat on the mini-bus as either a passenger (observer) or runner. For more information you can contact me on \_\_\_\_\_

We need a driver for the hired mini-bus. You get to travel free - just drop off the runners near Broadford and pick them up in Yea. See notice elsewhere in NEWS.

**Sunday 3**  
Easy & Medium

**BRISBANE RANGES**  
**NORTHERN END**

Leaders: **Sylvia Wilson & Joan Haig**  
Transport: **Bus at 9.00 am from South Bank Boulevard**  
Approx. Distance from Melbourne: **80 kms**  
Expected time of return: **1900**  
Area: **near Bacchus Marsh**  
Approx length of walks: **12 & 16 kms**  
Map Reference: **Staughton Vale & Eclipse Creek**  
**1:25 000**

By September the Brisbane Ranges should be a blaze of colour with wildflowers. It's different the central (Anakie Gorge) or Steiglitz areas and has a charm of its own. Joan & I haven't previewed it yet but you can be assured of a varied walk up on the plateau, down in the steep little gullies and along the myriad of interesting tracks that criss-cross the area. We'll make them your average sort of easy & medium walks with length being the main criteria.

**Sunday 10**  
Easy, E/medium & Medium

**ANGAHOOK**  
**STATE PARK**

Leaders: **Sue & Tony Ralston and Margaret Borden**  
Transport: **Bus at 9.00 am from South Bank Boulevard**  
Approx. Distance from Melbourne: **122 kms**  
Expected time of return: **1900**  
Area: **near Anglesea**  
Approx length of walks: **14, 20 & 22 kms**  
Map Reference: **Outdoor Leisure Map Otways & Shipwreck Coast**

Enquiries to Tony & Sue on either \_\_\_\_\_ or \_\_\_\_\_  
. Margaret Borden will be away.

This is a lovely area in springtime, with its masses of wildflowers, such as Hakea, Correa, and heaths; Eucalypts, wattles and ferns, and beautiful views of the ocean.

All three walks will begin at the Distillery Creek Picnic Ground, on the outskirts of Aireys Inlet, and will end with a paddle (or dip?!), a run or just quiet contemplation on the beach near Moggs Creek.

All walks will be along foot tracks & 4WD tracks, with the possible exception of a short bush bash on the easy-medium walk. There will be a little climbing on each walk, the medium offering the steepest one, & the easy walk involving the most relaxed pace.

*Continued next page*

## Previews for September Day Walks continued

### Angahook State Park Walk continued

Both the easy & easy-medium groups will have a break at the peaceful Painkalac Dam, which is often surrounded by kangaroos. The easy-medium & medium groups have a good distance to cover, so will keep up a good pace.

<b>Sunday 17</b> Easy & E/medium	<b>YEA ROCK</b> - MURINDINDI
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Leaders: **Brain Crouch & Sak Wan**  
 Transport: **Bus at 9.00 am from South Bank Boulevard**  
 Approx. Distance from Melbourne: **c. 100 kms**  
 Expected time of return: **1900**  
 Area: **near Glenburn**  
 Approx length of walks: **13 & 16 kms**  
 Map Reference: **Taggerty South 1:25 000**

Both walks offer good views and the opportunity to visit waterfalls.

The Easy/medium walk will visit the spectacular Wilhelmina Falls early in the day and then descend via the Booroondara walking track to meet the Murrindindi River walking track and follow this to Murrindindi Cascades.

The Easy walk will start at Dindi Mill and ascend to reach Yea Rock. We will then descend, passing a number of rapids before meeting the Murrindindi River walking track and ending at the Murrindindi Cascades.

<b>Wednesday 20</b> Easy-medium	<b>MT ALEXANDER</b> - HARCOURT
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Leader: **Max Casley**  
 Transport: **Private**  
 Approx. Distance from Melbourne: **104 kms**  
 Expected time of return: **1800**  
 Area: **on Calder Hwy, N of Kyneton**  
 Approx length of walk: **14 kms**  
 Map Reference: **Chewton & Barker 1:25 000**

Meet at Harcourt at 1015, outside General Store on Calder Hwy (perhaps park in service road just opposite).  
 Telephone me on \_\_\_\_\_ for car sharing arrangements

From our meeting point we will drive to The Oaks picnic ground which is the start and finish of the walk. Climbing up through the pine plantation we will enter

the open eucalypt forest of Mt Alexander Regional Park, and go to the Koala Park. Last time I only saw 1 koala and that was outside the enclosure! Plenty of nice birdlife though. Then we will go to Dog Rocks and up the walking track to Mt Alexander for magnificent views from Langs Lookout. After that it is down, down, down back to the cars via the pines and the oaks.

<b>Sunday 24</b> Easy/med & Medium	<b>HAWKES HILL - MOLLISONS</b> <b>GORGE</b>
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Leaders: **John Kittson and Fay Pratt**  
 Transport: **Bus at 9.00 am from South Bank Boulevard**  
 Approx. Distance from Melbourne: **90 kms**  
 Expected time of return: **1900**  
 Area: **near Pyalong**

*See leader in the Clubrooms. More in September*  
**NEWS** *Editor*

<b>Saturday 30</b> Easy	<b>BELGRAVE-SELBY-</b> <b>KALLISTA</b>
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Leader: **Maureen Hurley**  
 Transport: **Private**  
 Approx. Distance from Melbourne: **40 kms**  
 Expected time of return: **1600**  
 Area: **Dandenongs Explorer walk**  
 Approx length of walk: **12 kms**  
 Map Reference: **Melways map 75 & 124**

I would describe this walk as an "oldie but a goodie".

At this time of the year the Dandenongs provide a spectacular back-drop to a display of daffodils. We will be calling into a local farm, shortly after lunch, to have a look at their extensive range of traditional and some quite unusual specimens of daffodils - purchases can be made.

The walk will commence promptly at 1030 at Grants Picnic Ground (Melway map 75 K4). If you are coming by public transport, please ring Michael Humphrey on \_\_\_\_\_ to arrange to be picked up at Belgrave station (train arrives at 1003). For those so inclined, we can indulge ourselves in a traditional Devonshire Tea back at Grants Picnic Ground.

## Previews for end August & September Weekend & Pack-Carry Walks

### 25-27 August FRASER NATIONAL PARK Easy/medium

Leader: **Jean Giese**  
 Transport: **Private**  
 Approx. Distance from Melbourne: **145 kms**  
 Expected time of return: **1800**  
 Area: **shores of Eildon Reservoir**  
 Approx length of walk: **32 kms**  
 Map Reference: **Coller Bay 1:25 000 or Fraser National Park pamphlet (DCNR)**

We start near the NW boundary of Fraser National Park with just 6 kms to walk to a secluded camp-site. Tents erected, we'll head off with lunch & day packs for a 400m climb to the highest point of the park, giving views of the distant mountains. We return at a great speed & across the grain of the country to camp.

Sunday we'll be on walking tracks most of the time, finishing at Devil Cove on Coller Bay. **Note:** those travelling up Saturday meet at **0900** at the corner of Skyline Drive & U.T Creek Rd. (Haines Saddle, near park entrance).

Suitable for beginners to pack-carry walking as, although we'll be doing some strenuous walking, quite a bit will be without packs

### 1-3 Sept. BRISBANE RANGES Easy

Leader: **Jean Giese**  
 Transport: **Private**  
 Approx. Distance from Melbourne: **90 kms**  
 Expected time of return: **1800**  
 Area: **south of Bacchus Marsh**  
 Approx length of walk: **30 kms (24 kms with packs)**  
 Map Reference: **VMTC Brisbane Ranges 1:50 000 or Eclipse Creek 1:25 000**

I don't know how I came to be leading two easy pack-carry walks on consecutive weekends. Yes I do! It's because one is the last walk on the Winter Program and the other is the first on the Spring program! Black mark to the Walks sub-committee (of which I am a member!) Anyway, I'll be going. Hope some of you non-skiers will join me.

The flowers in the Brisbane Ranges should be lovely and it's a great place to walk. Sunday we will have time to explore historic Steiglitz. Not far from Melbourne, it is suitable to travel up Saturday morning for a 0930 start. **Note - suitable for beginners to pack-carry walking.**

### 1-3 Sept THE BLUFF - SKI TRIP Medium

Leader: **Peter Chalkley**  
 Transport: **Private**  
 Approx. Distance from Melbourne: **230 kms**  
 Expected time of return: **Sunday evening**  
 Area: **near Mansfield & Mt Buller**  
 Map Reference: **VMTC King-Howqua-Jamieson**

This is a trip for experienced skiers capable of skiing downhill through trees. The good snow cover this year should make for a good trip along the tops to The Bluff

### 8-10 Sept RAZORBACK - FEATHERTOP Medium SKIING

Leader: **Stephen Rowlands**  
 Transport: **Private**  
 Approx. Distance from Melbourne: **370 kms**  
 Expected time of return: **Sunday night**  
 Area: **near Mt Hotham**  
 Approx length of walk: **25 kms**  
 Map Reference: **Outdoor Leisure Map - Bogong Alpine Area**

Starting from Diamantina Hut on Saturday morning, we ski along the Razorback 'til about lunch time when hopefully we should be at Champion Spur where we will set up camp for the night. After lunch we will spend the afternoon skiing out to Mt Feathertop. On Sunday we can explore around the campsite before making our way back to the cars. Please note that there is no running water so sufficient fuel must be taken to melt snow for water.

### 15-17 Sept. LITTLE DESERT Medium WILDFLOWERS

Leader: **Doug Pocock**  
 Transport: **Private**  
 Approx. Distance from Melbourne: **340 kms**  
 Expected time of return: **Sunday evening**  
 Area: **near Dimboola**  
 Approx length of walk: **40 kms**  
 Map Reference: **Little Desert Discovery Sketch Map (DCNR)**

A few options present themselves:

1. A three day walk for those not constrained by employment: Kiata-Yellowgum-Kiata.
2. 2-Day s walk: Horseshoe Bend-Yellowgum-Kiata.
3. Base camp at Horseshoe Bend with day walk to Eagle Swamp. Second day at Kiata & help with car shuffle for weekend walkers.

*Continued next page*

## Previews for September Weekend & Pack-Carry Walks Continued

### Little Desert walk continued

Or variations of above depending on interest. After the interest shown on Q.B.D. weekend, the through walk of option 2 will certainly be a goer. With all the recent rain the flowers should be excellent.

22-24 Sept. FAINTERS Medium	NIGGERHEADS -  SKIING
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Leader: **Pearson Cresswell**  
 Transport: **Private**  
 Approx. Distance from Melbourne: **375 kms**  
 Expected time of return: **late Sunday evening**  
 Area: **Bogong National Park**  
 Map Reference: **Outdoor Leisure Map Bogong Alpine Area**

*Should be very good skiing conditions in this fairly remote area of the Bogong National Park. See leader in clubrooms for more details. Editor*

29 Sept - 1 Oct. Easy/medium	HOWQUA RIVER BASE CAMP
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Leader: **Lloyd Young**  
 Transport: **Private**  
 Approx. Distance from Melbourne: **224 kms**  
 Expected time of return: **Sunday evening**  
 Area: **near Mansfield & Mt Buller**  
 Map Reference: **VMTC - King Howqua Jamieson**

*More details in September NEWS. In the meantime, see Lloyd in the Clubrooms if you are interested. Editor*

### Royal Botanical Gardens, South Yarra Aboriginal Resources Walk

During August the Voluntary Guides of the Royal Botanic Gardens will be offering a free walk for anybody interested. These walks are on Tuesday 15 and Thursday 17 August, starting at 1100 at Gate D (Birdwood Avenue, near Anderson Street) The walk is not strenuous and contains much information on plants that were used for food, construction, medicines and implements by the Aboriginal people from all over Australia. Bookings for these walks are requested and should be made through the Herbarium Reception on 9655 2341.

Other walks are available through the Gardens. Walks featuring the Seasonal Highlights of the gardens are available each Tuesday to Friday and Sunday, at 1100 and 1300. These leave the Garden Shop at the Herbarium throughout the year. Other walks may be booked. We can have a special walk arranged for us if we can get a group of 6 or more people. Perhaps someone would like to organise a small group?

## A Trip to Brunei and the Highest Mountain in South East Asia May or June 1996

Here is something which has not been done before. I am planning to visit my birthplace, Brunei, which happens to be one of the richest countries in the world, and then walk to the top of (Mt) Gunong Kinabalu which is the highest mountain in S.E Asia.

Brunei is located on the island of Borneo (check your atlas for details) and is about one sixth the size of Tasmania. But due to its abundant natural gas and oil reserves and a very small population of 230 000 people, it is considered one of the richest per capita countries in the world. The richest man in the world is the local sultan (king)! It has the largest palace in the world decked out with its magnificent and very expensive golden domes. If you are lucky enough to be a citizen, your privileges are no tax, free education, and free medical facilities. There are more benefits which I have forgotten. One of the main attractions is an entire village on water. Like Venice but on stilts. Then there is also the night markets where you can get exotic Asian foods very cheaply.

(Mt) Gunong Kinabalu is located near the town of Kota Kinabalu, which is in Sabah, in the north-west part of the island of Borneo (Kalimantan), some 2 800 kms N.W of Darwin. It is c. 4 100 metres in height (13 455 ft), making it the highest mountain in the region. The peak may or may not have snow depending on the weather and also how lucky you are. It takes an average 9 to 11 hours to get to base camp at c. 3 350 metres (11 000 ft) and then a further 2 hours to get to the top. To get down takes just 3 hours and that's running casually! I did this about 14 years ago and there might be some changes. There is no need to do any climbing as there is a track all the way to the top.

In summary, my plan is to visit Brunei, then fly over to Kota Kinabalu for the walk. I am hoping to set off around May or June 1996. If interested please don't hesitate to call me, Teck Chin, either at work on (03) or at home after 2030 on (03)

### Food Idea (from Federation News)

#### Dried Meat Sauce

500g lean minced beef	2 medium onions diced
6 cloves of Garlic	365g tin tomato paste
2 tspn. oregano	salt & pepper

Fry mince, onion & garlic without any oil for 5 minutes, mashing & stirring with a wooden spoon until browned all over. Spoon out any fat. Add salt, pepper, tomato paste & oregano. Spread on a solid sheet and dry 7-9 hours. Turn mixture as it dries - also crumble it. To use, just add water & simmer about 5 mins. then serve with noodles, spaghetti or any pasta - top with parmesan cheese. Serves 4.

*Courtesy-Upper Yarra Bushwalkers*

## Cool Clear Water...?

Several Club members have experienced bouts of gastro following trips in the Kosiusko National Park, and the chief suspect is contaminated water. This has long been a problem in other places, and now it seems to be hitting close to home. even fast flowing crystal clear water now needs to be treated with suspicion (and probably other things) before you can drink it.

Water becomes contaminated when toilet wastes are not disposed of properly. the problem grows as the number of visitors increases especially in alpine areas where breakdown is slow. Two bugs in particular can make you sick. The first of these called *E coli* is used as an indicator of water contamination. drinking water containing *E coli* will produce typical gastro symptoms such as nausea, vomiting and diarrhoea, usually within 12-24 hours. The second bug is much nastier. It is a parasite called *Gardia*, which forms a hard-shelled cysts which can survive outside the body for many weeks. In the human gut they produce thousands of offspring, which attach themselves to the intestine. The irritated gut cannot digest foods normally and this gives rise to symptoms such as belly ache, colic and severe flatulence, eventually leading to profuse loose motions. These symptoms may not appear for 7-10 days after infection, but during this time you can infect others. A more chronic and long-lasting form of infection also occurs.

The consequences of several people falling ill with either of these on a wilderness trip are horrible to think about. Dehydration is the most immediate danger, but as with many things PREVENTION is more effective than any cure. No longer can we tactfully ignore other members' toilet habits. Each person must be fastidious in disposing of toilet wastes, and in washing hands before handling food.

Inexperienced walkers may need to be told how these things are done in the bush, and especially in the snow.

Prolonged boiling, chemicals or filters may remove the bugs from water, but each method must be used properly and all have their drawbacks.

The book *How to Shit in the Woods* by Kathleen Meyer gives, in minute detail, an environmentally sound approach to a lost art. The Spring 1994 edition of *Wild* magazine reviews water purification methods.

*Reprinted from Footprints, newsletter of the Border Bushwalking Club, Wodonga.*

### Red Cross - Senior First Aid Course (20 hours)

Course is open to all members who lead or will lead walks. Topics include: Wounds and haemorrhage, shock, breathing emergencies, poisons, bites, stings, burns, soft tissue injuries, bandaging fractures, and Cardio Pulmonary Resuscitation (CPR). Dates, Time, and Place: September 21, 28, October 5, 12, 19, 26, November 2, 9. (8 consecutive Thursdays) 7:00 - 9:30 pm Red Cross Training Rooms on First Floor, 216 City Road, South Melbourne Cost to you is \$63 (We get a group rate of \$83 if 13 people sign-up; the club will subsidise \$20.) Please give the full fee to the Treasurer (William Cone). The fee is non-refundable unless the course is cancelled. Please let the Social Secretary (Nancy ) know you plan to attend.

### Down Hill Skiing with George

If you are a beginner or advanced downhill skier, put your name down for Winter trips to the mountains for action-packed weekends.

Escape the boredom of the wintry city. Phone the downhill skiing guru - George Zamora on . Phone any time and leave a message, or see George in the Clubrooms any Wednesday.

### Skiing at Mt Buller

The Melbourne Walking Club (Men's Club) has offered our Members the use of their luxurious ski lodge at Mt Buller. It is available for the week of Sept 4-8 (Mon. to Friday) Tariff is \$33 per night - bring own pillow slip & sheets or sheet-sleeping bag, and all food. Ski equipment can be hired on the mountain. Can take parties up to 16. Mt Buller is not just a down hill resort, there are a number of cross-country trails and Mt Stirling is not far away. If you are interested, contact George Zamora in the Clubrooms or phone him on . George will liaise with Melbourne Walking Club.

### New State Parks

Two new State Parks will be declared in Victoria.

A 6 140 ha. park known as Mount Granya State Park in the Upper Murray region, east of Wodonga, which will offer visitors granite landscapes, rare plants, a waterfall and scenic lookouts.

The second park is Enfield State Park, near Ballarat. This Park encompasses the head waters of Mount Misery Creek and will provide walking, camping, day visitor facilities and gold mining relics, and is bounded by the small townships of Berringa, Dereel and Enfield, hence the name.

*From FVWC Newsletter*

## It's All G.T.'s Fault!

Before G.T. took off for Perth he had this good idea for a walk that started at the mouth of the Gellibrand River in the Otways and then follow the coast eastwards. Looked interesting on the map, he said. he even sussed out a campsite on Ryans Den track - hard to find it though, just about impossible - but when we did get there, the view across the undulating farm- and bush-land were terrific. Being on a ridge, a wedgie appeared at eyeball level. It came upwards like a helicopter and cruised off without moving a muscle. We could hear the distant surf clearly too - you got that bit right, G.T.! And I suppose we couldn't blame you for the tides being exactly wrong: coming in, in or *just* going out; or the weather - it was the Otways after all!

Torrential rain a few days before had made the Gellibrand like an inland lake. The track that ran beside it was well and truly submerged. Never mind, a 4WD fisherman's track went approximately in the right direction, we eventually struck away from this and crashed our way down a scrubby steep cliff-like slope that had dark purple daisy bushes on it, and *Correa albina* and *C. reflexa* (the pale green one). We arrived (fell?) on the beach, our first objective achieved, at last; now lets follow this coast along ..... Oh dear!, around the first headland, a retreat was called, back to a landslip which made the now-quite-substantial cliff negotiable. Up on the top we looked towards a ridge that ran parallel to the cliff edge, we'll head roughly for that but the scrub in between has a strange look about it, all flat in parts. we soon discovered the effects of the prevailing winds - it flattens everything to a thick mat. Grunt, push, shove, on...on...on...scratchy bush. At one stage six heads and shoulders popped up from the surrounding green, immobilized. "Don't know where that track's gone, it's not here". "Or here". "Or Here!". Nothing else for it, wombats go through here, so will we - on hands and knees. Bush crawling is invented! Oh! God, it's all G.T.'s fault! Didn't nearly reach our objective that night so we had to do a mighty swing inland and trudge the bitumen. Bloody rain!! Bloody G.T.!!

Next day we followed Ryan's Den road down and down to Ryan's Den - site of. Wonder what happened to him and it? Nice view, though, down a tight little valley to the ocean. Down again to the pebbly bouldery beach - hop, hop, hop around the next headland with the tide coming in, and the next, and the next. Where's Gina? Gina doesn't like rock-hopping over swirling water, three fellows go to rescue her, the rest of us sit in a cave and wait. Fellows return, no she thinks she will go back, tide's in a bit more. Belting across open areas between waves, jumping onto shelves and rocks as they come in, good adrenalin-pumping stuff, this!! Round the next big corner an enormous cliff slide blocks our way, we scramble round the back but half way across we hear a faint coo-ee. Gina's coming after all! Derrick goes to fetch her, Peter looks for a route and we all wait. No route ahead, those two are taking a long time. Ah, here they are. No alternative but upwards again. "What's up, Derrick, you look a bit funny?" "Not surprised!" he says.

"Just had a near-death experience!" He got completely covered by an incoming wave, fortunately he managed to grab hold of the cliff face before being submerged. Gina saw all this & was convinced he was a goner, so did he! "If you don't believe me, look at this!" he says as he wrings out his hat. Yes, Derrick, we believe you. We found a nice spur to have lunch, kangaroos sat on a ridge behind us, checking our every move. At the top, flower gardens bloomed with miniature banksia bushes and grass trees. Later there was a snake on the track which we could have a good squizz at, and a giant echidna crossed our path, giving us those unexpected elements of delight.

Further along the coast we descended 370 steps to see a couple of wrecks. Anchors and bits of machinery were still visible, we checked them out more closely, in between the incoming waves, as was our wont. Max turned to run & go drenched. Did his friends rush to his aid? No, they stood there and laughed like drains, one even said "Do it again, Max, I didn't have my camera out!". On our way back up the 370 steps, the wind got stronger and whipped the sand to a frenzy that sand-blasted our legs. Agh, run, the pain!. Damn G.T.!!

At last in Lavers Hill café & craft shop with devonshire teas spread out before us we think a little more kindly of G.T.

Thanks Peter Chalkley for being a great route finder under trying circumstances, and a stalwart leader. The team were: Di, Lloyd, Max, Derrick & Gina, and me, Sylvia.

### Mootwingie Update

A couple of people have had to drop out as holidays from work haven't happened so if you'd like to come and are free between September 23 and October 5, give me a call. It's to outback NSW, semi-arid country and heaps of Aboriginal culture. Don't forget a meeting at Marmion's - 12 London Court, Nunawading at 8.00 pm on Thursday 31 August. Fred Halls will show his slides & tell us his travellers tales of the area, as will Rosemary Cotter.

*Sylvia Wilson - work*

### House Sitters Available.

Do you intend being away from Melbourne over the December 1995-January 1996 period, and want someone to mind your house/flat/unit? **Graham & Marijke Mascas**, a very reputable couple, will be in Melbourne from November to end January and would like somewhere to stay, and they would be only too happy to "house-sit" for you. If anyone can assist, please contact the Mascas' through their daughter, Kim Smith, at phone



## Kate Weindorfer - The Forgotten Partner of the Cradle Mountain Legend

*Sally Schnackenberg*

Visitors to Cradle Mountain come away familiar with the story of Gustav Weindorfer. He is referred to as the "hermit of Cradle Mountain" and more recently as the father of conservation in Tasmania. Since his death in 1932 he has become a legend in Tasmania for his role as a conservationist and for establishing Cradle Mountain National Park.

But what about his wife, Kate? The tragic irony is that if Gustav Weindorfer had not met Kate Julia Cowle at the Field Naturalists Club of Victoria early this century it is doubtful that the Cradle Mountain legend would have happened. Weindorfer came to Tasmania to marry Kate, so without her it is unlikely that he would have visited Cradle Valley where they built their home Waldhiem with a view of Cradle Mountain through the forest, and the spectacular Cradle Mountain National Park, which was his vision, may never have eventuated.

Kate was born in Fingal, on the Tasmanian east coast, where her father had been given a land grant. Her father died in 1894 and her share of the estate enabled her to move to Melbourne. Her knowledge of botany was the catalyst of her friendship with Gustav Weindorfer, who encouraged & helped her to classify her plant collection. they married in 1905.

They spent an unorthodox honeymoon on Mt Roland collecting and classifying plants and from its summit Weindorfer first saw Cradle Valley. Its pristine forests and mountains evoked memories of his homeland and it was to hold him in thrall for the remainder of his life.

After the honeymoon, Kate purchased 100 acres of land at Kindred and there they established a cropping and dairy farm. The income generated gave them the freedom and means to establish a tourist venture at Cradle Mountain. The venture was to be a wilderness experience for tourists, a concept being developed at that time in Austria.

They purchased 400 acres at Cradle Mountain, as did some friends, in order to preserve as much forest as possible from logging. Waldheim Chalet was built and they were ready to receive their first paying guests by 1912. they spent many happy times together at the mountain whilst they developed their tourism venture.

In view of Kate's commitment to the project one must ask why she has remained in the background for so many years? I believe this has occurred due to Kate's lingering illness and eventual death in 1916. World War 1 was also a factor - it restricted the number of visitors into the valley because of the war effort. Also there may have been some anti-German feeling directed at Weindorfer. After Kate's death, Weindorfer made Waldheim his permanent home, and then

these lonely years created the foundations of the hermit/lone man legend, and when the war ended in 1918, and the mountain came into its own as a popular tourist destination of the 1920s, Kate was no longer a part of it.

This article was summarised from the Victorian Naturalist, Vol III (6) 1994 p. 227-232 by Sue Beattie. *Reprinted by kind permission from the Bendigo Alpine Club's newsletter.*

### Leeches - a nuisance rather than harmful

**Prevention:** Suggested repellants include-

- Talc spread liberally on socks, salt, Aeroguard, role-on deodorant etc.
- Long trousers tucked into socks or gaiters will keep them at bay.

**Management:**

- Inspect and 'de-leech' at rest stops.
- Remove by rolling between thumb and forefinger OR apply salt.
- If in eye DO NOT REMOVE - cover with eyepad and secure across both eyes. Seek medical aid.
- Leech bites have been known to become infected. It is therefore important on returning home to carefully wash the bitten area and apply antiseptic salve.

*Thanks to CAEX Bushwalking Club for this advice.*

**Goretex Fabrics** *from W.L. Gore & Assoc. in NSW*  
Free call 008 226 703.

### To rejuvenate Goretex Taslan fabric:

1. **Warm machine wash** in a powder detergent (liquid detergents don't rinse out as well).
2. **Tumble dry** - temperature as per garment instructions; or warm iron - just enough to produce steam. This step rejuvenates the water repellents used at the time of yarn/fabric manufacture. Time/wear/soiling reduces effectiveness of repellents - but products used saturate the yarn fibres rather than block the gaps - heat can bring this to the surface again. For garments heavily worn/soiled, re treatment may be necessary - see step 3.
3. **If re treatment is required**, use one of the following:
  - a. **Grangers Super Proof** (pump Spray) - spray generously on outer fabric to saturate fibres.
  - b. **3M Scotchguard** (aerosol) - as for a. above.
  - c. **Nikwax - TX direct** - wash in as per instructions. No local experience but reports from the US indicate that it is "excellent" **Note: Don't use Nikwax-Technik** - this simply coats/fills gaps - same as plastic coat with no pores to allow breathability

## Conservation

### Mount Stirling

*From David Rimmer, FVWC Conservation Convener*

I attended the meeting organised by the Environment Effects Statement consultants for the public, at Caulfield Arts Centre. Presentations were given by spokes people from the VNPA, the Mt Stirling Task Force, and the Mt Buller Ratepayers Assoc. (representing downhill skiing interests). After the presentations, questions were taken from the floor and the majority were directed at the downhill skiing rep. & it was apparent that most people were against any downhill skiing developments on Mt Stirling. Buller Ski Lifts recently announced their vision for the future of Mt Stirling which provides for separate mountain centres for XC and downhill skiers, plus a gondola cable way between Mt Buller and Mt Stirling.

Anyone interested in the main issues in the options for Mt Stirling can get information by contacting **David Rimmer** on 9758 4802. The public exhibition of the EES document is expected by October 1995.

### Yarra Ranges National Park

This new park is to have increased staffing levels & upgraded visitor facilities - including extensions to the tower on Mt Donna Buang, and improvements to visitor services at Dom Dom Saddle.

### Alpine National Park

Since the release of the Kirkpatrick Report last year the move to have the Alps declared a World Heritage area has moved slowly. The current position is;

- World Heritage values have been confirmed
- The responsible governments have nominated their parts of the Alps for the indicative list & have agreed to take the next step.

The position of the four governments can be summarised as follows:

- The Federal Govt will not act on the nomination without State support, which NSW now provides;
- Victoria's position is likely to be affected by the problem of alpine grazing;
- The position of the ACT is unknown.

### Other Areas:

**Point Nepean National Park** has been renamed **Mornington Peninsula N.P.**

It is proposed that a major link be established between **Churchill N.P.** and **Lysterfield Sate Park.**

**Werribee Gorge State Park** will be increased by 200 ha.

In the latest issue of *Wild* there is a report of a move to construct a 2WD road from Dargo into the Wonnangatta Station area. It also mentions that a new bridge will enable you to drive from Omeo to Dargo in a 2WD car, and there are plans for a 2WD road into Grant and Talbotville! We all need to be aware that as population & tourism both increase, there will be pressure for this type of development. The big question becomes - HOW MUCH

NOISE ARE BUSHWALKERS PREPARED TO MAKE WHEN THE TIME COMES? We want to walk in unmodified bush and alpine areas. We must make our voices heard above the clamour of other vested interests!

### Tarkine Wilderness

The Tarkine area in NW Tasmania is being torn in two as a road is bulldozed through its centre. This road will allow access for future logging & wood chipping operations.

Despite being recommended twice for World Heritage Assessment, the destruction continues with chainsaw operators being helicoptered deep into the rainforest. The Tasmanian Government is determined to degrade the World Heritage qualities of this area. Time is short and your help is needed now!

#### What you can do:

1. Write or fax Prime Minister Paul Keating & Federal Minister for the Environment, Senator John Faulkner, urging them to nominate the Tarkine for World Heritage Listing. Send to Parliament House, Canberra ACT 2600. telephone (06) 277 7700 or Fax (06) 273 4100
2. Get involved with the Tarkine Action Group at meetings held on Tuesdays at 1800 at 59 Hardware Street, Melbourne.

*From Wilderness Society newsletter.*

### Draft Mallee Parks Plan Released

DCNR. has released the Draft Mallee Parks plan, which is of enormous significance for future management of the Mallee Parks. The Plan rightly acknowledges the outstanding natural values of the Victorian Mallee, especially protection of wilderness values. Despite this awareness the plan proposes significantly increased access to major areas of these parks. In Wyperfeld it is proposed to open the Freeway & the North-South tracks, Titter (Underbool) & northern sections of the Nine Mile Square tracks to the public. In the Murray-Sunset N.P. it is proposed to upgrade the Grub, Underbool & Last Hope Tracks to 2WD standard. Despite these concerns, the draft plan does address many issues of major importance in the future management & protection of the conservation & cultural values of the Mallee. and the VNPA congratulates CNR on the release of this Plan.

*(Summarised from the Newsletter of the VNPA)*

#### Committee Notes

##### Walks for June:

4 Sunday walks, ave 4½; 3 w/e pack carry walks, ave. 10.6; 2 Base Camps, ave. 15½; 3 Wednesday, Dandenongs & Historical walks, ave. 13.

##### Treasurer: for July 1995

Opening Balance:	\$57 431.17
Month's Receipts:	\$3 073.98
Month's Payments:	\$5 375.65
Closing Balance:	\$55 129.50

## McMillans Walking Track

The medal of the order in the General Division (O.A.M.) was awarded to **Joseph Benjamin John Smith** of Maffra for service to the community in re-discovering and marking the historic **McMillan Track**. John is a member of the **Ben Cruachan Walking Club**.

**McMillans Track** was originally known as the **McMillans Alpine Expedition Road (1864)**, the name honouring **Angus McMillan** who discovered Gippsland. This pack-track linked gold mines between **Woods Point** and **Omeo**, a distance of **220 kms**.

**John**, the **Ben Cruachan Walking Club** & **Dept of Conservation & Natural Resources - Traralgon office**, with the help of a **Government grant**, completed the magnificent walking track which was officially opened in **1988** by the **Hon. Joan Kirner**, then **Minister for Conservation, Forests & Lands**.

**John** submitted a plan to **DCNR** with the aim of creating an historical walking track along the route of the **Alpine Expedition Road**. The track will provide an historical monument to the pioneers of **Gippsland** who opened up the country in the late **1800's**.

In **1973** **John** began the **20 year** project to locate, clear and mark the old **Alpine Expedition Road**, & turning it into a long-distance walking track. With the help **McMillans** report & diary, and the survey log, **John** used his excellent bushmanship to achieve his goal, with the help of members of the **Ben Cruachan Club** and also **DCNR**. The track traverses some of **Victoria's** higher peaks and most beautiful rivers, from **Cobungra** to **Woods**, a distance of **216 kms**.

Often the task was difficult. the **Moroka River** to the **Moroka Road** was one example. eight weekends were spent searching in this remote and rugged area. A pack track was found but it didn't tally with the original surveyor's report. Eventually the original track was discovered c. **3 kms** further upstream, leading up a spur that had not previously been searched. This has now been cleared and the entire track is now marked with distinctive **red McMillan Walking Track** markers.

**John** is still actively involved in maintenance of the track & perfecting the alignment as close as possible to **McMillan's** original track, a huge task considering the modern roads, logging, and private land usage along the route.

*From FVWC Newsletter*

## PILBARA EXPEDITION: JUNE - JULY 1996



### It's Now or Never

Deep, red-walled gorges, pools, waterfalls in a rugged landscape that seems to go on forever. The Pilbara has them all. It is a magnificent place. It is also hard to get to.

We had a fantastic time on our first trip in 1993 and have continued to gather the information which should make the 1996 trips the best yet - if we can run them.

Book and pay before the end of September and we'll give you a special 25% discount on our Hamersley and Chichester Range trips, 30% if you book both. Each trip lasts two weeks. Each offers its own special attractions.

**ACT NOW!** Our Pilbara trips take more organising than most of our others. We will run them only if we have four confirmed bookings by the end of September. Ask for details.

*Willis's Walkabouts*  
12 Carrington Street  
Millner NT 0810  
Phone (089) 852134  
Fax (089) 852355



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