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THE NEWS OF THE MELBOURNE BUSHWALKERS INC.

EDITION 628

JUNE 2003

60 CENTS

The Beatles v The Stones

Saturday 14 June

***8 pm, Paramount Cinema Club
43 Melville Road, Brunswick***

Come and see the complete Melbourne television concerts of The Stones (1965) and The Beatles (1964), and rare newsreel footage courtesy of Channels 7, 9 and 10. Plus live music by a surprise '60s group.

Cost: \$26 per person (\$18 concession).

For table bookings, please phone me on

Motown and Atlantic Soul Special incl. the Mo-tunes live

Saturday 12 July

***8 pm, Paramount Cinema Club
43 Melville Road, Brunswick***

Don't miss! A compilation of Motown performances in Europe as well as rare Otis Redding and Sam and Dave performances. Plus the Mo-tunes strutting their Supremes review.

Cost: \$28.50 per person (\$20.50 concession).

For table bookings, please call me on

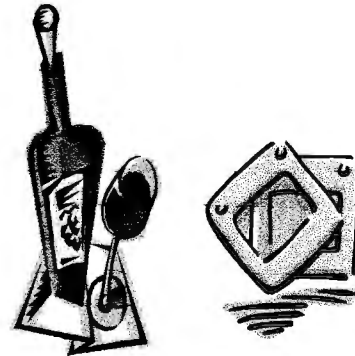
***Sara Watson
Social Secretary***

Trip to Lord Howe Island

Sat. 18 - Sat. 25 October

I have had quite a bit of interest shown in this trip already and I hope to be able to make some bookings soon. If you are interested and have not received any information yet, then contact me. If you are definitely interested, please let me know and I will arrange some bookings.

Doug Pocock



Wine and Cheese Night + Medicinal Plant Project, Nepal

Wednesday 25 June

7 - 9 pm, Clubrooms

Marilyn and Mingmar Sherpa from Om Trek spend 6 months a year in Mingmar's native Nepal and are spending much of that time cultivating medicinal plants in the region. They will present their work and its benefits - as well as showing beautiful pictures of this stunning region.

N.B. Bookings for walks, etc. to be made between 7 and 8 pm on this night please as the presentation will start at 8 pm.

ENQ.:

CLUB OPEN: 7 - 9 PM WED., HORTICULTURAL HALL, 48 MACKENZIE ST., MELB.

WEBSITE: www.melbournebushwalkers.org.au

EMAIL: info@melbournebushwalkers.org.au

Members of the Melbourne Bushwalkers Inc.
meet on Wednesday evenings
between 7.00 & 9.00 pm in the Clubrooms,
Victorian Horticultural Society Hall,
48 MacKenzie Street, Melbourne.

Visitors are always welcome.



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

The News of the Melbourne Bushwalkers Inc.
is the newsletter of the Melbourne Bushwalkers Inc.
and is published monthly.
Editor: Vicki Scrivenger.

Walk previews & reviews, articles, poems, news items,
photographs of club events, reports of new gear,
book reviews, letters "to the Editor", advertisements, etc.
are always welcome.

The Editor reserves the right to edit contributions
where space, clarity or propriety dictate
and to maintain editorial consistency.

Contributions to *The News* may be sent to the Editor by:

- ★ Emailing to:
- ★ Placing diskette or hand written material
in the Editor's pigeon hole in the clubrooms
- ★ Posting diskette or hand written material to either:
The Editor, Melbourne Bushwalkers Inc.,
PO Box 1751Q, Melbourne, Vic., 3001
or V. Scrivenger, *News* Editor,

Electronic mail is preferred.

Closing date for receipt of material for *The News*
is the last Wednesday of the month.

Advertisements in *The News*

Only advertisements directly relating to bushwalking
will be accepted (e.g. gear, maps, trips, tours, etc.).
Members' ads are free.

Advertising Rates (Artwork Ready) in:
printed edition only: as below, or
printed & on-line editions: as below + 25% or
on-line edition only: as below + 25%.

Size:	1 Issue	3 Issues	12 Issues (1 Year)
¼ Page	\$35	\$90	\$330
½ Page	\$55	\$150	\$550
Full Page	\$100	\$250	\$900

Answers

1. Left ventricle. 2. VF. 3. VF and VT. 4. In VF the electrical activity
is chaotic with no co-ordinated contraction of the ventricular muscle
whereas with normal electrical activity there is co-ordinated contraction
with efficient pumping.

FROM THE PRESIDENT

On page 6 of *The News* you will see a draft campfire policy.
Thanks to Pearson Cresswell, Alan Clarke, and Derrick Brown
for drawing up this document. I would urge all members to
consider the policy and give me any feedback you think
appropriate, as the final document will be club policy and a
guide for members and leaders.

There is a spare cork-surfaced noticeboard in the
clubrooms. Please feel free to display your photos on it. If you
use it, would you make sure the photos are captioned so we all
know who and what the subjects are. We will have to devise a
system so that if space is needed for new displays, then
removed photos can be placed somewhere, safely awaiting
collection by the owner.


DOUG POCOCK

FROM THE MEMBERSHIP SEC.

By the end of May, the subscriptions received were nudging
75%, with still over 120 subscriptions unrenewed. No more
News is being sent to the laggards (so I don't expect them to
be reading this) and technically, they become visitors on our
walks. By the experience of past years, however, I expect that
some 50 late subscriptions will turn up, with some 70
members not renewing.

PETER HAVLICEK

Best Wishes



to Athol Schafer, Life Member,
who is in the Caulfield General
Medical Centre at the moment.

Housesitter Needed

1st week of Aug. - 19 Sept. 2003

For details please ring Sak Hong on

For Sale: Woman's Shirt

Wilderness Wear Microlite

blue and white checked short-sleeved shirt

As new (worn once only) \$85 new. Offers invited.

If interested please call Rosemary Cotter on

PREVIEWS OF DAY WALKS, ETC. - JUNE/JULY 2003

Wednesday Walk: Rubicon Valley

DATE	Wednesday 18 June
STANDARD	Easy/Medium
DISTANCE	16 km
LEADER(S)	Stuart Hodgson
TRANSPORT	Private
MAP REFERENCE	Rubicon & Margaret VicMap 1:25,000

Unfortunately the walk as originally programmed had to be abandoned owing to extensive logging and burning. So instead we're going a little bit further north. Apart from an initial climb and a bit of a pull near the end, the walk is level, as we follow an old tramway which winds in and out of the forest. It was originally used to inspect various SEC aquaducts which flow alongside. Spectacular views are to be had from two peaks which feed water races down to power stations far below at the bottom of the valley. The walk includes three huge wooden trestle bridges, but for the vertically constrained it's easy enough to clamber underneath and up the other side. The tramline ends at a dam wall where a ladder will take us up to view the spooky black waters entirely surrounded by forest.

To get there, take the road past Cathedral Mountain to Taggerty and turn right along the Thornton road. Turn right again at the Rubicon road intersection and it's 7.7 km to our meeting point just 200m before the power station where the Royston road turnoff to the left is signposted. Please be there at 10.15 am. (This point is 90 km from Lilydale.)

Dandenongs Explorer: Five Ways

DATE	Saturday 28 June
STANDARD	Easy
DISTANCE	Approx. 10 km
LEADER(S)	Pam Westgate & Maria Baker
TRANSPORT	Private

Meet at Five Ways (Melway 52 J9) at 10.30 am (parking near the old Uniting church which is now a yoga centre).

We will walk on the trig track behind the church to Mt. Dandenong. If it is wet we will have to go along the road to the CFA station as the trig track will be too slippery. Footwear with good grip is recommended even in dry conditions. From Mt. Dandenong we will work our way along Kyeema track to the site of the Kyeema air crash and then to Burkes lookout reserve where we will have lunch.

After lunch we will follow the zigzag track to the Channel 10 track and work our way back to afternoon tea at Fiveways via Dacite, Camelia and Fireline tracks. There is some climbing especially towards the end of the walk to earn our afternoon tea and weather permitting, we should enjoy some good views.

Anyone requiring a lift from a railway station en route should ring Pam on _____ or Maria on _____

Sunday Bus: Mt. Everard-Jehosophat Gully

DATE	Sunday 6 July
STANDARD	Easy and Easy/Medium
DISTANCE	15 & 18 km
LEADER(S)	Elizabeth Ingham & Max Casley
TRANSPORT	Bus - Southbank Blvd - 9 am
RETURN TIME	6 pm

Both walks follow essentially the same route on well maintained tracks. The E/M group will walk clockwise from Steels Creek picnic ground, through open timber, up a refreshing gradient to Mt. Everard. Turning onto the Everard track we skirt Mt. Beggary near its summit, passing grass tree 'forests' along the way, and climb Cookson Hill. On reaching Shelly Harris track we take a short side trip to Jehosophat Gully picnic ground and walk Lavers Circuit through a fern gully. After retracing our steps we take the Mt. Jerusalem track, mainly downhill through dense timber and undergrowth, and return to Steels Creek picnic ground.

The Easy group does the above in reverse but without the Jehosophat Gully side trip. Their hill has a more relaxed gradient but it lasts longer!

As John Kitson, who has led this walk before, said in 1996: "A change of clothes are a must as this area is prone to good soaking rain." Let's hope he doesn't speak from experience.

Cycle Trip: Outer Circle

DATE	Saturday 12 July
STANDARD	Easy/Medium
LEADER(S)	Jan Palich
TRANSPORT	Private

Join me in another "meander" round a Melbourne Bike Track with a couple of coffee stops included. We will meet at the bike hire place at Yarra Bank, beside Princes Bridge, Melb. The distance is approx. 45 km of easy riding on bike paths along the not-so-successful "Outer Circle Railway". You will negotiate three mountain passes: the "Col de Summerhill", "Mt. Canterbury" and "Col de Harp". I will explain all, when you book for the ride.

Riders will depart from the city in an easterly direction, along the river, then under the freeway to Glenferrie Rd, then 2 laps around the Velodrome, just kidding - it is not compulsory (only for the energetic). Continuing along the path next to Gardeners Creek - watch out for ducks, then through Nettleton Park, and leafy trees to the Anniversary Trail. The trail takes us north through Burwood, East Camberwell and Canterbury until we join the old railway line where the path meanders all the way through Kew and down to the Yarra River. The 1st coffee - stop to be advised. 2nd coffee stop - Fairfield Boat House, where those that wish, can picnic in the public area, while those that hanker for another caffeine hit can enter the Boat House. Then on to Dights Falls and back along the river to Richmond - through the agapanthus, and finishing the ride along the Burnley Boardwalk.

Which brings me to the weather. If at 8 am on the Sat. morning, the weather is looking very dodgy and decidedly wet, please ring me to see if the ride is still on. Anyway, this is set to be another great ride. If interested call me on 9428 3639 by the Thursday before the ride.

Sunday Bus: Murrindindi - Mt. Despair

DATE	Sunday 13 July
STANDARD	Easy and Medium
LEADER(S)	Mike Low and Sara Watson
TRANSPORT	Bus - Southbank Blvd - 9 am

The Murrindindi scenic reserve is reached by travelling up the Melba highway a little past King Lake National Park between the Toolangi State Forest and the Black Range State Forest.

Both walks start at the Murrindindi Falls picnic area.

The Easy walk will follow the walking trails along the Murrindindi River through scenic bush to the suspension bridge camping area, with a side-trip to the Whelmina falls & lookout for those energetic enough for the 2 km trip. The Medium walk follows tracks up to Mount Despair with nice views from the summit which has been cleared for the fire tower. With a fairly steep descent to the Murrindindi River (this may be off-track, so please bring foot wear with good grip) the walk then crosses the Murrindindi River and follows the walking trails to the suspension bridge camping area where the bus will be waiting.

Wednesday Walk: Mt. Jerusalem, Kinglake

DATE	Wednesday 16 July
STANDARD	Medium - 17 km
LEADER(S)	Rod Mattingley
TRANSPORT	Private
RETURN TIME	3.30 pm (back at cars)

The walk will start at the Jehosaphat Gully Picnic area at 9.30 am and follow the Shelley Harris track, Cooksons Hill track, Mt. Everard track, Bundy track, Mt. Jerusalem track and finish back at the cars. Easy but brisk walking along walking or old jeep tracks. Please call me if interested on

Sunday Bus: Gum Creek - Mt. Robertson

DATE	Sunday 20 July
STANDARD	Easy/Medium and Medium
DISTANCE	15 and 17 km
LEADER(S)	Peter McGrath & Lesley Hale
TRANSPORT	Bus - Southbank Blvd - 9 am
RETURN TIME	7 pm

What better way to spend a Sunday than in the pleasant forest around Kinglake? The tall trees and the green surrounds make for a very tranquil setting. This is somewhere to forget the worries and stress of Melbourne.

There is an old tin mine in the middle of the day, which adds to the old rustic charm of this area. The structure, a large one, is still in very good condition. You will certainly remember the walk by this. The walk begins at the top of the hill near the Kinglake State Forest near Mason's Falls. The walk finishes at the bottom of the hill down towards Flowerdale. So the walk makes for a very interesting transition from the hilly area to the lower-lying plain.

N.B. Change of leaders. (Peter McGrath's phone no. is).

Dandenongs Explorer: By The Beach

DATE	Saturday 26 July
STANDARD	Easy
DISTANCE	14 km
LEADER(S)	Liz Moore
TRANSPORT	Train
RETURN TIME	6 pm
MAP REFERENCE	Melway 76, 85 - 87

We will use public transport to start and finish this walk - you need a zone 1 & 2 all-day ticket. Meet the leader under the clocks at Flinders Street Station at 9.40 am.

We start the walk at Mordialloc, first visiting the jetty and historic rotunda and then along the beach to join the *Bayside Coastal Art Trail* near Beaumaris. We continue along cliff tops and past Rickett's Point admiring both the view and art of Streeton, Roberts, etc. (on signboards!) We even catch a glimpse of the Dandenongs from a high point.

This walk will be along sandy beaches and walking paths so comfortable runners are suggested. Be prepared for cold, wet and windy weather, ie. a good raincoat is necessary. Bring your lunch, and the walk will finish with an afternoon tea in Sandringham.

Phone Liz Moore on

R.N.

Sunday: Gunnamatta Beach - Cape Schanck

DATE	Sunday 27 July
STANDARD	Easy and Easy/Medium
DISTANCE	15 and 18 km
LEADER(S)	Halina Sarbinowski & Vik Dumis
TRANSPORT	Bus - Southbank Blvd - 9 am
RETURN TIME	7 pm

The E/M walk will commence at Number Sixteen beach with only a short walk along the beach before having to ascend to the cliff tops to pass Orr Point, then back down to the beach again to Rye Back Beach, the start of the Easy walk. Both walks will follow the beach line until Fingal Beach prior to making their way up to Cape Schanck lighthouse. Along the way we will walk through the famous Gunnamatta Surf Beach, and also St. Andrew's Beach. This time last year one of the leaders sighted a whale in the area. Apparently a pod of whales does a detour for several days each year here.

The preview took longer than expected as Fingal Beach has some glorious rock-pools and the leaders spent quite some time just enjoying exploring them. A variety of sea-birds were also seen. An exploration of the board walks at Cape Schanck will end the Easy walk, with the E/M group also doing this, if time allows.

This area is a great area to walk in. It doesn't matter whether the weather is great and you can see Cape Schanck from the very start of the walks, or whether it is stormy and the mist obscures the cape, the crashing waves thrill the senses.

PREVIEWS OF WEEKEND WALKS, ETC. - JUNE/JULY 2003

Base Camp: Cape Conran Coastal Park

DATE Queen's B'day Wknd: 7 - 9 June
STANDARD Easy/Medium
LEADER(S) Rod Novak
TRANSPORT Private (Approx. 900 km)
RETURN TIME Approx. 9 pm Monday

This trip will depart Melb. on the Sat. morning with the group meeting in Lakes Entrance for an early lunch and a beach and estuary walk to "The Entrance". We then travel east to visit an old historic trestle bridge and onto Marlo. Saturday night dinner at the pub. On Sunday we will do a beach walk to Dock Inlet returning via a bush track. On Monday we visit the mouth of the Snowy River called the "French Narrows".

Base camp and day walking equipment required. Bring a gourmet entrée to share for the Sunday sundowners. Be prepared for very cold, very windy and very wet winter conditions. We will also enjoy a group afternoon tea on the trip home. See the leader at clubnight on Wed. 4 June for a trip meeting at 8 pm and an info. sheet. Anticipated costs are: \$20 per person camp fee, \$70 petrol money per person, \$20 for an evening meal on Sat. night and \$10 afternoon tea on Mon.

Pack Carry: Beeripmo Walk, Mt. Cole SF

DATE Friday 11 - Sunday 13 July
STANDARD Easy
DISTANCE 25 km (+ optional side-trips)
LEADER(S) Bob Oxlade
TRANSPORT Private
AREA 25 km N-W of Beaufort

This new walk which links together existing tracks and some new ones was opened on 4 Oct. 2002. Camp at lovely Richard's picnic ground Friday night with facilities including a sheltered fireplace, or drive up Sat. morning.

Sat.: A steady climb through a fern gully, past Raglan Falls, then more open sub-alpine vegetation to Cave Hill. Then an optional trip to "The Cave" before arriving at the new Beeripmo campground. Sun.: We visit Mt. Buangor and an exceptional lookout towards the Grampians. We then descend through tall gums, fern gullies & open forest back to our cars.

Base Camp: Gunbower Forest, Near Cohuna

DATE Friday 18 - Sunday 20 July
STANDARD Easy
LEADER(S) Rosemary Cotter
TRANSPORT Private
RETURN TIME 7 pm Sunday Evening

It is over 14 years since the club visited Gunbower Island and my memory of it is from the early 1980s. It is an important open red gum forest and the associated wetlands are unique and diverse in their range of waterbirds and wildlife. They have been recognised as Wetlands of International Significance by the Ramsar Convention.

For further details see the leader in the clubrooms.

BS&R Search Practice: Mt. Baw Baw

DATE Saturday 26 - Sunday 27 July
STANDARD Medium
LEADER(S) David Laing
TRANSPORT Police Bus
RETURN TIME 5 pm Sunday

This winter the Bushwalkers' Search & Rescue Search Practice is being held at Mt. Baw Baw. The Practice is open to all BS&R members and potential members who are club members. Visitors are not permitted. You need to have experience in snow camping and cross-country skiing, or snow walking with snowshoes. Activities will hopefully include search skills practice in the snow.

As with searches, transport to the Practice will be provided by police bus, departing from the Mt. Waverley Police Training Academy (Melway 71 E5) at 6.30 am Saturday. Expected return time to Mt. Waverley is 5 pm Sunday. You are expected to take normal snow camping equipment and food for an overnight camp, and your own skis or snow shoes. Nothing can be left on the bus so you will need to carry all your gear to the campsite, which is approximately 2 km from the bus car park.

If you are interested in attending this weekend, please let David Laing (ph.:) know by Wed. 16 July. G.H.

WALKS STATISTICS

April 2003	Trips	People	Average	April 2002
Sunday Bus	4	180	45	38.5
Other Day	3	45	15	15
Pack Carry	3	31	10	12
Base Camp	2	41	20.5	16
Lodge	1	8	8	-
Cancelled	(1)	-	-	-
Total	13	305	-	212/8

Numbers are up with the Easter and Anzac long weekends in April. Also, the Sunday Bus numbers have jumped. Remember to book in early for a seat. Only one trip was cancelled - the pack carry to Square Head Jinny due to a lack of interest. For the approaching winter months, remember to pack a good raincoat and to carry a torch.

ROD NOVAK
ACTING WALKS SECRETARY

CAMP FIRE POLICY DRAFT

Preamble: The club recognises that campfires are part of the outdoor experience. Used responsibly they are useful for cooking, for keeping warm and for socialising. However, the need to minimise the impact of bushwalking activities, particularly in sensitive or heavily used areas, means that campfires must be treated as a privilege rather than a right. The purpose of this policy is to allow us to enjoy a campfire, where it is appropriate, while maintaining respect for the bush.

Policy: The leader must make him/herself aware of the land manager's rules about campfires and ensure that the party abides by them. The Walks Secretary shall collate information from the various land managers, government authorities and other sources and make this information available to leaders in the clubrooms. It is the leader's responsibility that the information is up-to-date (see Appendix C).

All official fire bans and restrictions must be observed. Many High Country and other sensitive areas are designated 'Fuel Stove Only' (see Appendix B). Note that 'Total Fire Bans' extend to the use of stoves.

Fuel stoves are encouraged on all camping trips to reduce impact on the bush. Fuel stoves should be used on bare ground, rock, or other hard surface for the heat generated is sufficient to scorch vegetation.

The lighting of campfires shall be at the discretion of the group leader. The leader may elect to ban campfires but must advise party members in advance, so that stoves can be carried.

One fire should be lit for the party, unless it is large.

Fires must be lit in a properly constructed fireplace (see Appendix A), preferably using an existing fireplace.

Fires should be kept to the minimum size required for cooking and warmth.

'Firewood' is an important resource in the bush, providing habitat and nutrients. Remove as little as possible and take it from a large area to avoid stripping the forest floor. Never remove wood from living trees.

Fires must be fully extinguished before departure. Newly made fireplaces should be buried or otherwise erased to minimise impact. Efforts should be made to erase any unused fireplaces.

No plastics of any description are to be burnt.

Appendix A: Guidelines for construction of fireplaces.

Appendix B: 'Fuel Stove Only' Areas:

Mt. Bogong.

Mt. Feathertop and its approaches.

Within 1 km of Lake Tarli Kang.

Wilson's Promontory.

Cape Howe / Nadgee (fires discouraged).

Above 1700m in Kosciuszko National Park.

Many areas in Tasmania.

Appendix C: Contact information:

Victoria: Parks Victoria, DNRE and CFA.

NSW: NPWS and Rural Fire Services.

**PEARSON CRESSWELL
ALAN CLARKE
DERRICK BROWN**

QUESTIONS FOR THE COMMITTEE

Trish Elmore, Vice-President, answers some questions.

When did you join the club?

I think it was either 1984 or 1985.

How did you first learn about the club?

Strangely enough I had just finished studying and had spare leisure time. A friend suggested I might like bushwalking and had contact details of the Bushies.

What made you decide to join the club?

I enjoyed the walking and they were a friendly bunch of interesting people.

Which club activities do you do?

Weekend walks and XC-skiing.

How often do you walk?

Usually once or twice a month.

Do you have a favourite walk/s or walking area/s?

I love the Bogong High Plains area and Tasmania.

When did you join the committee?

4 years ago.

What have been your areas of responsibility on the committee?

Federation Club Rep. and involvement in the insurance issues.

What made you first stand for committee?

As a member of the Bushies you appreciate that it is a well organised club with a huge number of people contributing in a variety of ways to keep things running smoothly. Offering to be a committee member is a way in which you personally can contribute.

Will you stand for committee again next year?

No, I think 4 years is sufficient... time for some new, fresh faces.

Where were you born?

Kerang, a small country town in Victoria. I think it is the reason I love walking in the mountains so much as it is dead flat and boring in this part of the state.

Where do you live now?

Actually I have lived in Richmond longer than I lived in Kerang. Does this mean I am a "city girl" or just that I am getting old?

What other interests do you have besides bushwalking?

I enjoy a game of tennis and have been known to try a game of golf (I'm a real hacker though).

What music do you like?

Jazz and blues are my favourites.

What food/restaurants do you like?

Spicy, tasty food appeals. Indian, Thai, Italian, Japanese, middle Eastern... the list could be endless.

Which films do you like?

No special genre, just something with a good plot, great acting and not violent or science fiction.

CPR (CARDIO PULMONARY RESUSCITATION)

CPR is used where there has been collapse with cessation of breathing and a sudden reduction or no output of blood from the heart. These catastrophic events are most common with underlying heart disease but also may occur with near drowning, electrocution and drug overdose. In this article I will write about the "cardio" aspect of CPR.

The blood's passage through the 4 chambers of the heart is illustrated in (A). Blood enters the right atrium from the body, then the right ventricle from where it is pumped via the lungs, replenishing its oxygen, to the left atrium and finally pumped back to the body from the left ventricle.

The heart is an organ comprised mostly of muscle cells. These cells in their resting state are positively charged on their outside, but when this charge is altered to negative, each muscle-cell is stimulated to contract. However, contraction of these muscle cells must occur in a co-ordinated manner if the heart chambers, particularly the ventricles, are to act as efficient pumps. Therefore the co-ordinated alteration of muscle cell wall charge results in co-ordinated contraction of heart muscle. The passage of this alteration of charge through the heart may be considered as an electrical current and may be picked up on an ECG (an electrocardiograph) which is simply a graph of alteration of charge from one spot compared to another (voltage on vertical axis) verses time (horizontal axis).

This current begins high in the right atrium (B), spreads slowly through the muscle of both atria, is delayed at the junction of the atria and ventricles, but then is rapidly spread by fast conducting tissue through the ventricles. This fast conduction occurs so that all the ventricular muscle cells alter their charge almost simultaneously and so contract in unison, to be the most efficient pump for the contained blood.

The majority of abnormal rhythms of the heart involve the atria, are non-life-threatening and treated with medication but in a cardiac arrest, the regular sequential flow of current from the atria to and through the ventricles is altered so contraction in these latter chambers does not occur or is disorganized, and they cease to be effective pumps. Blood flow to vital organs such as the brain and the heart itself is impaired and the person will die unless satisfactory output is restored. This may be achieved in the short term by external chest compression (as in CPR) and should be commenced as quickly as possible.

The most common electrical abnormality of a cardiac arrest is ventricular fibrillation (VF). Here chaotic electrical currents occur in the ventricular muscle (C) which result in unco-ordinated contraction with no pumping action and no output. The treatment of VF is via a machine (a defibrillator) that sends a large charge of current through the heart, that "resets" the charges on all of the muscle cells so they are all at the same stage of their electrical cycle, and the normal sequence of passage of current may resume with co-ordinated contraction. However, the longer the time interval between VF beginning to when defibrillation occurs, the poorer the outlook – this outlook decreases by 10% for every minute lapsed. In Victoria all ambulances carry defibrillators, but in some public places in the world, e.g. some airports, "intelligent" defibrillators, that will only discharge if the victim has a reversible abnormal current flow, are available for the public to use.

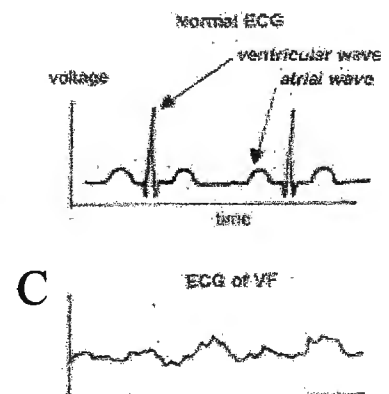
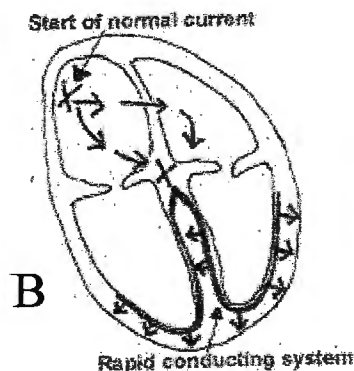
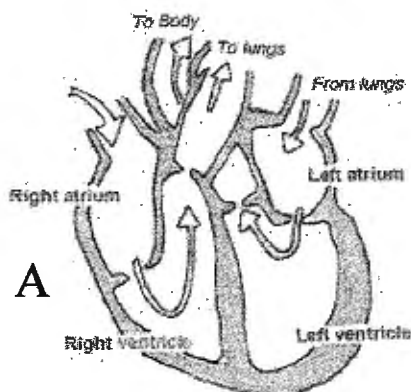
Other disturbances of the current flow in the heart that result in reduced or no output of blood from the left ventricle (and thus a cardiac arrest) are where the current originates from a point in the ventricles themselves, rather than the right atrium - ventricular tachycardia (VT). This is also treatable with defibrillation, however, some other abnormal current flows which are not, are where there is no current flow at all (asystole), in which case the ECG will be a straight line, or where the ventricles are contracting too slowly to provide a satisfactory output to the body.

N.B. The technique of CPR may be learnt at a First Aid course. I will be arranging such a course through The Victorian Ambulance later this year. Please contact me if you are interested.

Questions:

- 1 Which chamber of the heart pumps blood that has received oxygen from the lungs to the body?
- 2 What is the most common abnormal electrical current flow in the heart which results in a cardiac arrest?
- 3 What are the 2 abnormal electrical current flows in the ventricles which are treatable by defibrillation?
- 4 What is the difference in the electrical currents in the ventricles between VF and normal contraction and how does this affect the output of blood from these chambers?

Answers on page 2



**QUENTIN TIBBALLS
TRAINING OFFICER**

GRANT HISTORICAL AREA AND CROOKED RIVER GOLDFIELDS

PACK CARRY: 21 - 23 MARCH 2003



Paul, Max, Bill and myself were very keen to do a pack carry trip, now that summer has passed, so we decided to visit the Grant Historical Area under the guidance of our leader, Bob. On Friday evening we met in Traralgon and traveled onwards towards Dargo. A quiet, pleasant camp site was found at "Paddy's Place" on the Castleburn Creek.

Saturday morning was cool and I reminded myself that autumn was one of the best times of year for bushwalking. We continued our car journey along some narrow winding tracks until we ended up at "Glenlea" on the Wongungarra River. Then we started the pack haul to Jungle Creek and the Eldorado Spur. The weather was cool and overcast and it looked like rain was imminent. We were walking through open forest which had not been burnt by the recent bush fires but it was still very dry.

We made our way to the bottom of the Eldorado Spur track and then commenced the climb towards the former gold mining town of Grant. The track was very well graded and tended to stay on the hill side rather than follow the ridge line. I could imagine people on horse-back following this route to reach the town. After several hours of steady climbing the track joined the ridge and we found a pleasant spot for lunch. I could now see the surrounding hills through the trees and the tops of the very highest peaks were in the clouds.

After our late lunch we continued along the track, the steepest part of the climb was over and in a short time we reached Mc Millan's Track. After crossing this major road we headed down a little way to a large open area surrounded by the forest (see photo), the site of the township of Grant. Unfortunately we had arrived about 140 years too late to avail ourselves of the many hotels and shops that were once in Grant. The only evidence I could find of this once thriving community of 3000 people was a few bricks and some fragments of black glass bottles. Many small signs proclaimed the sites of the various buildings, including banks, hotels, general stores and a church. We found a good spot for camp and went off to explore the area. Bob suggested we should obtain some water so our first destination was the Jeweller's Shop mine, where there was a fresh water spring. We inspected the entrance to the mine and it was mostly full of clear still water. As I walked back to the tents I tried to imagine what the town would have been like with many wooden buildings and towns people going about their business. It must have been extraordinarily tough going being a miner here in the 1860s, I don't think I would have liked trying to break through the solid rock with only picks and shovels.

It was only mid afternoon so Bob arranged a side-trip so we wouldn't get too bored. We headed down a foot track which would take us to the cemetery, a 5 or 6 kilometre circuit. After a little while we saw a formidable looking rectangular stone pillar, presumably some kind of mining infrastructure. Further on we came to the Jolly Sailor mine. I peered into the entrance and shone my torch down there. I could not see the end of the tunnel at all. I decided not to go any further as I didn't have a hard hat and lantern. Also after more than a century of neglect, who knows when something might give way? We trudged on and after what seemed like many kilometres we found the cemetery, which was a neatly fenced area of scrub. There were many unmarked graves and only two head stones, one for the Harrison family and the other for the Redfords.

It was getting dark as I got back to the tents, feeling very hungry after an energetic day. Bill and Paul had already got their dinners underway. "Come over and have something to eat!", called out Bill to me. I collected my food and stove and headed over. Max and Bob were there busily preparing their dinners as well. Our conversation was about delicious food on bushwalks, including this trip. My meal turned out to be pretty awful and the only thing I could say about bushwalking food concerned some of the dreadful dinners I had done, including the great rice disaster of September 2002.

Next day we made a reasonably early start. It was another cool and overcast day. Before setting off Bob briefed us about our intended route for the day, of about 20 kilometres. From Grant we headed north east along Mc Millan's Track. Our first stop was at a clearing where we were able to get a good look at the surrounding mountains. There were numerous burnt patches of forest on the gullies and ridges we could see. The ground was blackened and bare and the leaves on the trees were scorched brown. Along this section of Mc Millan's track a fire break had been constructed, but there was no burnt forest at all near the track. We continued on to Summer Hill, another mine site, but there was not much to see there except more forest. At this point we started a steep descent down a spur. This took us to another track which traversed a very steep slope. Once we got a bit further down there were more mining relics to be seen including a large iron truck with wheels, numerous piles of dirt and half filled in mine shafts. Continuing on we came across the New Good Hope Mine. There was quite a lot to see here including the remains of a steam engine (see photo)

Continued on page 11



TRACK MAINTENANCE DAY

SATURDAY 12 APRIL 2003

Thank you to Marika and Sak-Hong for organising this fun activity. Eleven Bushies met at Healesville and then drove up to the start of Condon's Track in the Yarra Ranges National Park. Equipped with new and not-so-new pruning saws, secateurs, bow-saws and small branch loppers we were ready to go to work. First we had a safety talk with Marika who instructed us about keeping 50 metres apart, the art of leap-frogging and the bribe of a delicious home baked chocolate cake for afternoon tea. The day was quite easy with only light overhanging branches and tree ferns to deal with. Lunch was enjoyed at the bottom of the hill and the leech score was "9" on Sak-Hong. Much debate ensued over long trousers or shorts for leech control and protection! A steep climb back up the track to inspect our handiwork, then off to the fire tower at Mt. St. Leonard for a great view. We then enjoyed a relaxed afternoon tea with Sak-Hong's MSR pumping out hot water for coffee and tea. Marika's chocolate cake was very yummy and capped off a great day with friends. Thanks Marika for organising the track maintenance with the ranger and for your track maintenance duties over the past three years.

The TEAM (together everyone achieves more): Marika, Sak-Hong, Howard, Jopie, Wendy, Carol, Debbie, Derek, Gina, Doug and me.

ROD NOVAK

THE CRINOLINE

PACK CARRY, EASTER WEEKEND: 17 - 21 APRIL 2003

We drove in to the camp site at 1.30 am, Quentin and me. All I could see was rain, trees and tents. You could tell where our people were by their tiny tents. The marquees of the 4Wdrivers were everywhere. My tent went up in half an hour. It is '77 vintage. Quentin's '03 model went up in a jiffy. A brand new Biblier, coloured yellow.

Inside the tent I was like a boy with a new toy. A Backpackers Lilo, discovered in a disposals in Thornbury. It has six tubes and you blow each one up separately. So you can puncture one or more and it still stays up! At 750 grams it would be too heavy to carry, but tonight I sank into it and passed out.

Good Friday we left Tamboritha saddle on foot along a fence line in snow gums. It was great to catch up with Trace, and Fi and Rod. Up front Leo, Max and others were hunched over their satellite navigators while we chatted at the back. The sights of the day were a couple of huts. The first hut was occupied by a woman with a baby. Near the second one was a 4WD party setting up camp. There were frenzied men trying to look capable and their women looking bewildered. Not long after that we ran into Bob, camped in a frost hollow with a party of Bushies. They had a fire blazing at the back of Bob's mobile home, sheltered from the wind by a tarpaulin. It looked most snug. Sandra was there, Mick and a few others.

Camp that night was a high ridge in cold rain. At 3 am the sky cleared and the tents froze. On Saturday we wandered back in the direction that we had come from to a campsite in a valley. It was occupied by a herd of cattle which left when we arrived. This campsite was straight out of a hiking textbook. You know those ones with a picture and arrows pointing to water, shelter and firewood. There was a lawn for the tents and a bubbling brook. Never mind the cow-pats and the frost-hollow, it only got down to -2° that night. Leo measured it. Up the hill it was +3°!

Next morning we loaded up five litres of water and headed for a dry camp. The route traversed a magnificent ridge. The day was windless and cloudless. At the overlooks you could see forever. I can't remember a more perfect day. Leo got us into camp at 3 pm. Well done Leo. This camp was on the ridge, which at this point turns a right angle. The views here were superb. I love dry camps for the freedom to camp in wonderful spots. The evening was spent yarning round the fire, eating Easter eggs and drinking port.

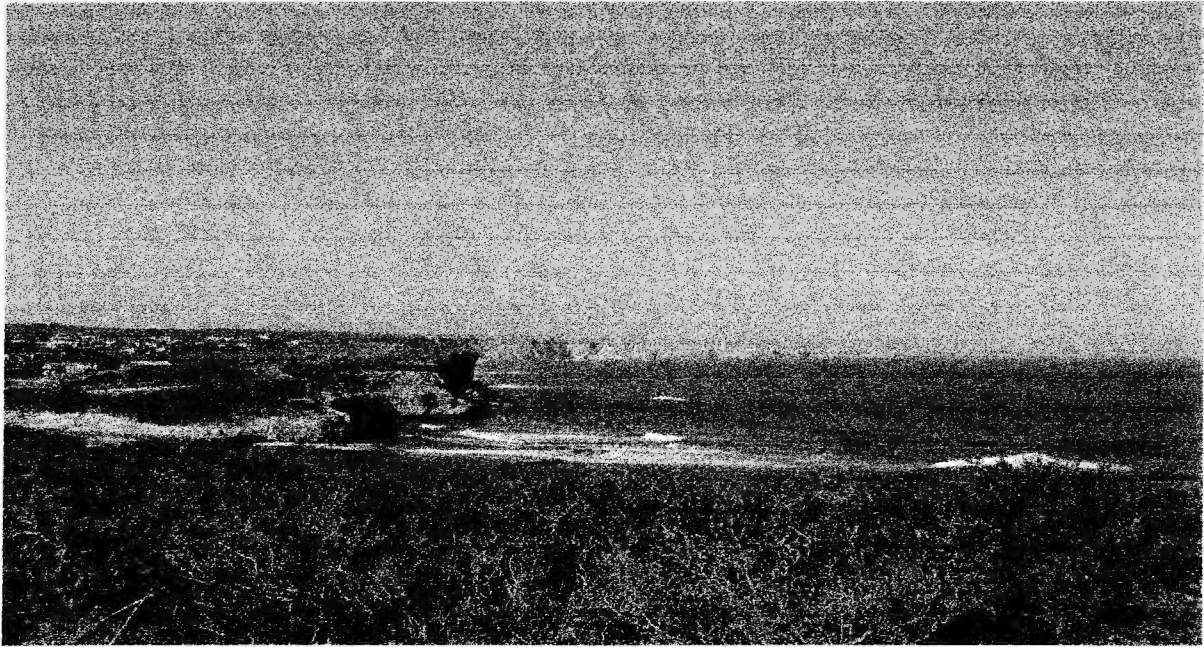
Monday we dropped down and over the Crinoline. This is a bare and rocky hill, except for the top, which has a grove of trees. We did a bit of mild scrambling which was a welcome change. After that a descent several hundred metres to a school camp where we had parked a car. Then home with a coffee stop in Yarragon.

Leo, a bonza trip. Thank you to Quentin, Bill, Tracey, Fiona, Rod, Max, Paul and Leo for your wonderful company.

IAN LANGFORD

PORT CAMPBELL COAST

BASE CAMP, ANZAC WEEKEND: 25 - 27 APRIL 2003



Venue : Initial - Port Campbell via Colac, Camperdown and Cobden.

Return - Lavers Hill, Gellibrand and Colac.

Participants: Paul Beers (leader), Michael Mann, Bob Steele, Jan Palich, Sylvia Ford, Elizabeth & Rebecca Ingham, Brooke Symmonds, Joyce Wang, Bob Rowell, Mike and Julie Love, Vanessa Kelly, Lesley Hale, Jopie Bodegraven, Jenny Flood, Halina Sarbinowski, Ian Mair, Barry Murray, Sandra Mutimer, Neil Foster, Carol Criddle, John Coe, Wendy Fortington, Nancy Belyea, Erico Culaci, Liz Moore, Chris Maddy, Nick Brown and me.

Weather and conditions: mild and pleasant {temperature 4 – 20°C}, wind – southerly, less than 5 kmph.

Standard & distance: easy with some cliff climbing, 25 – 30 kilometres total for 3 days.

Day 1 – On the west side of the beach the anchor from “Napier” {rescue vessel} could be seen at low water. From the camping ground, we walked to Two Mile Beach and the Scenic Look out where we admired the views of Port Campbell and surrounding hills, and the (calm) Southern Ocean. Known as Discovery Walk. Following the brief walk, we had a wonderful BBQ at the campsite, enjoying great meals and fine wine.

Day 2 – We pooled and drove cars westward to sightsee London Bridge (minus one arch), The Arch and Grotto and read the plaques of these interesting rock structures. Past Peterborough to Three Mile Beach, descending down steep cliff face {approx height 50 metres} along the beach to Flaxman’s Hill where we had lunch. We were fortunate enough to observe the rock formation at low tide as we walked. We return back to camp, scrub up and had a great social gathering/dinner at Loch Ard Hotel.

Day 3 – Pack up and depart from the campsite, then headed eastward to Loch Ard Gorge. We visit the tragic site of “Loch Ard” which was destroyed on 1 June 1878, with a great loss of life. Tom Pearce {ship’s carpenter} and Eva Carmichael {passenger} survived the treacherous ocean. Four bodies were recovered from the wreck. The other points of interest were Loch Ard cemetery, The Blowhole, Thunder Cove, Mutton Bird Island, Island Arch, Broken Head and Sherbrooke Beach. We observe the weather worn, precipitous cliff faces that jutted out to sea from the inhospitable countryside.

In the afternoon, we visited the 12 Apostles and had lunch at historic “Glenample” Homestead where the farmer, Gibson had set out with Pearce on a rescue mission to ill-fated “Loch Ard”. The distance was approximately 10 kilometers away from the wreck. Finally, we all said our farewells to our Bushie mates and departed.

We must congratulate Parks Victoria for maintaining our countryside and allowing us to capture our lifetime experiences on film of the desolate coastline.

Finally, we all thank you Paul, for a very rewarding Anzac weekend away.

WILLIAM SHARPE

BOOK REVIEW

STEP INTO HISTORY IN TASMANIAN RESERVES

BY DAVID LEAMAN

This book was recently donated to the club. Its author is a geologist as well as a bushwalker and both interests are reflected in the subject matter. The book does not attempt to give detailed track notes but provides a general guide to what can be visited in Tasmanian National Parks and Reserves. It includes information on how to get there, what facilities are available, special places of interest and details of history and natural history.

Much of the first 85 pages give the geological history of Tasmania. While this is written in plain language it is fairly heavy going and I think only those readers geologically inclined will read it all. However, those who persist will be rewarded with a very good outline of Tasmanian geology. There is an excellent glossary in the back covering geological terms.

Pages 88 to 376 are the notes about the reserves. I found it took some time to get used to the grading system and a bit awkward to match the appropriate map with the notes. It would probably be a lot easier to be using the book whilst travelling rather than as an arm-chair walker. That said, it gave me lots of ideas for further trips to Tasmania.

The book also has sections on safety, weather, equipment and also some philosophical views on national parks. It has many excellent photographs. The index appears to be comprehensive and useful.

I think this will be an excellent companion for anyone travelling around Tasmania, especially for those wanting to visit places less visited. I have ordered a copy for myself... roll on the next Tassie trip!

This book is available for the special bushwalkers' price of \$31 (incl. GST and P&P). If you also would like a copy, write to: David Leaman, GPO Box 320, Hobart, 7001.

DOUG POCOCK

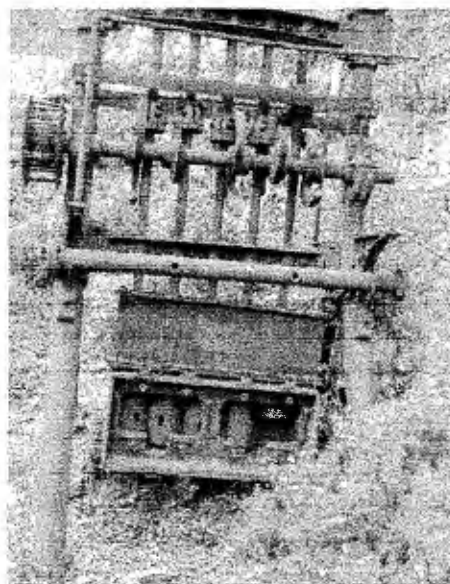
and battery (see photo). The tourist sign said that the mine was excavated 3000 feet into the mountain side. The rock was crushed in the battery and the meagre quantity of gold extracted. The left overs were tipped onto the big pile of gravel going off down the hill. After about 10 years of not finding much gold it was closed. It seemed like a lot of expense and effort to go to without any guarantee of finding more gold.

Further down the track we got to the Crooked River. I was glad to get to the bottom as my feet were hurting from the steep descent. We then picked up another track traversing the side of the valley. It was very steep in places and the ground was loose so I was very careful to watch my step, otherwise a very quick trip down to the river would have followed. In the distance down the valley I could see a flat grassy area, our immediate destination. This was the former town of Talbotville. Once again there was not much left of the town except for a few apple trees and it looked like another pleasant camp site. There was also another cemetery to look at, this one had only one monument. The sign informed us that Talbotville was still inhabited until the 1950s. We pressed on following the river valley. There were numerous crossings but it was very shallow. A pleasant spot was found on the bank for lunch and it was relaxing to listen to and watch the river water moving past.

After lunch the clouds were starting to move in and it started to drizzle, but not enough to justify putting on a raincoat. We found numerous vertical mine shafts near the track, enclosed by high fences. Max dropped a large stone down one and it went a very long way before hitting the bottom. There were plenty of river crossings and wet socks sliding around in my boots slowed me down a bit. Bob, Max, Bill and Paul had moved ahead but they kept me in sight. We soon passed a site called Winchester, near where the Crooked River flows into the Wongungarra and our route continued down stream.

After a few more kilometres of walking I was wondering if we would ever get to the end. It now started to rain more heavily and I stopped to put on my raincoat. I couldn't see my companions ahead, I assumed they were keen to reach the spot where the cars were left. After walking a few more metres I saw them at the end of the walk. One more river crossing and I was there. I got to wear my raincoat for the last 100 metres of the walk! We hastily packed the cars and travelled slowly back to Stratford for dinner. This time my dinner was quite good and plentiful. Rural pubs always seem to give you a lot of food on your plate at a reasonable price.

I really enjoyed this walk to an area I had not previously visited. It was very interesting to see something of how people lived in Victoria over a century ago. The scenery was also good with plenty of steep hills and broad valleys. Thank you Bob for organising and leading our walk, we all had a great and memorable time. (Photos: Paul Beers)



RALPH BLAKE

NEW MEMBERS

JOHN BOYD

NEI-KIEWA CLOSE

DAVID ELIAS

JOHN ELLIS

PAUL GOTTLIEBSEN

JULIE I & MICHAEL B LOVE

ROBERT I MAIR

CARMEL MC KENZIE

JACKY VERKADE

ANDREA MAYES

BRENDA E MILLAR

CARMEL MORLEY

ROGER OXENBOULD

DENISE TRIFFETT

JENNIFER WILLIAMS

ROGER K WYETT

MEMBERSHIP STATISTICS

Life Members	10
Honorary Members	10
Single Memberships	376
Family Memberships	106 (= 2 x 53)
Total Membership discounted!	502 (lapsing members not yet)
This Time Last Year	490

PETER HAVLICEK
MEMBERSHIP SECRETARY

ALTERED ADDRESS/PHONE

MARIA & WARREN BAKER

RALPH BLAKE

PEARSON & ROSEMARY CRESSWELL

TRISH ELMORE

ANDREW FRANCIS

STUART HODGSON

BARBARA JAMES

JOHN KITTSOON

ACCOUNTS

March 2003	\$
Opening Balance	40,487.86
Income	7,294.71
Expenditure	2,374.37
Closing Balance	45,408.20

JAN PALICH
TREASURER

CLUBROOMS DUTY ROSTER

4 Jun: J Coe & M Jagow*	11 Jun: D Laing & D Pocock
18 Jun: T Elmore & H Friend*	25 Jun: P Beers & S Watson
2 Jul: M Jagow & P McGrath*	9 Jul: J Coe & V Scrivenger

*J Palich, Treasurer present

NEXT COMMITTEE MEETING

Monday 7 July at 7 pm in the clubrooms

TRACKS, HUTS AND CONSERVATION

Grampians National Park: A new Management Plan has been implemented from March 2003. You can access this new plan from www.parkweb.vic.gov.au (a pdf file) or purchase hard copies at \$8.80 from Parks Victoria Information Centre at Level 10, 535 Bourke Street or from the Grampians National Park Visitor Centre at Halls Gap. Here are some items of interest for bushwalkers...

Background: The Grampians National Park was proclaimed in 1984 and is currently Victoria's fourth largest national park with 167,218 hectares under management. This park has a diverse range of eco-systems, superb geological formations, spectacular spring wildflower displays, significant Aboriginal values, increasing tourism and recreational visitation and impacts, and with 74% of the park located in special water supply catchment areas.

Park Management Zones: Five management zones are now in place to help manage and protect special areas and to minimise user conflicts. These are:- Reference Area (1% of park), Conservation Area (39% of park), Conservation & Recreation Area (59% of park), Recreation Development Area (>1%) and Education Area (>1%). There are also three overlays – special protection area, special protection area – public utilities, and remote & natural area (eg. Victoria Range, Serra Range and Major Mitchell Plateau – all to remain undeveloped).

Item 6.5 - Camping (page 38): There are fourteen designated camping areas in the park. Also, dispersed camping is allowed with some restrictions, eg. located away from watercourses, etc. The new management plan has concerns with regularly used dispersed camping sites causing soil compaction, clearing of vegetation and removal of firewood for campfires. This has degraded the area with "deleterious effect on visitor experience" (page 38). The plan will "implement appropriate fees, where practicable, for all camping in the park, including dispersed camping". Also, the management strategies restrict campfires to designated fireplaces in the Conservation and Recreation Zone, prohibit campfires in the Conservation Zone, and encourage fuel stoves in the Conservation Zone and Conservation and Recreation Zone.

Item 6.6 - Bush and Long Distance Walking (page 41): There are over 60 recognised walking tracks in the park. A park management strategy is to 'implement a registration system for overnight hikes on the Victoria Range (Billawin Range), Mt. Difficult Range and Major Mitchell Plateau to limit group size and maximum numbers at any one time in those areas'.

Item 6.9 - Cycling and Mountain Bikes: Of interest, the new management plan prohibits cycling and mountain biking on all walking tracks and also the 'management vehicle only roads and tracks'.

ROD NOVAK, VICWALK DELEGATE

The Red Centre



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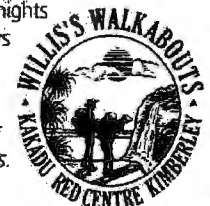
Watarrka. No other area I have explored in central Australia gives you the experience of EVERY major habitat – and art sites as well. High ranges, desert dunes, riverine, gorge country and culture. This trip has all of it in one walk. *(You can find a report one of our clients wrote about last year's Watarrka walk on our website.)*

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Willis's Walkabouts 12 Carrington St Millner NT 0810 Email: walkabout@ais.net.au

Phone: (08) 8985 2134

Fax: (08) 8985 2355

WALKS PROGRAM - JUNE 2003

Sun 1	Wonga Park - Warrandyte	BUS	E & E/M	Ralph Clayton & Maureen Hurley	#
Queen's Birthday Long Weekend					
6 - 9	Pack carry: Wilsons Prom Lighthouse Track	Private	E/M	Bill Donald	
6 - 9	Base camp: Cape Conran Coastal Park	Private	E/M	Rod Novak	
Sun 8	Lerderderg State Forest	BUS	E/M & M	William Cone & Ralph Blake	#
Sat 14	Navigation training day, Mt Disappointment	Private	E/M	Quentin Tibballs	
Sun 15	Chum Creek - Dixons Creek - Toolangi	BUS	E/M & M	Howard Friend & Dianne McKinley	#
Wed 18	Wednesday Walk: Mt Strickland, Marysville	Private	E/M	Stuart Hodgson	
Sat 21	Navigation exercise, 6 hour Rogaine	Private	Varied	Quentin Tibballs	
Sun 22	Gellibrand Hill - Woodlands Park	BUS	E & E/M	John Coe & Elizabeth Ingham	#
27 - 29	B/Camp: Barjarg Bunkhouse, Mt Samaria/Strathbogies	Private	E/M	Sylvia Ford	
Sat 28	Dandenongs Explorer: Five Ways	Private	Easy	Maria Baker & Pam Westgate	
Sun 29	8.30am start Castlemaine -Vaughan Springs	BUS	E & E/M	David Arnold & Millicent Henry	#

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Family/Couple - membership \$70.00	Concession - couple \$38.00 (proof required)
New members joining on/after 1 October 2003 \$24.00 less visitor fees	The News - \$20.00

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