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1. *Journal of the American Medical Association*, 2000; 283: 2689-2696.

1. **Introduction**

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SPECIAL OFFER: WILSON'S PROMONTORY -- CHRISTMAS -- KEN GRANT

This is an excellent offer for all with short leave and likings for a walk, and if you are interested, do not delay remember that ute will carry only about half a dozen, and the first six will have a door-to-door trip. Ring Jock at FU.7497 to get full particulars, and get amongst those first half dozen.

You will have to take the words of the above leaders about the excellence of their outings. as none seems energetic enough to preview his exploits - T.G. which for typists slugging it out word for word with Pop Time means just, Thank God, or words to that effect. One, however, came to light, and another couple weren't behind the door.

Emerio, who will be touring the FRANKSTON - CANADIAN BAY area in swimmi-
togs on Boxing Day, hopes that those with likings for the water won't forget
the 8.20 train from Flinders Street will do the trick otherwise they may
"flounder".

But, Jack assures us, the original sites are more beautiful than any painted interpretations. So be along on the...15th of January (he's wrong again) for a pleasant day with Jack. The train to Yarra Glen : 9.15 a.m. No. 1 East Platform, 2nd SINGLE.

PHONE: BJ 5200

No. 2 TRACK CLEARING: Though the Federation is the administrative organising body behind Track Clearing activities, each Club has the privilege of choosing for itself an area in which it can lay concrete footpaths if it cares to. In other words, it can select an area where it would like to do its bit towards keeping all Federation tracks open and fit for walking on.

The Walks Secretary would like to hear of suggestions from all those who have ideas. On second thoughts I might have this wrong. I think it should have been that the idea was for each Club to open up fresh country of its own. That seems to make a bit more sense. Anyway, whether it's pioneer work or repairs, and you have some ideas, Jock is open to suggestions, and would be pleased to have some of them.

No. 3 FIRST AID CLASSES: There is another first aid class in the wind, but more than that nothing definite is known. However, I understand that this one is for men only which, chaps, as much as I hate to think it, seems another way of reckoning that the girls are par excellence in their own right, and that we're not so hot except at getting hurt.

No. 4 CONGRATULATIONS: Congratulations go to Geoff Christensen and Miss Ruth Steele who were married a couple of weeks ago. We wish you both every success and happiness for the future, Geoff and Ruth, and hope that domestic life will not become such an all-absorbing affair that the Club and Committee will lose the assistance of a staunch friend.

Most of us remember Zoe Proud and Don Anderson. Well, Zoe, now Mrs. Don, and being just like all girls brimful of surprises, gave Don a very pleasant one the other day a rosy cheeked little girl we hear. Congratulations to you, Zoe, and to the baby too for its faultless choice of parents.

Daphne Garrow is another whose little surprise for Nicky was a girl, whose name is Robyn Joy. Congratulations to you both (and to baby Robyn also for her excellent choice of parents).

No. 5 ANNUAL GENERAL MEETING: Frank works it out that the next Annual General Meeting for the nomination and appointment of Office Bearers for 1956 will occur on either February 18th or 25th. As the 25th is closer to the end of the month, and all other things being equal, the 25th should be the melting-down day.

Anyway, whenever it is, it is getting close. So start turning over in your mind and discussing with others your choice and your likings, etc. The idea is that a body democratically voted in by, well to use a nice sweet sounding phrase, a lot of arongos, is as good as a verbal contract which is not worth the paper it is written on.

No. 6 CLUB ACTIVITIES - ASSISTANCE TO NEW ARRIVALS: A letter was received the other day from Robert Lee (who upholds the Club's good name in the Yallourn area and is therefore rarely, very rarely, seen up this way) in which he raised a point that may draw a suggestion from some of us. Robert contends that such organisations as this one are of great assistance to newcomers to this our land of fire, flood and fine, in helping them to find their foot: he suggests that it may be quite a helpful move to have Club programmes, etc. sent along to such as, to mention four, The Dutch Club, The International, Hostel Management, and Alliance Francaise, so that those with walking interests will know that they are welcome. Any more suggestions?

No. 7 ON THE TRACK: BROCK'S MONUMENT - MT. ELIZA - MT. CHARLIE 13TH NOVEMBER

Nineteen people, including four prospective members, took part in this walk. A perfect day added to the pleasure of viewing the surrounding countryside from Brock's Monument and Mt. Eliza. Several hopeful but misled folks had visions of swimming until they found themselves in the foothills of Macedon instead of Frankston area; but some pleasant creeks provided water for drinking if not swimming.

Although the loader had promised a visit to a bird sanctuary graced by an alluring statue of a lady dressed rather unusually in the garb of the Charleston era, this damsel was not to be found, in spite of photos in the Club showing a former member cosily sheltering under her umbrella with her. Time did not permit an extensive search and many are sceptical about her existence; so it is to be hoped that another trip in this area will bring her to light.

(Lorraine Richey).

A good view was obtained from the top of Dom Dom across to Lake Maroondah, Cross Cut Saw, etc., and whilst climbing down the other side we met the other party which left the van at Fernshaw. Following the road back to Black Spur we passed a couple of mint trees which were in a glorious full bloom. Finally we came out at the picnic ground where the billy was boiled, and a cuppa warmed us all up ready for the van and the cold trip home. (Alf Sternberg)

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MALISEBURY - VAUGHN SPRINGS - CASTLEMAINE

3RD - 4TH DECEMBER

It was a perfectly balanced party of 5 men and 5 women who left their cars at Malmsbury station. The first stop was at the reservoir where packs were dropped whilst the leader walked four of the women around the bank. A shower then some hail, provided a little diversion as the reunited parties made their way across open paddocks to the lunch spot beside a little creek. Immediately after lunch, the Club ritual of climbing a steep hill was performed. From the top a good view of the surrounding country towards Mt. Macedon was enjoyed by all. The afternoon was spent walking through open forest, sometimes on back roads, sometimes through trees, and alternating between the ridges bare of flowers and the extremely green valleys abounding in purple lilies. A number of old mine shafts were found and inspected. We followed the water-race which follows a creek. Camps were pitched, tea, and then a talk at the leader's fire until rain came.

The next morning was fine and warm. Keeping mainly to ridges for the view the party followed the Lodden downstream, stopping at Glen Luce Springs, and again at Vaughn Springs. A couple busily remarking on the romantic nature of the spot did not notice another couple fall behind on the return trip. On the way to the Lookout, they thought it pointless to mention the other couple to a third couple you know, we know, but that's as far as it goes. Alas for all, for whilst the first did the talking, the second took practical advantage of the atmosphere, much to the embarrassment of the third when they arrived.

Lunch at Nuggety Creek, then down to Spring Creek past ruins of miners huts, homes, and mines. After a little bit of a wild-geese-chase the Monk was 'run down', and justified the effort by the excellent view of Castlemaino and the surrounding district of wooded hills and mining townships.

Then down to Chewton, then Castlemaine and a meal whilst waiting for two or three members to bring the cars around for the trip home.

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