

The NEWS

of the

MELBOURNE BUSHWALKERS INC.

JULY 1997

Internet: <http://www.vicnet.net.au/~bushwalk>

EDITION 557

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PRICE 60 cents



Winter Banquet

Join us for a mid-winter banquet
at our favourite Indian Restaurant

Roti Boti

513 Hampton Street, Hampton

on

Thursday 14th August at 7 pm

(BYO) - Cost \$20 per head

Contact Alan Miller and/or Clare Lonergan

on

A \$10 deposit is required by 7 August

MERCY HOSPITAL FOR WOMEN

Presents

DINNER & KARAOKE NIGHT

Saturday 2nd August 1997 see page 9



Introduction to Cross Country Skiing Lake Mountain - 19 July

In winter the high country changes dramatically with a mantle of snow. X-c skiing gives the bushwalker a chance to venture into the high area with relative ease. This day is an opportunity for those club members who haven't tried skiing to have a taste of that experience in friendly company and easy conditions.

If you are like me you will stay an easy plodder enjoying Lake Mountain and Wilkinson Lodge but maybe you will become Gung Ho and have My Bogong and Feathertop in your sights.

Why not come into the Club on Wed 9th Jul and 16th July and discuss with me what you will need and give it a try?

NOTE: A last minute decision will have to be made whether to go depending on snow conditions.

Warm up to Some Hot Jazz at the Bushies Jazz Night

On Friday July 18th at the *Bridge Hotel*, 642
Bridge Rd, Richmond

Come along for a fun night of great music, good food
and atmosphere and of course excellent company.

The music is mainly traditional jazz from Peter
Uppman and the Uppbeats who play very lively foot
tapping dance music. There is no cover charge and
meals are at reasonable prices.

Beat the Winter Blues.

Call **Brian Crouch** on 9878 5053 to reserve your
place before Wed 16th July.

Rawson Weekend

8-10 August

Contact: Sylvia Ford ()

Navigation Practice - Volunteers Required!

Have you heard of *Rogaining*? If you enjoy
bushwalking but would like more confidence in using
a map then see the article page 7 in the **News** or
phone **Gina Hopkins** on

Track Clearing, Sunday 3rd August. **Anne Wilkins**

From the President

I've just had a wonderful three weeks walking in the Kimberley area - one of Australia's most remote and unspoilt regions. It's quite an experience to be walking and camping where there are no tracks, people or any signs of modern life. On Club walks we do our best to get away from it all but we are never far from a road, people and plastic. The Committee has received a rather disturbing note from a visitor who complains about the behaviour of walkers on several Club trips who left lunchtime leftovers behind and who did not respect the bush. Whilst we believe that this is unusual behaviour we are reminding all members and visitors about the way to treat the bush and you will see elsewhere in 'News' a reminder of this.

We continue our search for a Club venue and all suggestions are being examined thoroughly. There is no positive news to report except that we do not have to move just yet.

Derrick Brown

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The NEWS is the official newsletter of the Melbourne Bushwalkers Inc. and is published monthly.
Edited by **Judy Gipps**.

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, letters or other contributions, where space, clarity or propriety dictate. and to maintain editorial consistency

Please note that articles for **The NEWS** may be :
placed in the **Red Box** in the clubrooms or
mailed to Judy Gipps,
faxed to Judy Gipps on
emailed to

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 (eg gear, maps, trips, tours)

Members Ads - FREE

Closing Date for **AUGUST 97 News** is **30th July 97**



Walks Western Australia
Fax: (08) 9734 5889
Melbourne Office
Phone: (03) 9827 3253

Discover the legendary wildflowers, animals and landscape of the South West corner of Australia. Walks are organised and guided by Bushwacker, Les Mutton, a professional biologist with long experience on walking paths of Australia and Central Africa.

We offer a variety of packages in splendid bush settings:

- Base camps, in cottage accommodation, with diverse day walks.
- Custom-designed expeditions for groups looking for physical challenges.
- Opportunities for nature photography and bird watching.
- Catering is provided. Packs may be transported for you.

Our costs are very reasonable, starting at \$30 per day, per person for groups of ten.

VicWalk News

It is planned to leave some copies of this publication on the bus. Would leaders please circulate this around.

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

Visitors are always welcome.

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

Previews for August Day Walks and a Cycle

Saturday 26 July 1997
Easy

Dandenongs Explorer
Monbulk - Johns Hill

Leader: Michael Humphrey
Transport: Private
Expected time of return: 4.00 pm
Approximate length of walk: 12 km
Map Reference: Melways Maps 124 & 125

An oldie but a goodie!!! We will meet at Johns Hill Reserve (Melway map 124 K11) and depart at 10.30 am. If you are coming by public transport please ring me at home on () and I will pick you up at Belgrave Station - (train arrives at 10.02 am). See you there!!!

Saturday 2 August 1997
Easy

Cycling
Warburton Trail

Leaders: Jan Llewelyn
Transport: Private
Expected time of return: Early
Approximate length of walk: 20 km
Area: Yarra Valley
Map Reference: Melways

Now is the time to dust off your old Malvern Star, Pump up the tyres and head off to the Yarra Valley. Meet at the parking area at Launching Place Hotel. At 10.30 to ride on the top third of the Warburton Trail (this will eventually be opened from Lilydale to Warburton and will be a very pleasant days ride). Bring lunch and we will have a lunch break maybe at Big Pats Creek. This is a very easy trip even if you haven't ridden a bike for 40 years you should have no trouble.

Ring us at 9.00 am to check if the weather is suitable.

Sunday 3 August 1997

Track Clearing

Leaders: Anne Wilkins
Transport: Private

Come and have some fun, as well as do some track maintenance in the Yarra Ranges National Park. (North of Healesville).

Sunday 3rd August, Private Transport. Contact Anne Wilkins, B/H for all details and mystery incentive.

Sunday 3 August 1997
Easy & Easy/Medium

Coliban Falls

Leaders: Brian Crouch & Glen Barry
Transport: Bus from Southbank Boulevard at 8.30 am
Expected time of return: 7.00 pm
Approximate length of walk: 13 & 16 km
Area: North of Kyneton
Map Reference: Metcalfe 1:25,000

Please note the 8.30 am start.

These walks are on the beautiful undulating countryside of Coliban Park, a 3500 hectare sheep property north of Kyneton. We are grateful for the warm hospitality of Rita and Anthony Barber for sharing this very special place with the BUSHIES. Both walks are entirely on the Coliban Park property and include spectacular vistas of creeks and rivers and the lush surrounding farmland. Both groups will visit three significant waterfalls including the Coliban Falls. Birdlife is very abundant and River Red Gums and Box Tress along the creeks and river provide some sensational scenery. In keeping with tradition this walk will conclude with afternoon tea being provided as an option by the Barker family. A payment of \$2 per person will be collected prior to the walk and those wanting afternoon tea will pay an extra \$3. We were very impressed with the "sample" afternoon tea provided for us by Rita Barber - beautiful home made scones and jam.

To allow time to enjoy the ambience of the Barber Homestead and to partake in a leisurely afternoon tea after our walks we plan on making this an 8.30 start.

If you don't do any other walks this year make sure you don't miss this one.

**Remember 8.30 start.

Sunday 10 August 1997
Easy & Easy/Medium

Bungal Dam

Leaders: Peter Havlicek & Jordy Cuthbertson
Transport: Bus from Southbank Boulevard at 9:00 am
Expected time of return: 6.30 pm
Approximate length of walk: 12 & 16 km
Area: Ballan
Map Reference: Lal Lal 1:25000 7722-4-3

The area contains many old mines. We may start the walk by walking over the Lal Lal dam wall. On the other side, there is an interesting old blast furnace (read all about it at the picnic ground). The easy walk goes on to visit an old mine on top of Champion Hill (520 m, 130 m above road level), then wanders around past an old settlement (nothing left) to finish on Mount Doran Rd. Walking is mainly on 4-wheel drive trails through a dry

forest setting. The harder walk is similar and includes extra distance along Moorabul River (rough track) and to the Mount Doran (545m, about 60 m extra climb).

Saturday 16 August 1997 **Historical Walk**
Easy **Albert Park**

Leaders: Athol Schafer
Transport: Tram, Meet under Flinders St Station clocks at 1.00 pm
Expected time of return: 5.00 pm
Approximate length of walk: 5 km
Area: Gisborne - Bacchus Marsh
Map Reference: Melways Maps 2J, 2K

It's only a short tram ride to the start at the corner of Ferrars and Park Sts (Melways 2K B4). The ramble takes in St Vincents Gardens, Kerford Rd and pier, the seaside, pavement cafe society and some interesting byways.

Sunday 17 August 1997 **Yea Spur**
Easy/Medium & Medium

Leaders: John Kittson & Fay Pratt
Transport: Bus from Southbank Boulevard at 9:00 am
Expected time of return: 7.30 pm
Approximate length of walk: 15 & 18 km
Area: Yea Area (Goulbourn Valley Highway)
Map Reference: Flowerdale & Homewood 1:25,000

This is a walk in open farmland with wonderful views of rolling hills off into the distance. Both walks involve a fairly steep climb of about 150 meters to get up onto the Spur, but once there "trust me" you will be warm. The medium group will start near Mt. Marianne, and the E/Med group a few kilometres further on. The two walks will follow the Yea Spur along to Junction Hill, and the bus.

The whole area is fairly exposed, so it would be advisable to bring warm clothing and your coat just in case. I guarantee no leeches or trail bikes on this walk.

Wednesday 20 August 1997 **Sugarloaf Reservoir**
Easy/Medium **Christmas Hills**

Leaders: Alister Rowe
Transport: Private, see below
Expected time of return: 4.30 pm
Approximate length of walk: 14 km
Area: Christmas Hills
Map Reference: Sugarloaf Reservoir Leaflet

Meet at the first carpark at 10.00 am. Enter the clearly signposted Sugarloaf Reserve by turning right off the Eltham to Yarra Glen Road at Christmas Hills. Any queries phone me on

Essentially, this walk will circumnavigate the Sugarloaf Reservoir through pleasant undulating countryside, we will have magnificent views of the reservoir from various vantage points along the way.

Sunday 24 August 1997 **Yarra R. - Wonga Park-**
Easy & Easy /Medium **Warrandyte**

Leaders: Alan & Jean Giese
Transport: Bus from Southbank Boulevard at 9:00 am
Expected time of return: 7.00 pm
Approximate length of walk: 15 & 18 km

A preview of this walk will be in the August edition of the News or see the leaders in the Clubrooms.

Saturday 30 August 1997 **Dandenongs Explorer**
Easy

Leaders: Debra Gomm
Transport: Private
Expected time of return: 7.30 pm

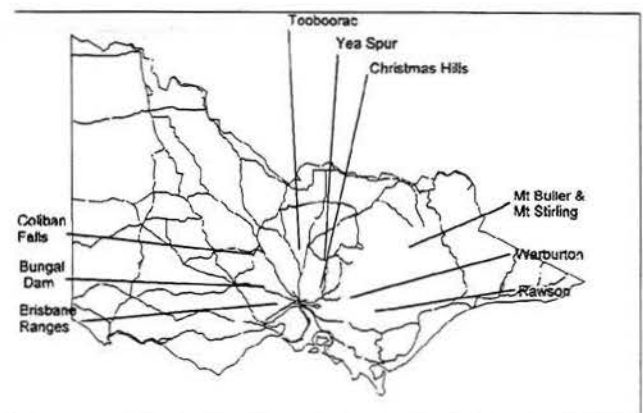
Details of this walk will be in the August edition of the News, or contact Debra Gomm on

Sunday 31 August 1997 **Tooborac**
Easy/Med & Medium **Mollisons Creek**

Leader: Jean Woodger & Peter McGrath
Transport: Bus from Southbank Boulevard at 9:00 am
Expected time of return: 7.00 pm
Approximate length of walk: 17 & 20 km
Area: North of Kilmore
Map Reference: Tooborac 1:25,000, Goldie Nth 1:25,000

We ascend Hawkes Hill and what do we see - more rolling hills, marvellous old gum trees, huge granite boulders; that's just the start. Then it's down into farming properties amongst the sheep and cattle, crossing paddocks, fences and creeks to meet Mollison's Creek and follow it through Mollison's Gorge.

Both walks follow a similar route, but the medium walk does an extra loop climbing another hill to the west of Hawkes Hill and continues further into the gorge at the end of the walk, with some rock-hopping. Beautiful country.



Previews for August Weekend & Pack-Carry Walks

1st - 3rd August Mt Stirling Lodge Weekend Easy Medium

Leader: Bob Steel
Transport: Private
Area: near Mansfield
Approximate distance from Melbourne: c. 230 km
Approximate length of trip: 12-15 km each day
Map Reference: Outdoor Leisure Map Buller-Stirling
Expected Time of Return: 2000, Sunday

I have access to a private ski lodge, *Warramill*, in Sawmill Settlement, near Mirimbah. It is only a few km to Telephone Box Junction on Mt Stirling (for the real skiers), and a bit further to Mt Buller if you're a yoyo skier.

The accommodation is comfortable, with five bunkrooms (six per bunkroom), a well-appointed kitchen and common room, separate male and female bathrooms, plus a drying room down stairs. I have booked for twelve people and that is the maximum I can take. The bunkrooms are heated.

The weekend will be self-catering - there are frigs, stoves, a micro-wave etc, and all utensils. You will also need to bring sleeping bags and pillows.

I plan to go to Mt Stirling each day for tours of the various trails, depending on snow conditions. If there is insufficient snow on Stirling, we could go and mix it with the plebs. on Mt Buller, or we could go walking.

Cost will be \$25 per person per night - I will need the money up front to confirm booking. You may come on Friday night or Saturday morning.

See me for more details, map etc.

1st - 3rd August 1997 Mt Buller - Timbertop Medium Snow Walk

Leader: Les Southwell
Transport: Private
Area: Mansfield - Mt Buller
Approximate length of trip: 20 km
Map Reference: Outdoor Leisure Map Buller-Stirling
Expected Time of Return: 7.00 pm, Sunday

The plan is to tramp up the Mirimbah Spur to the summit (1010m climb), then descend to a saddle on the Western side to make camp in the snow. On Sunday we will continue across to Mt Timbertop and down to Timbertop Saddle.

This route follows a high, somewhat exposed ridge and, of course, needs full winter gear. It also requires a car shuffle and the trip will depend on the amount of snow cover and ice conditions at the time, so plans might need to be modified on the weekend.

8 - 10 August 1997 Rawson Lodge Weekend Various

Leader: Sylvia Ford (9725 2723)
Transport: Private
Area: East of Melbourne approx 3 hrs away
Map Reference: Baw Baw maps
Expected Time of Return: 9.00 pm, if you have dinner en route eg Robin Hood Hotel, Drouin

This year Rawsons will be returned to the skiers - sorry the walkers. While Mt St. Gwinneer is not suitable for beginners I am expecting a good turn out, so the group will be split two ways at least.

Rawsons holiday camp, approx ¼ hrs from the snow, offers a twin share room with breakfast for \$29 per night, or \$36 a single. The evening meal costs about \$15 and is passable, the pub is extremely handy. There are tea and coffee making facilities in the room. A drying room is nearby as are the ablutions. Posh it ain't, but comfortable.

Final numbers by Weds 30th July with \$10 deposit asap. Come and enjoy a jolly matey weekend with lots of good snow!

15-17 August 1997 Beginners Ski Camp Easy

Leader: Pearson Cresswell
Transport: Private
Expected Time of Return: Late Sunday

If you want to widen your winter horizons, then snow camping is the way to go. This trip is designed to introduce newcomers to the techniques which make sleeping on snow both comfortable and fun (really!). You should have reasonable competency at both skiing and camping and be ready to put them together. We will have an "Information Night" on Wed 6th August to allow time to organise equipment. Choice of the destination will depend on snow conditions. Contact the leader for further details ()

15-17 August 1997 Federation S&R Practice

Leader: Stephen Rowlands
Transport: Private

This search and rescue practice is an excellent opportunity for S&R members to practice their snow rescue skills and for anyone else thinking about joining S&R to see if it really is for them. See the leader, Stephen Rowlands for details in the Clubrooms.

22-24 August 1997 Medium	Falls Creek - Niggerheads Fainter (Ski)
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Leader: Keith McMahon
 Transport: Private
 Map Reference: Feathertop and Fainter 1:25,000
 or Bogong Alpine Area 1:50,000
 Expected Time of Return: 10.00 pm Sunday
 Distance: 25 km with packs

I hope we can set up a cosy little camp high up in the Niggerheads. Then, having dispensed with our loads, we can focus on having some fun poking about this delightful area. Maybe, if conditions are right, I can inspire fellow lunatics to try a bit of moonlight skiing. This can be quite surreal.

29-31 August 1997 Medium	The Bluff Ski Trip
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Leader: Ralph Blake
 Transport: Private

There should be plenty of snow for this trip. Please see the leader in the clubrooms for details of this trip.

30-31 August 1997 Easy	Brisbane Ranges Beginners Pack Carry
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Leader: Doug Pocock
 Transport: Private
 Area: Between Geelong and Bacchus Marsh
 Map Reference: VMTC Brisbane Ranges
 Approx Distance: 24 km

The Brisbane Ranges has long been a favourite area of mine because of its botanical diversity. This will be an easy walk which should tempt "old hands" (and feet) as well as anyone perhaps contemplating weekend (or proper) bushwalking.

There should be plenty of wildflowers, maybe a few koalas, historical ruins (Jan's great grandfather was a mine manager here and her grandfather opened his first tailors shop here). All in all a very pleasant walk.

This will be a Saturday morning start 9.30 at Anakie Gorge Picnic Area.

What to Take on a Day Walk

In view of a couple of incidents which have occurred recently the following points are reprinted from the "Introduction to Melbourne Bushwalkers". Please remember that at this time of year the days are short and it soon gets dark, so as well as warm clothes, carry a torch and a whistle.

If you get lost on a walk or miss the group - sit down and wait for them to find you.

So, in your pack you should carry:

1. Lunch
2. Full Water bottle - at least 1 litre, more in hot weather. (You can't rely on finding water on the walk, and it will probably be unsafe to drink).
3. A rainproof parka. Not a lined parka as these are too hot.
4. A wide brimmed hat is essential in summer
5. A pullover, balaclava and gloves in Winter
6. Torch in Winter and ensure the batteries are not flat. Matches in a waterproof container. If you stray from a group in the half light it is easier for you to see the others torchlight and for them to find you.
7. Extra food for snacks and emergencies.
8. Whistle, pencil and paper. You may not think a whistle effective but they use less energy for a sustained period of time. A pencil and paper is useful for leaving instructions as people in stressful situations easily forget what they are told to do.
9. Personal and First aid items, including sun screen, toilet paper. Note: The leader always carries a first aid kit.
10. Change of clothing, especially in winter. This can be left on the bus.
11. A vacuum flask is desirable in Winter, either to take on the walk or left on the bus to drink at the end of the walk. You could have both.

SO TAKE A TORCH !!!

CONSERVATION FORUM

Falls Ck and skidoos.

I think Bill has mentioned this in earlier 'News'. There are commercial skidoo rides from Falls Creek this snow season. I phoned the company to get details and for \$50-60 you get a 1 1/2-2 hour tour. They pick you up at Falls Ck and drive you down to Howman's Gap where the tour starts. They take a track [track 24 - I'm not entirely sure but this is probably the Frying Pan Spur coming out on top of the downhill runs] to the ski area and then out toward Mt McKay. Not actually to the top of McKay (this must be out of bounds still). From there back across the top of the downhill runs to finish outside the medical centre. Children can be taken and no previous experience is necessary.

The good thing about is that they don't have a trip out toward Wilky or into the National Park - yet.

I notice in the minutes of the conservation committee of the Federation of Victorian Walking Clubs- VicWalk (we're an affiliate of VicWalk) that the Vic government is disbanding the Lands Conservation Council (LCC) and replacing it with a new body, the Environmental Conservation Council (ECC). VicWalk are concerned enough about this new body to request the minister to hold over debating the proposed bill in parliament. I shall pass on details as I learn about them. My concern would be that this might be similar to the proposed change in role of the Auditor General. The ECC would also be directly answerable to the minister thus removing parliamentary accountability. In the past the LCC have made some very good recommendations (and, perhaps arguably, some not so good ones). Not all of these have been enacted or resulted in legislation as parliament can choose what it does and doesn't accept - but at least they have to go before parliament. If the ECC reports only to the minister then it concentrates power in the minister and not parliament. My view is that this is not a good thing and is too easily abused - by any political flavour of minister.

Graeme Thornton

Navigation Practice - Volunteers Required!

Have you heard of *Rogaining*? If you enjoy bushwalking but would like more confidence in using a map then read on....

Rogaining is the sport of cross-country navigation on foot. Two hours before the start of an event, teams of two to five members are given a map and a clue sheet describing the checkpoints. The checkpoints are coloured markers placed at geographical features, and each one has a point score value depending on its difficulty. Each team has to plan their route, selecting

which checkpoints to visit in the time period. The duration of the event varies from six hours, all in daylight, to 24 hours where (some of) the teams continue all through the night. There is a coded punch at each checkpoint to record a team's visit on their score card. At the end of the event the team's score is the sum of the score values of the checkpoints visited, less any penalties. Teams that are late back lose points for each minute late.

On Saturday, 20 September 1997, the six hour Spring Rogaine is being organised by members of this club. Already a team of us have designed the course, setting and checking the locations for the checkpoints. This has involved placing red and yellow tape around trees to mark where the checkpoint markers are to be hung for the event. In the two weeks prior to the event, that is the first two weekends in September, we will have to re-visit all these locations in order to hang the markers ready for the event. That is where you come in!

We would like volunteers to help us hang up these checkpoints - 40 of them in all. The idea is to have a number of groups - two to four in each group - with each group allocated up to 10 checkpoints. You will be given a map with the checkpoints marked and a clue sheet. The group then has to plan the best route for visiting them and then successfully navigate to find the tree with the red and yellow tape! There will be no time limit but we will allocate a cluster of checkpoints that we expect would take between 4 and 6 hours in total. This will be a great opportunity to practise your navigation skills (or to learn some).

If you are interested but not available in the first two weekends in September, then never fear! *After* the event the checkpoint markers have to be collected and the coloured tape removed. Therefore we'll be looking for volunteers to help out on Sunday 21 September and possibly the following weekend as well, depending on the level of interest. The process will be the same, but this time looking for the brightly coloured markers which are usually more visible than coloured tape on a tree!

In summary, the possible dates for this navigation practice are as follows:

Sunday	7 September	Hanging markers
Saturday	13 September	
Sunday	21 September	Collecting markers
Saturday	27 September	

If you're interested, please give me a call on or see me in the club rooms.

Gina Hopkins

FIRST AID CLASS of '97

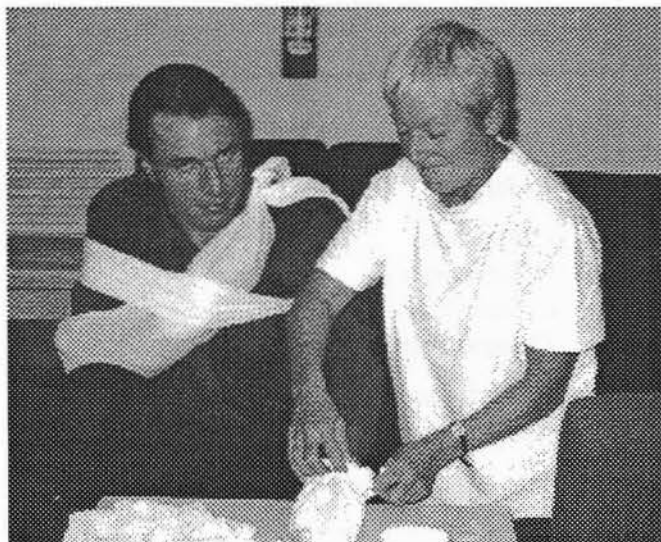
Remember recently when we were looking for people to do the First Aid Course? Well, would you believe the eight weeks have passed, and fourteen of us have now done it.

Apart from the serious side of real study and lots of homework, every Thursday night became an informative and fun filled evening. Our early attempts at tying reef knots and arm slings were really clumsy, but as we became more efficient, we looked for every opportunity of bandaging and splinting our classmates - sometimes in the club room, sometimes in each other's homes. Often our class-room looked like the scene of a major accident. We quickly developed the habit of arriving early and practising resuscitation on the selection of dummies. Chesty Bond in his red singlet was an eye-catcher, but no matter how hard we tried, we simply couldn't get any response out of him - he was just worn out. The plain blue dummies were far more reliable (there's a moral in there somewhere).

We were apprehensive as the day of the exam loomed, but practice made perfect, and we all gained our Senior First Aid Certificates. Completing the course and working together with a great bunch of people gave us a sense of achievement and satisfaction. Very special thanks are due here to two people - Marisa, for organising the course in the first place, and our instructor Brett Grundy, for his patience, sense of humour and the ability to guide us through to a successful conclusion.

The class of '97 were: Garrett Birmingham, Chin Teck Long, William Cone, Brian Couch, Peter Daglish, Marika Jagow, Peter McGrath, Stuart Mann, Bill Metzenth, Marisa Rizzuto, Sak Hong Wan, Merylyn Whimpey, Anne Wilkins, Jean Woodger.

Jean Woodger



Jean Woodger practicing her First Aid on Stuart Mann

WALK ALSACE

Enjoy the gastronomic delights and superb wines of Alsace, France on a 7 day self-guided walking tour through vineyards, medieval villages and the forests of the Vosges Mountains. With a map and instructions provided by the local walking club and your picnic lunch you set off at your own pace for the next hotel (about 15 km) as your luggage is transported ahead.

\$900 per person twin share including excellent accommodation and all meals.

PH: 9415 1588 FAX: 9415 1590

This is a private advertisement and is accepted as a service to Members only. These are NOT official Club trips.

"Warm Hands and a Warm Heart"

Brian Crouch, Melbourne Bushies Member and a graduate of the School of Wholistic Massage provides Swedish Therapeutic and relaxation massage at Blackburn, Hawthorn or at your place



- *A great way to tone up the muscles either before or after a bushwalk*
- *Very beneficial to your general health and well being*
- *Treat yourself, you deserve it.*

Discounts for regular clients

Call Brian Crouch now on

Going on a trip O.S. or interstate ?

Need someone to look after your house/ water plants/ etc ?

I am looking for a house to 'sit' while mine is being renovated, Sept, Oct, Nov or any part thereof.

Contact Becky Marshall
on answering machine).

(leave message

Recipe for

Winter Fruit Salad as eaten at Barjarg May 1997

- ¼ cup Sultanas
- ¼ cup Currants
- ¼ cup Raisins
- 1 cup Prunes - pitted chopped
- 1 cup Dried Apricots chopped
- 1 large tin sliced peaches
- 1 large tin diced pineapple
- 1 small tin cherries
- ¼ cup brandy

Strain tinned fruit. Boil juice and dry fruit, simmer 10 mins. Let cool. Add tinned fruit and brandy. Make at least a week in advance. Stir and check its going alright frequently.

Sylvia Ford

Leave Nothing but Footprints

Many people do not realise that apple cores dropped in the bush do not just rot...they could grow into apple trees and are an environmental hazard. Take them home !!!!

Also bananas skins do not easily rot in our cool climate. It can take up to two years for this to happen.

The bush where we walk is a very fragile environment and can very easily be damaged. If there is already a track through the bush use it rather taking a short cut.

There was an article in the newsletter of the Hobart Walking Club, last month, where they were asking all their members to thoroughly wash their boots after each walk to try and stop the spread of a weed around Tasmania.

Research Consultant

You may be thinking of writing a book, making a film or documentary. Do you have enough time and energy for your research?

Leave it to an expert with 15 years experience.

Well authenticated research *through interviews with experts in the field *the Internet *traditional source

Call UMA on Ph:(03) 9429 5020 or leave a message on my
Email: uma@icplus.net.au

GET YOUR MUNDANE
AND EXOTIC FACTS RIGHT !

MERCY HOSPITAL FOR WOMEN THE SMALL MERCIES APPEAL *Presents*

DINNER & NIGHT

- Date:** Saturday 2nd August 1997
Time : 7.30 pm
Venue: Our Holy Redeemer Parish Hall
 Cnr. Mont Albert Rd & York St.,
 Mont Albert (Melway Ref: 46 J9)
Entertainment: Karaoke, song and dance
 Raffle & huge door prizes to be won.
Food: Delicious Food B.Y.O. drinks
Ticket Sales Special Care Nursery

- Adults:** \$25
Child under 15yrs: \$12.50

Please come along, bring yourselves, friends and family. Make it a fun night to be enjoyed by everyone. This is a fundraising effort to meet our \$1.3 million appeal to help buy equipment for our babies in Special Care Nursery.

Marisa will be holidaying in Northern Territory until 19th July. Enquires to Lay Hong Choo at above phone numbers

CHRISTMAS-NEW YEAR TREK

TRAVERSE THE ANNAPURNAS NEPAL HIMALAYA

Trekkers sought for
 small private non-commercial trip
 departing 13 December 97
 returning 13 January 98
 32 days Melbourne to Melbourne
 including 21 days trekking
 Non-standard trek using
 local village trails (Siklis to Dhaulagiri)
 Land cost \$US1325 plus airfare -
 bookings close 10 October
 (Early bookings advised)

CONTACT: DARREN MILLER
 PH/ANS/FAX 03 9395 1210

This is a private advertisement and is accepted as a service to Members only. This is NOT an official Club trip.

New Members

TANIA ADAMSON
 CAROLYN M & GERHARD BRAUN
 SUSAN CASTLE
 LIZ DEVLIN
 SHARYN EVANS
 CHRISTINE FLOWERS
 PAMELA GILL
 TONY HARDY
 MARGARET JOYCE
 PATRICK MANGAN
 MARY MARIJANOVIC
 BETTY VAN NEWKIRK
 RICHARD WOODGATE

Walks Secretary:

Attendances for May 97

	Trips	Av	1996
Sunday Bus	4	43.3	37
Pack Carry	1	8	5.5
Wed, Hist, Dandenong	3	17	18.3
Base Camp	1	7	
Lodge	2	20	
Cancelled	1		

Membership:

Life Members		11
Honorary Members		11
Single Memberships		332
Family Memberships	(2x 44=)	88
Total membership		442

Committee Reports

Treasurer:

Accounts for June 1997

Opening Balance	\$63,796.21
Receipts	\$3,997.65
Payments	\$6,588.82
Closing Balance	\$61,205.04

Duty Roster

16 July	Bill & Stephen
23 July	Jean & Bernie
30 July	Lloyd & Doug
6 August	Judy & Peter H

Next committee meeting 4th August, 1997

For Sale

Track Skis

205 cm Morotto Runner
 with SNS binding. Used Once, VGC \$120

Windproof Jacket

Medium/small Mountain Designs jacket, waist length, folds into it's own pocket, which is a kangaroo pocket when worn. VGC. Similar jackets sell for \$99. Very good for cold windy days, or to wear under a parka. \$35

All prices negotiable.

Due to a glut of chocolate for items that have been sold, I will now accept cauliflower to the above values.

Carol Tidey

(AH)

Half Yearly General Meeting of the Melbourne Bushwalkers Inc.
Wednesday 20th August, 1997 at 8.00 pm
In the Royal Horticultural Society Hall adjacent to the Clubrooms

All members are welcome and are urged to attend
Visitors may observe but cannot vote.

If you are unable to attend but would like to cast a vote fill in the Proxy form that appears below.
Business to be transacted will be published in the next newsletter.

Form of Appointment of Proxy

I..... of.....
being a member of Melbourne Bushwalkers (Inc), hereby appoint
..... of.....
being a member of Melbourne Bushwalkers (Inc), as my proxy to vote for me on my behalf at the half yearly general meeting to be held on Wednesday 20th August, 1997 and at any adjournment of that meeting.
+ My proxy is authorised to vote (in favour of/against)* the following resolution(s):

Signed:
Date:.....

* Delete as appropriate
+ Delete if not applicable

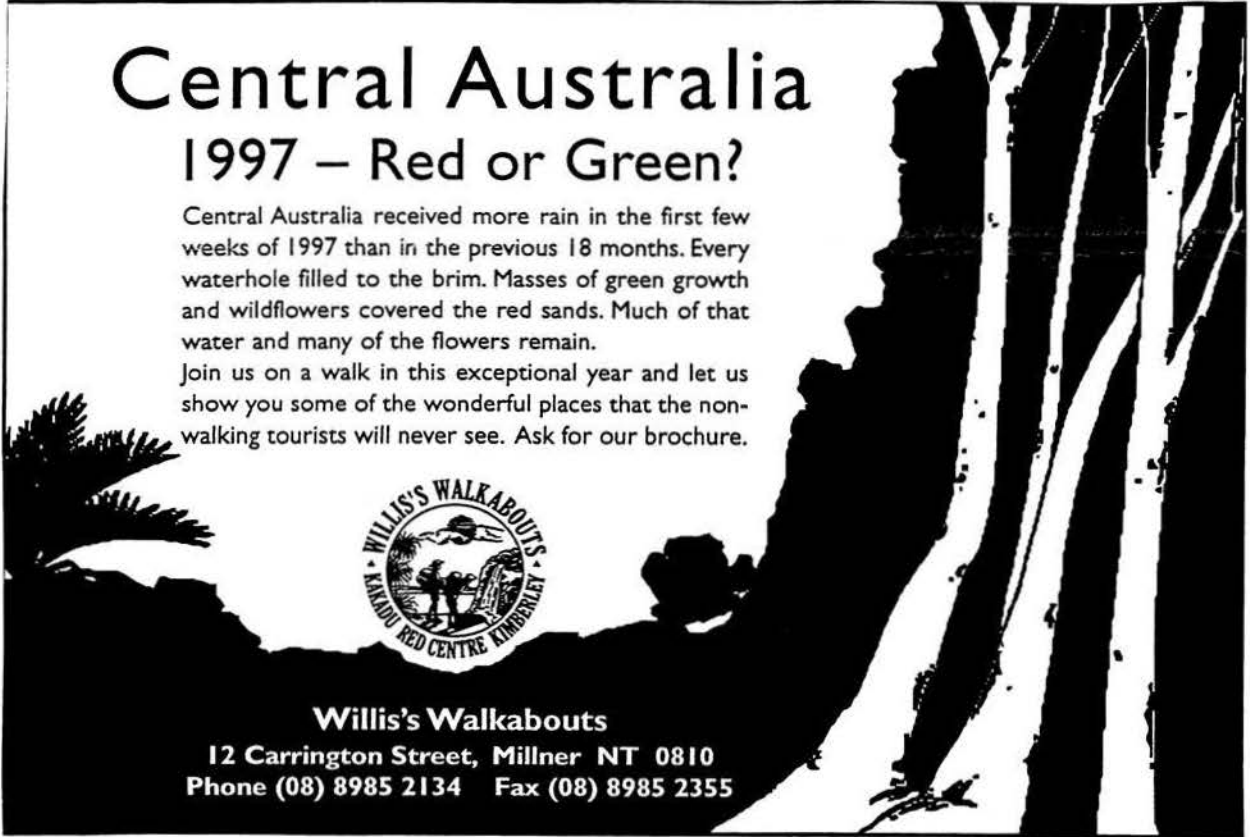
Central Australia

1997 – Red or Green?

Central Australia received more rain in the first few weeks of 1997 than in the previous 18 months. Every waterhole filled to the brim. Masses of green growth and wildflowers covered the red sands. Much of that water and many of the flowers remain. Join us on a walk in this exceptional year and let us show you some of the wonderful places that the non-walking tourists will never see. Ask for our brochure.



Willis's Walkabouts
12 Carrington Street, Millner NT 0810
Phone (08) 8985 2134 Fax (08) 8985 2355



Walks in July/August 1997

Date	Location	Standard	Leader
11-13 July	Bogong High Plains	Private E/M	Meryllyn Whimpey
13 Sun	Maroondah Reservoir	Bus E/M & Med	Jean Woodger & Anne Wilkins
16 Wed	Brimbank Park	Private E/M	Margaret Borden
18-20	Mt Kooyoora	Private Easy	Cameron McMillan
19 Sat	Beginners Ski Day	Private Easy	Doug Pocock
20 Sun	Cape Schank - Flinders	Bus E & E/M	Lloyd Young & Peter Gipps
25-27	Mt Hotham Ski Trip	Private E/M	Stephen Rowlands
26 Sat	Dandenongs Explorer	Private Easy	Michael Humphrey
27 Sun	Heskett - Mt Charlie	Bus E & M	Stuart Mann & Jean Giese
1-3 Aug	Mt Stirling Ski Lodge Trip	Private E/M	Bob Steel
1-3	Mt Buller - Timbertop Snow Walk	Private Medium	Les Southwell
2 Sat	Cycling: Warburton Trail	Private Easy	Jan Llewellyn
3 Sun	Coliban Falls	Bus E/M & Med	Brian Crouch & Glen Barry
3 Sun	Track Clearing	Private	Anne Wilkins
8-10	Rawson Lodge - Walk & Ski	Private Various	Sylvia Ford
10 Sun	Bungal Dam	Bus E & E/M	Peter Havlicek & J Cuthbertson

The NEWS of the Melbourne Bushwalkers

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