

(Continued on page 2 - back page)

Published by the Melbourne
Bushwalkers

Edition 242

May 1969

Price 3c.

Registered at G.P.O. Melbourne for transmission by post as a periodical

NOTICE IS HEREBY GIVEN THAT THE
NEXT GENERAL MEETING WILL BE HELD
ON FRIDAY, JUNE, 27th, 1969 at 8.30 p.m.

161 FLINDERS LANE

Dorothy Warton
Hon. Sec.

ALL CORRESPONDENCE should be addressed to :

Hon Sec. Melbourne Bushwalkers,
Box 1751, G.F.O. Melbourne, Vic.3001.

MAY means many things in the outdoor world, most of them pleasant, but in particular it means the climate is changing rapidly, Winter is almost here... Preparation now must be made for Winter Walking and camping out on Weekend trips. Equipment and clothing should be thoroughly examined to ensure you are sufficiently warm on those trips. The Month begins with a very popular Leader (Arty Terry) taking a weekend party to French Is. It was well attended. Next attraction is the proposed Queen's Birthday w/e 14-16 June, in the Grampians. Will you be there too?

THE LAST COMMITTEE MEETING WAS HELD ON 14.5.'69

Alec Proudfoot chaired the meeting.

Present: Fred Halls, Marion Siseman, Jan Abbott, John Sparksman,
Liz Shaw, Tyrone Thomas, Art Terry, Rod Mattingly,
Athol Schafer, Shirley Trotter, Shirley Treloar, Dorothy Warton.

Apologies - Michael Griffin, Rex Filsan

What the Committee discussed - briefly ?

General Business

It was decided that a reminder to unfinancial members would be included in May issue of 'News'. This would be the last news forwarded to unfinancial members. Visitors who have qualified for membership are to be advised to submit applications for membership.

New members accepted - Susan Ball, Ann Philp
Sandy Ireland, Yvonne Lees

Soc. Sec. reported on "The Best Barn Dance Yet" was held at Main Ridge Hall on 3.5.69, but was run at a loss of \$23. Shirley really excelled herself in organisation this time and it is hoped that more members will attend the next Dance. Those who did not come missed something really good.

Wilkinson Lodge The work party at Anzac w/e cleaned up the Lodge and grounds. Installation of new stove and chimney are now completed, also rat-proofing of the lodge, which while not being 100% effective will be a big improvement, and visitors will not experience as many nocturnal visitors.

Equipment Officer reports that Club equipment is being hired and returned promptly at a steady rate by a good number of prospective members.

Dorothy Warton.

W I L K I N S O N

W I L K I N S O N

W I L K I N S O N

SKIERS BEWARE !!

A wire fence has been erected from the gum at the back of the Lodge uphill to another tree to prevent cattle from using a track which is beginning to erode behind the Lodge. If you intend making an impressive run to the door it would be wise to pass the Lodge on the downhill side.....otherwise !!

Many jobs were completed during Anzac w/e - minor repairs, installation of new windows, firewood cut, much cleaning up of building rubbish of several years accumulation, and soil conservation work begun in the creek. This latter is necessary because the cattle have been rapidly destroying the moss bog which holds the creek water like a sponge. The creek now flows faster than in previous years and is causing rapid erosion close to the lodge.

During Anzac weekend a plaque in memory of Bill Waters was unveiled and his ashes were scattered on a tor on the Rocky Knobs close to the junction of the access road to the Scout Hut and the Mt. Cope road. Alan Bennett represented this Club at the ceremony.

** ** *

(Continued on Page 8 - back page.)



AN EASTER WALK IN THE DANDENONGS --- April 6

An old lyrebird or two was seen as 14 day-walkers entered Sherbrooke Forest to find the falls still closed under repair. A side-excursion for the fit led into shady pine plantations; later, in face of an invasion of picnic hordes, there was a retreat to a comparatively secluded spot to have lunch while waiting for the Nicholas Estate to open.

Inside a 1/2-mile of carriageway descended, winding through native-bush and a mixture of exotic plants, landscaped with stone steps, embankments etc., down to the bottom where there was a water-lily pond in a really most artistic setting. (If there is a large enough party, arrangements could be made for a revisit at an hour earlier before the official opening time.)

Afterwards the walk continued on to Olinda via roads and some lesser known tracks. One led past an abandoned nursery, and later the packs of some members were brightened with bunches of hydrangea blooms, and smelling sweet with sprays of mild mint. A steep descent down an eroded track that overlooked the Silvan Reservoir and the patchwork of the surrounding cultivated areas finally led into Monbulk and much needed milkshakes.

--- Athol Schafer

MCCMBA=FEDERATION DAY SAT 2 March

Just a handful of MB attended this annual event of the Federation of Victorian Walking Clubs. This year the walk was organised by the CWC, starting in the apple country of Harcourt, then south through six miles of late-summer landscape, finishing down in Castlemaine's green valley.

Mid-afternoon a halt was called for foot-races. Your reporter stampeded with 40 odd male-walkers over a 1/4-mile stretch of sun-burnt paddock, to win as trophy a really handsome neck-tie--- for coming in 25th out of the field. Not bad for a 'Lucky-spot' prize! Later, we watched the ladies running.

I might add that there appeared quite an amount of fraternization among the 120 or so members of the various clubs during the journey home on the return train.

--- Athol Schafer

(Advertisement) *****
 AUSKI*****AUSKI*****AUSKI*****AUSKI*****AUSKI*****AUSKI *****
 See Auski Pty. Ltd. for all your walking requirements at 1 Hardware Street, City. A
 * Paddymade equipment, rucksacks, sleeping bags, tents, ground-sheets, etc U
 * Full range of Dehydrated Foods
 * Jackets, Anoraks, Shorts, Local and Imported Boots, Socks, Stoves, Mess S
 Kits, Maps, Silva Compasses, Carbide Lamps, etc. K

 AUSKI*****AUSKI*****AUSKI*****AUSKI*****AUSKI*****AUSKI*****I

QUEEN'S BIRTHDAY WEEK-END

Due to some diaries showing an incorrect date for the Queen's Birthday week-end, (and this being shown on our current programme) dates for 3 walks have had to be rearranged as follows :-

8th June: MT:BLACKWOOD-BEARS HEAD RANGE-DARLEY FORD
(Ed Lawton)

13-16th June : GRAMPIANS (John Siseman)

Hans Oppersdorff's talk with slides on "African Wildlife" will now be on 6th June instead of 13th June.

CLUB TRIPS TO WILKINSON LODGE :

Apologies to those people who had hoped to go on the programmed trip to Wilky on Anzac week-end.

As most of you will know, much work has been carried out recently which will greatly improve facilities, and the workers wanted to make use of every week-end before winter comes.

There will be other programmed trips to Wilky from next spring onwards, with preference being given to those who have not stayed there before.

Was the Barn Dance so exhausting that you hardy bushwalkers could not summon up enough energy to go for even a short walk on the Sunday? There was a time when people expected to walk on the Sunday following the Barn Dance, but this year the mere suggestion was greeted with looks of horror. The few who actually went enjoyed a walk in brilliant sunshine along the beach from Flinders - but why no more than 8?

John Sparksman

NEWS IN BRIEF: The Federation hut on Feathertop should be finished by winter.

The Summit Hut on Bogong is now in an extremely good (& secure) condition due to the Bogong Club conducting a work party there on the Anzac W/e.** The committee voted on a donation of \$40-00 for the Bogong Club in their building and maintenance of huts on Mt. Bogong... Gwyneth Taylor, President of the National Parks of Vic. Assoc. has agreed to give talks on the National Parks in Victoria & Max Corry will present 'a talk & slides' night on his recent trip to the Antarctic. Dates will be announced later in 'News'. ** Gas heating is to be installed in the Summit Hut very soon.

PEOPLE :

Jack Coffey, who is now walking over the high ridges of Wales, is currently sending postcards to us.

Congratulations to Mr. & Mrs. Ian Smith, just married, on the 10th May in Birmingham, England. Margaret Reid just happened to be in the country too, so they had one familiar MBW face attending.

Athol's many interests have branched out lately in an unexpected direction - having been granted Life Membership it seems he has taken on a new "Lees of Life".

Allan Phillips has been recruited for National Service.

The New Zealand altitude seems to be agreeing favourably with MBW's ex-v.w. (hell driver) because we haven't directly heard from him. Perhaps he's in one of those remote unhabitated areas, with no Post Office or frequent pickup and deliveries of mail.

Doc Liz. supplies us with her medical advice for blisters on Page 6.

The "Young friendly hairy Kiwi" lets us know that he is returning to the bush, eventually emerging at Brisbane for a few weeks rest and recuperation after T.T.'s gruelling walk (Easter) along the Snowy River. However he does intend to return and continue walking with the 'bushies'.

The theme for Walk-70 is on the "Far East". If you have any articles for the Mag. can you pl. contact the Mag. Editor - Athol Schafer p)211 2649.

W A L K E R S

DAY WALKS

JUNE 1

CANNIBALL HILLS-MT. TOOT WEST-CORNUCOPIA. Easy

Leader : Darrell Sullivan p) 93-5713.

Van leaves Batman Av. 9.15 a.m. Fare \$1-50.

8

SEVILLE-WARRAMATE HILLS-TARRAWARRA. Easy

Leader : Alan Bailey

Warburton bus leaves Whights 10.00am. Buy a single to Seville. Return journey by rail from Tarrawarra Station. Total fare \$1-40. Map : Yan Yean.

15

MT. BLACKWOOD-BEARS HEAD RANGE-DARLEY FCRD. Medium

Leader : Ed. Lawton.

Van leaves Batman Av. 9.15 a.m. Fare \$1-40.

22

FYANSFORD-MCORABOOL R. DOG ROCKS-BARWON R. Easy

Leader : Bill Downing

Van leaves Batman Av. 9.15 am. Fare \$1-60.

29

SUGAR LOAF H. -MT.DISAPPOINTMENT-TOOROURONG RES. Medium.

Leader : Peter Carlyon p) 68-6027

Van leaves Batman Av. 9.15 am. Fare \$1-20.

WEEKEND WALKS

JUNE

14 - 16

GRAMPIANS: 2 parties)

1) An easy walk in an area of the Grampians often neglected. There are many interesting rock formations, wind-blown caves and possibly a visit to some of the Aboriginal Rock Shelters in that region.

2) Leader : John Siseman hopes to be visiting the Fortners and Mt. Thackeray in the Victoria Range and also to look at some of the Aboriginal Rock Shelters along Cultivation Creek. The walk is classified as medium but participants must be prepared for a dry camp on one night since it is not sure of the availability of water on the Victoria Range.

Map References for both walks is The Grampians available from the Mines Dept., or the Forests Commission.

20 - 22

STONY RISES-LAKE CORANGAMITE. Easy

Leader : Tyrone Thomas p) 89-5197.

Van leaves Batman Av. 6.30 p.m. Fare \$3-20.

Map : Nat. Mapping Colac 1:250,000. Expected time of return Sunday - 8 pm. The distance is approx. 15 miles.

A walk with a difference is the aim of this easy trip. The area is volcanic and we will visit 18 craters, famous Mt. Sugarloaf at Camperdown, The Devils Punchbowl, and will camp in pordon volcanic caves on the Saturday night. Crater Lakes are also numerous. The van will pick us up early Sunday afternnon and call in at magnificent red rock with its 13 craters for an hours stop on the way back to Melbourne. It is suggested that water containers be carried & water for Saturdays breakfast will need to be carried. On the other hand if Friday night is fine no tents will be needed. Cave accommodation is available on Saturday night & very huge cyprus trees provide reasonable shelter for Friday. The walk will be run along an educational line with explanations as to volcanic activity & forms during the walk.

NEW MAPS: Liptrap and Yanakie 1:50,000 Provisional Compilation dyelines are now available at the Central Plan Office of the Lands Dept. These two sheets comprise the old 1" = 1 mile Liptrap and the western half of the old Yanakie sheet Barry Short

IB IL I SS T E R S

#####

Some years ago the Club asked me to talk about doctoring in the bush and I think I started with the commonst of all complaints - BLISTERS. However following a recent road-bash it was evident that many people suffer unnecessary agonies because of lack of knowledge on firstly how to prevent and secondly how to treat blisters, so for those of you who suffer, could I ask you to read further.

POINT No.1 The best dressing for blisters by far is "Elastoplast" - elastic adhesive plasters.

NOT : Band aids, or white zinc oxide tape or cotton wool or crepe bandages. You should have a 3 yd. roll of 1" Elastoplast in your first aid kit, the leader M.O. or nurse in your party does not carry enough for the whole party.

PRINCIPAL OF TREATMENT : a "skin" of elastoplast is placed over the affected area so that the boot will rub on the non sensitive elastoplast instead of the sensitive skin. In addition elastoplast is more durable than skin and does not wear out as fast.

TREATMENT BEFORE WALKING.

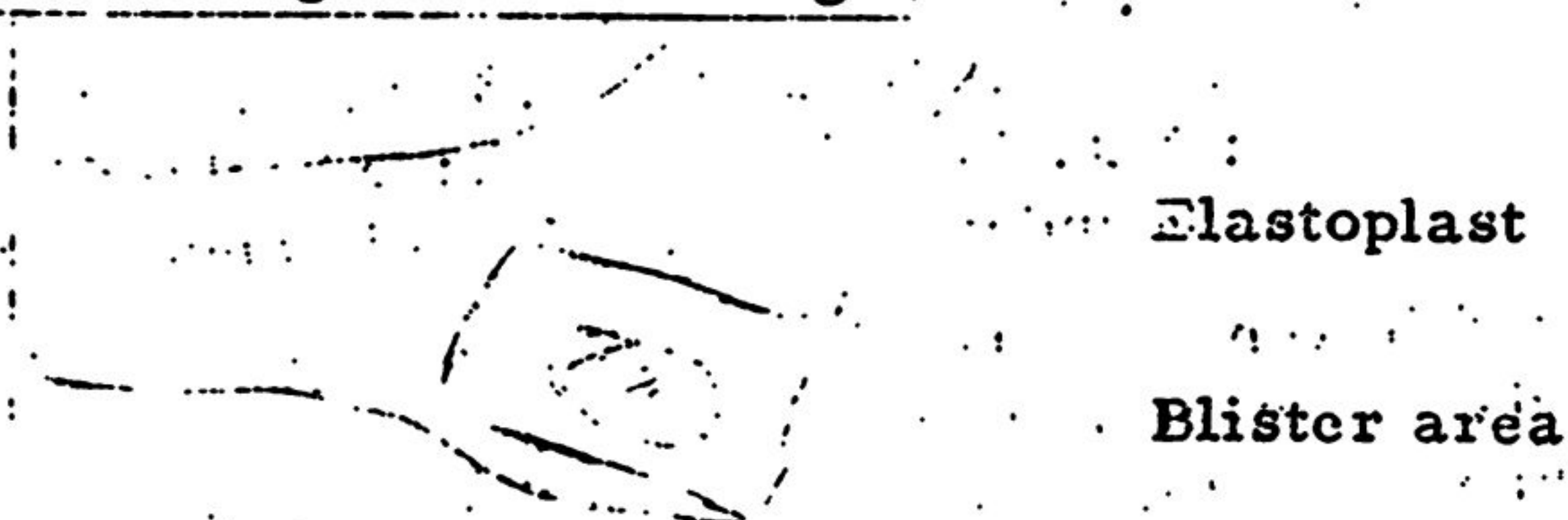
If you always get a blister in a certain spot cover that area with Elastoplast before you go walking, and replace the Elastoplast on the trip as it wears out

When applying it make sure there are no creases in the strapping or dirt, grit etc. under it.

eg.

ON TRIP: If your foot is sore, take off your boot immediately and examine the tender area, if there is no blister, apply "Elastoplast" over the tender or reddened area.

If a blister has formed below thin skin, cut away loose skin, clean area of grit, dirt, etc. and dry with cloth, apply Elastoplast to blister, covering blister well and extending to surrounding skin viz.



If the blister is on pressure area e.g. sole of foot, do as above and then try to take pressure off blister with a ring of cotton wool around the blister and then apply another layer of Elastoplast to keep cotton wool in place.

cotton
wool

blister

elastoplast

outer layer elastoplast

(Continued on Page 7.)

DESPOILING THE COUNTRYSIDE

At the last meeting on the Council of the Federation of Victorian Walking Clubs, a letter from the South Australian Mountain Activities Federation was included in the Agenda. This complained of the dirty, untidy and unhygienic condition in which Tasmanian Walking areas are being left by parties walking in these areas.

This reminded me that for some time I have intended to include a note on this matter in the 'News', for our non wild lands suffer gravely from the same deseciation.

Now this letter is not so much to adjure our own members to refrain from destroying the bush, since my own observations of them leads me to believe they are conscious of the need for care and act accordingly, but rather that I think more is needed of us if our bushland heritage is to be saved from pollution.

I note with pride the few of us who pick up and dispose of the rubbish that others leave and think what a fine thing it would be if we all were to do it.

Well then our leaders take the lead in organizing a clean-up wherever we stay so that we may proudly assent that any area is the better through the M.B.W. having passed that way.

A. Proudfoot

FIREARMS :

On page 5 of the most recent copy of the Constitution, near the bottom, under General it is set down that 'Firearms are banned from Club trips without express permission of the Committee'.

I think the reasons for this bylaw are pretty obvious. Equally obvious I should think would be the reluctance of the Committee to give permission.

Members are asked to avoid embarrassing leaders by bringing firearms on club outings. An infringement of this regulation if reported to the Committee could incur a serious penalty.

A.P.

BLISTERS.....continued from page 6.

If blister is under hard skin, just put elastoplast over the blister without removing skin.

If possible leave all dressings in place till the end of the trip and when home soak them off in a bath. Finally, if you are not usually troubled by blisters it is still always wise to examine your feet regularly on a trip particularly after road bashes, because large blisters can appear quite suddenly even on the most hardened pair of 'hoofs'.

In cross section.

skin

Blister

skin

elastoplast

cotton wool ring

Good walking.

Eliz. Shaw.

Once again your support is requested in supplying articles, new items on anything you think would make interesting reading to club members, would be greatly appreciated.

**THE CLUB EXTENDS A VERY HEARTY WELCOME TO
4 NEW MEMBERS :**

1. Yvonne J. Lees, 16 Armstrong St. Springvale. 3171 p)546-9992
b) 56-3919
2. Anne Philp, 63 Westgate St. Pascoe Vale Sth. 3044. b) 62.0201 - 454
3. Sue Ball, 102 Morris St. Sunshine. 3020. b)393-1627 p) 311-1638
4. Alexander R. Ireland, 87 Flinders St. Mentone. 3194. p) 93-5246

CHANGE OF ADDRESS:

Colin Crocker, Flat 208, Mounts Bay Rd., Perth W.A. 6000.

Lance Mobbs, 20 Thomson St. Maidstone. 3012.

Graham & Marijke Mascas, 177 Burke Rd. Glen Iris. 3146. p) 50-2995

Norman McLeish should be 3 not 7, Lynden St. Camberwell. 3124.

DUTY ROSTER:

May 30th	- Shirley Treloar
June 6th	- Art Terry
" 13	- John Sparksman
20	Liz. Shaw

MUMC 24 HOUR WALK: 28 - 29 JUNE 1969

Anybody interested this year? MB.I. has drawn quite a few from its ranks for this annual event previously - now is the time to start training if, after consideration, you feel you qualify for the 24 hours of almost non-stop (some even run) walking.

WILKINSON LODGE - continued. from Page 2.

LOST ! 2 good linen tea-towels from the Lodge. If anyone has taken these home over the summer to be washed would they please return them? One was seen being used as a hand towel because the offender forgot a bathtowel! Well, really!

* * *

GAIN ! One ground base frying pan for use with the new stove. Thank you, Peter. Now has anyone any saucepans?

* * *

Marion Siseman

HONORARY MEMBERSHIP ACKNOWLEDGEMENTS ::

Margaret Grey, still in Bangkok, says thank you for granting her Honorary Membership. She still enjoys walking, the only difference is, it's the Thai way..

Margaret Reid, in London, writes also. She is working at Hammersmith Hospital. Says she has been on one walk - a leisurely stroll of 10 miles through Buckinghamshire one Sunday. Beautiful countryside, but we followed a "public footpath" for most of the way the only faint resemblance to walking as we know it was an occasional barbed-wire fence. but then we used stiles to get over them. The English leader of the walk was horrified at the thought of not keeping to the path. Perhaps Art & Andy might be interested to hear this? Maria Verginis is touring Europe at present.

COPY DEADLINE for June issue is 14/6/'69.

All contributors are thanked for their support in this edition.

News Convenor : Shirley Treloar, 197 Station St. Edithvale. 3196 p)772 2553
b) 61 3281 ext.228