



THE NEWS

OF THE MELBOURNE BUSHWALKERS

Edition 349(2)

AUGUST, 1979.

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AUGUST COMMITTEE NOTES MEETING HELD 6TH AUGUST, 1979.

- TREASURER: \$6,644.33 in the bank. Bills totalling \$355.83 were passed for payment, including a sum for tarpaulins and rope for trailers (to be used with mini buses on weekend walks).
- WALKS SECRETARY: June totals - 175 people attended walks; 45 visitors and 130 members, consisting 119 day walkers and 56 weekenders. Profit on transport amounted to \$104.
- MEMBERSHIP Approximat ly 315 financial members to date.
- F.V.W.C. Tracks & Huts Committee to be discarded due to lack of interest from membor clubs.
- S & R. Following people have been added to the Clubs
S. & R. call out lists Peter Bullard, Michael Mann, G.W.J., Phillip Taylor, Prue Hardiman, Harold Goetz, Bob Douglas, Jean Giese, Geoff Law.
- CONSERVATION: A submission to the Land Conservation Council on the Grampians was prepared by Dave Oldfield and sent in on behalf of the Club.
- MAPS: Nationwide Map Week will be held between 3th - 16th Septumbers. Displays and activities are being organized by various bodies and mapping authorities.
- WALK On schedule. Probably out by mid November.
- SOCIAL SECRETARY: See elsewhere for details
- GENERAL BUSINESS: Proposal to build an all weather access road to the Red Robin Mine below Mt. Luck from the Hotham Rd. Club to write a protest letter to the Lands Department.
- Much discussion on drivers smoking on Club transport. Resolved that the club only use transport companies whose drivers are prepared to refrain from smoking in vehicle.

DUTY ROSTER

8th August	Rosmary & Ian
15th August	Marijke and Bob
22nd August	Ken and Prue
29th August	Liz and Jim
5th September	Sandy and Peter

NEXT MEETING OF COMMITTEE ON 3RD SEPTEMBER

SOCIAL EVENTS

The Federation Slide Show on Victoria's Alpine region will be shown on Wednesday 22nd August at 8.00 p.m. in the clubrooms. Come along and see these slides for some fantastic scenery and photography.

On Monday 17th September and Tuesday 18th at 8.00p.m. in the Alexander Theatre at Monash University there will be a Himalayan film festival. It will be without doubt the finest programme of films about the mountains and peoples of the Himalayas ever shown anywhere. The admission fee is \$3 per head, tickets being sold at the door.

The programme featuring (a) From the Ocean to the Sky (b) People of Everest and (c) a Himalayan journey, will run for 2½ hours including interval, when refreshments are available.

~~On September 22nd (Saturday) there will be a sheep/pig roast at "Pen-ge-rook", Black Hill Road, Gisborne at approx 7.00 p.m. But the entertainment starts around midday with yabbie catching competitions and tennis matches. Watch the club room notice board for details!~~

I know its early but I have good tickets for "The Day After The Fair" starring Deborah Kerr on Thursday October 4th at 8.15p.m. Tickets are only \$11.50.

There will be a talk by a leading American conservationist on Friday 7th September at Jolls Park, Jolls Road, Glen Waverley, at 8.00 p.m. at the Recreation Centre in the park.

The speaker will be Dr. Sutton who has been involved with National Parks administration and policy in the United States for 30 years, and has published many papers and books on National Parks and Conservation.

Supper will be provided.

NOW FOR THE BEST NEWS OF THE LOT

CONGRATULATIONS SHELLY AND ROB HAYES ON THE ARRIVAL OF THEIR DAUGHTER RACHAEL JOAN. AT BIRTH RACHAEL WEIGHED 7½Lbs. and MEASURED 20 INCHES. SHE HAS GRAY BLUE/BROWN EYES, MEDIUM BROWN HAIR AND FAIR EYEBROWS.

NOTICES:

Club clean up on 29th August between 5.00 - 5.30p.m.

Rob Ayre, Treasurer, will be on holidays on 29th August and from the 19th September until the 17th October. Graeme Laidlaw will be acting Treasurer. Have a good trip Rob.

NORDIC SKI BOOTS FOR SALE

Brand new Skilom Ski Boots -- size 42 -- especially suited for narrow feet. \$25.00 - Otto Christiansen. (B) 350 1222 Ext. 370.

PLEASE NOTE:-

Correspondence should be addressed to:-

The Secretary,
Melbourne Bushwalkers,
Box 1751Q, G.P.O.
MELBOURNE, 3001.

Meetings are held in the clubrooms, 14 Hosier Lane, at the rear of the Forum Theatre, every Wednesday night at 7.00 p.m. Visitors are always welcome.

DAY WALKS**2nd September** MT. ST. LEONARD - MT. MONDA - DOM-DOM SADDLE

LEADER Ian Hargreaves
TRANSPORT: Van from Batman Ave. 9.15 a.m.
EXPECTED TIME OF RETURN: 8.00 p.m.
MAP REFERENCE: Healesville 1:100,000

Well folks this should be interesting, having managed to preview most of the walk on this route along jeep tracks I then received information about a very pretty walking track which would be much better. I'll find time before the day to have a look at it and choose the best. Bring water, lunch, friends and we'll have a pleasant walk through this area and see what it has to offer.

9th September MURCHISON FALLS - DIGGERS GULLY - STRATH CREEK

LEADER Otto Christiansen
TRANSPORT: Van from Batman Ave. 9.15 a.m.
EXPECTED TIME OF RETURN 7 p.m.
MAP REFERENCE: Kinglake 1:50,000
APPROXIMATE DISTANCE 10 kms.

On this walk we will walk along tracks, amble through lightly timbered bush and climb some very steep hills - up and down. For the hill climbing you need to be sure-footed rather than fit; if you have "proper" walking boots this is the time to bring them - it also helps if you are a mountain goat.

Although we will visit three waterfalls and will be close to creeks most of the time you will need to bring water (or any other approved liquid) since the area may be quite dry. At the time of the preview two of the falls were dry.

16th September ELLIS FALLS - COLIBAN RIVER - TARADALE

LEADER: Rosemary Gosling
TRANSPORT: Van from Batman Ave. 9.15 a.m.
EXPECTED TIME OF RETURN Unknown
MAP REFERENCE: Castlemaine 1" to 1 mile
APPROXIMATE DISTANCE 10 kms.

This is definitely a walk for beginners or any other who wish to enjoy a pleasant stroll down the Coliban River. The area is mainly farming country so there will be NO scrubbashing. Hopefully spring will have arrived to make the sun shine and flowers bloom. There will be enough time to enjoy a leisurely lunch and perhaps a snooze.

See you then. Please bring water for lunch.

23rd September KOBYBOYNE - MT. TICKATORY - GOOD MORNING HILL

LEADER Liz McKenzie
 TRANSPORT: Van from Batman Ave. 9.15 a.m.
 EXPECTED TIME OF RETURN: 8 p.m.
 MAP REFERENCE: East of Seymour
 APPROXIMATE DISTANCE: 7 miles

I found the walk too lengthy so have cutt of the beginning and the end. There are a few hills to climb, but they make the walk interesting. Moos, Roos, and noisy Cockatoos about, bot to mention sheep (or fences).

30th September LIMESTONE CREEK - TAGGERTY

LEADER: Graham Mascas
 TRANSPORT. Van ffrom Batman Ave. 9.15 a.m.
 EXPECTED TIME OF RETURN. 9 p.m.
 MAP REFERENCE Taggerty 1:50,000
 APPROXIMATE DISTANCE: 20 kms.

This is another of those cross-the-grain-of-the-country walks, but not too hard this time. Starting at Limestone Creek - about 3 miles east of the Yea-Yarra Glen Road we will head over the hills of the Black Range using the old forest road here and there south easterly to end at the Milk Bar in Taggerty. If I can find it, and if it exists, we will visit Glendale Tower for views over the Acheron Valley to the Cathedral Range. This is a good medium walk no matter what the Walk Socratary says so come prepared - good weather ordured and a lot of interesting country guaranteed.

NOTE: 27th September - SHOW DAY - TARRAWARRA - PAULS RANGE - HEALESVILLE
 ANY VOLUNTEERS. SEE CLUBROOMS FOR DETAILS

WEEKEND WALKS

7 - 9
 September

FEATHERTOP SNOW WALK - NORTHWEST SPUR - BUNGALOW SPUR

LEADER: Rod Mattingley
 TRANSPORT: private
 EXPECTED TIME OF RETURN. After Disneyland
 MAP REFERENCE: Feathertop - Algonia Guides
 STANDARD. Medium

The way the winter is developing there may not by any snow left in September. Be that as it may, the annual pilgrimage to old "Feathers" must not be missed. Even if you havn't snow camped before. I think I may leave the northwest spur approach to the toughies and go via the Bungalow Spur. We shall camp either near the old hut site or on top of the Diamantina Spur, depending on the weather. Going up the Bungalow makes a fairly easy climb. Anyone who hasn't snow camped befofo and wants to go please approach me in the clubrooms. It is not difficult - it's just like camping on cold white grass.

I am loading this walk now, because the leader listed on the program, the clubs one and only GUN CLIMBER will be in the Himalaya, chasing yetis. Have a good trip Gary!

WEEKEND WALKS CONT'D...

14 - 16 TIMBERTOP - DUNGEON GULLY CREEK - EILDON
September

LEADER: Rex Filson

Please see leader in clubroom.

28 - 30 WONDERLAND - MT. ROSEA - BOROUGH HUTS - BORONIA PEAK -
September HALLS GAP

LEADER: Tyrone Thomas

TRANSPORT Bus from Batman Ave. 6.30 p.m.

EXPECTED TIME OF RETURN: 9 p.m.

MAP REFERENCE: Ararat & Grampians Nat Map 1:100,000 +
FCV Wonderland

APPROXIMATE DISTANCE: 33 kms (20 miles)

Borough Huts is to be our campsite for both Friday and Saturday nights as the aim is to undertake two day walks. Bring a day pack if you wish. We will commence both days at Halls Gap Village and walk to Borough Huts camp. Saturday will be via Wonderland's special points of interest to sundial Peak, Mt. Rosea then down the escarpment to camp. Some scrub bashing at the end of the day (but not much) and overall the day should prove easy/medium grade on good pads. It will be Spring and the area should be at its best. Sunday will be considerably harder in that after a sheep track climb to Boronia Peak a scrub bash will follow along the crest of the Mount William Range to Redman Road. Water will need to be carried for lunch on the Sunday and jeans rather than shorts are recommended.

CHANGE OF ADDRESSES.

Debbie Chesterfield- 2/662 Inkerman Road, North Caulfield.
Tyrone Thomas - 3/324 Walsh Street, South Yarra (T) 267-4160
Cameron Paine - 5 Dalgety Street, St. Kilda (H) 534-3481 (B) 534 8283
Robert J. Coombes Tel. change 652 8075
Colin & Peter Elmore - 69 Woodville Road, Mooroolbark
Graeme Laidlaw - unit 8, 5 Orion Street, Vermont

WELCOME TO THE FOLLOWING NEW MEMBERS.

John & Judith Devoy - 10 Mimosa Crt. Croydon (H) 870 0481
Geoff Mabbett - 10 Bolinda Street, Bantleigh (W) 615 462
Bill Bennett - 23 Schulz Street, East Bantleigh (H) 557 6954
Janet Hemming - 179 Danks Street, Albert Park (H) 69 75387 (W) 69 99227

FOR ALL CHANGE OF ADDRESSES ETC. PLEASE SEE LIBBY QUARTERMAIN IN CLUBROOMS.

THE WHY OF A WALKER

Our walkers range both far and wide.
 Were like an overwhelming tide.
 I sometimes wonder why we roam
 Do we seek ancestral homes.
 I think not, no this can't be true.
 That yearning's lost in the Malbourne Zoo.

Perhaps we like the crisp clean air.
 Or a gentle breeze wafting through our hair.
 The hard climb up a mountain side.
 Or a nice rain forest in which to hide.
 I think not, no it's not the reason.
 Why we walk, whatever season.

Is it getting lost that's so divine.
 Or the heavy pack jarring on your spine.
 Perhaps the buses give the thrill.
 Especially when they go down hill.
 I think not, no this isn't right.
 All they do is give a fright.

Perhaps it's leeches in our socks.
 Or clambering over slippery rocks.
 Or is it rain trickling down our back.
 And the sodden thump of a rain soaked pack.
 I think not, no it's none of this.
 That makes the walks we do such bliss.

Not heavy pack, nor aching leg.
 Nor smelly socks we wear to bed.
 The leeches and the biting snakes.
 The rugged climb, that effort takes.
 The sickened bog, that pulls us down.
 The raging river that tries to drown.
 None of these should go away.
 They give us yarns at end of day.

But that's not why we walkers stride.
 To see what's on the other side.
 It's doing, that's the thing I like,
 Especially on a lengthy hike.
 To see what's next around a ridge.
 Or over mountain, under bridge.

The scene that takes your breath away.
 The scene that makes you want to stay
 The flower that calls the bee around
 Or flashing bird with happy sound.

These things do make it all worth while.
 To come and walk that extra mile.

THE AUTHORS APRENTICE.

TRAVELLING EXPENSES

I was interested to see the article on the price of going by car to Wilkinson Lodge. I think the cost was understated when you consider the full economics of running a car with petrol at \$1.30 per gallon (26¢ per litre). There are two types of cost in running a car. Fixed costs which you incur even if you don't drive out of the garage e.g. insurance. Variable costs which you only incur when you drive the car e.g. petrol etc. Of course some costs are half variable, half fixed e.g. maintenance.

For my purposes I am going to assume I own a 4 cylinder, reliable car of a popular make and of recent vintage (I don't actually!) I also assume that the car does the average of 10,000 miles to 12,000 miles per annum, like most cars in Australia. The round trip to Wilky is about 500 miles (i.e. 2 x 250).

Variable costs

Petrol @ \$1.30 per gallon (26¢ litre) with 30 mpg for 500 miles	\$22.10
Oil and grease	Nil
Tyres - \$30 for conventional tyre with about 20,000 miles per tyre	
$\frac{500}{20,000} \times 4 \times \30	\$ 3.00
Repairs and maintenance (including anti-freeze) - about \$300 per annum	
$\frac{500}{12,000} \times \frac{300}{1}$	\$12.50
	<u>37.60</u>

Fixed costs

Registration and Third Party insurance @ \$170 per annum	
Insurance - Comprehensive @ \$105 per annum	
Depreciation @ 12½% on the purchase price of the car, say \$6,000	
@ \$750 per annum	
Cost of money tied up in the car (otherwise you could put it in a building society) @ 10% per annum x \$600 @ \$600 per annum	
	<u>\$1,625 per annum</u>

Therefore, with average mileage of 12,000 per annum and the round trip to Wilky of 500 miles = $\frac{500}{12,000} \times \$1,625$	\$ 67.00
TOTAL COST OF ROUND TRIP IS:-	<u>104.60</u>

Most of these costs you don't notice e.g. depreciation. The only really obvious cost is petrol in the tank, but you can see that it is really the least cost if you own a car already.

Don't worry about the cost though. What else would you spend your money on?

THE ECONOMICS EDITOR

FIRST AID FOR SNAKE BITES

During a discussion about an article on snake-bite (Australian Medical Journal, May 19th 1979), my husband suggested that his fellow Club Members might be interested in the latest thoughts on the care of the snake-bite victim.

I feel that the following comments might be more suitable to a winter 'News', (when all good snakes are asleep), rather than a summer issue, when it may serve to give Club Members a dose of the horrors, and reduce the numbers on walks.

Some snake venom can cause the blood to clot, while others may cause haemorrhage. However, the main danger of the venoms of all our 'dangerous' snakes is that they are neuro-toxic. This means that they paralyse nerves. The area of concern, lies in the possible paralysing of the nerves which control the muscles of respiration, causing progressive shallowness, and slowness of breathing, to the point where breathing might stop all together. (A case where the intrepid first aider is required to artificially ventilate the patient by mouth-to-mouth breathing.)

First Aid is the assistance given until qualified help is obtained, either by taking the victim to the aid, or by bringing the aid to the victim. In the case of snake-bite, the aim is to prevent, or slow down the blood which contains the venom entering the general circulation, and thus bringing about the problems outlined above.

The following treatments are frowned upon:-

- (1) Tourniquets - as they may cause more damage to the victim e.g. amputations.
- (2) Amputation - may be disfiguring
- (3) Sucking punctures - are usually worthless
- (4) Causing the wound to bleed - the victim may not have received a dose of venom which is dangerous
- (5) Cutting through punctures - the snake may not have been one of those considered dangerous (that is deadly) to humans.

This brings me to the first point. The snake must be identified, if at all possible. Anti-veneno is specific to each individual type of snake. While some may be used for different snakes, different doses are required. The best idea, and this is my personal opinion, would be to present the offending reptile - very dead - to the person who will be administering the anti-veneno. Taipans have been mistaken for King Browns by experts, not all Tiger Snakes have stripes, and so on. Under normal circumstances, I would never kill anything - except maybe a fly - but the choice is yours. Dead snake, or dead friend.

LATEST MANAGEMENT(1) WASH THE WOUNDRationale:

Usually, the snake doesn't get a good bite. Clothes interfere, and he's in an awful hurry, being as horrified by the confrontation as the person being bitten. Venom is often sprayed onto the skin surrounding the punctures. This venom, not injected at the time of the bite, may seep into the wound.

Method: You've heard them all - including the more unlikely ways.

Cont'd....

SNAKE BITES CONT'D....

(2) APPLY PRESSURERationale

In the first instance, the venom enters into the smallest blood vessels, which are microscopic, and have very thin walls. Pressure easily closes these vessels, so that the venom cannot enter.

Method: Place a pad over the puncture marks, and apply pressure as you would for a haemorrhage. Strap the pad on firmly, at the pressure for strapping of a sprained ankle.

(3) IMMOBILIZE THE PARTRationale:

One of the most important factors influencing the return of the blood in the veins, back to the heart, is the intermittent squashing of the veins by the muscles, during exercise.

Method. Splint the limb as you would for a broken bone, including the joint above the injury in the operation.

N.B. THE USE OF BOTH PRESSURE AND IMMOBILIZATION MUST BE USED, AUTHORITIES DO NOT CONSIDER EITHER/OR TO BE SATISFACTORY.

4. KEEP THE PATIENT QUIET AND AT RESTRationale:

Movement will aid the return of blood to the heart, and from there into the general circulation, as mentioned above. Movement might also loosen the bandage. This must be guarded against, conscientiously. Authorities believe that some of the deaths from snake-bite (and there are not many) result from shock, rather than venom.

Method: Rest the patient, lying flat, with a pillow under the head, for comfort. Reassure him/her that someone has gone for help, that the snake was only a little one - whatever.

5. OBSERVE THE VICTIM FOR BREATHING DIFFICULT AND ASSIST WITH BREATHING IF NECESSARY.6. CONTINUE WITH 2, 3, 4, and 5 until the patient is in the hands of that someone with the life support systems and anti-venene, neither of which will be used unless the patient's condition requires them. Better to be sure than sorry.

Lillian E. Kitchener.



A LONG THE TRACK

THE BEGINNERS WEEKEND AT MT. HOTHAM

Well it was that time again! All enthusiastic bushies blew the dust off their skis, disrupted the spiders from their homes in the ski boots and set off for the slopes of Mt. Hotham.

Our fearless leader G.W.J. became rather agitated as we dilly-dallied around the camp at Freiburg on Saturday morning, but nevertheless all the sundry arrived at the meeting place in Harrietville to be given the next direction and destination. First stop was the C.R.B. hill which meant getting our classy ski gear (Aussie Disposals wool pants and Paddy Mallin socks) very muddy as snow chains were clipped into place. As we trundled up the mountain in convoy, Hargreaves and Gosling Pty. Lt'. decided to take a short cut across a bend instead of around it. It then took a Subaru, a CRB vehicle, three spades, six people and lots of helpful (?) advice to dismount the poor little Datsun from a large snow bank.

Loch car park became home base for the Bushies for the next two days. Most of the beginners disappeared down the other side of the first hill in the first five minutes, unable to control their skis so I am told. Ken became chief lecturer/instructor, giving detailed instructions on how to snow plough to all who gathered around. A few people were not listening because Jean and Spencer were both seen vanishing into the local group of snow gums, completely out of control. The more adventuresome bods skied to Mt. Loch in the afternoon, admiring the superb views of Feathertop and the Bogong High Plains when they arrived. Travelling back to the car park took less time than some people expected. Very colourful language could be heard all the way down one very steep slope as bushies pruned the snow gums as they swished past, out of control once again!

Late in the afternoon we drove to J.B. Plains to make camp for Saturday night. The first rule of snow camping, so we were told by G.W.J. is to camp on any available grass. So after everyone had done just that, Graham found that there was no grass left for him; maybe he should tell his followers that kind of information after putting up his own tent. Ken led a night ski-patrol up the road, dodging trees and rocks that were protruding from the shadows thrown by a lovely bright moon. When asked if he had lost his allowed 10% of skiers, there was no comment.

Sunday dawned bright and clear and due to lack of snow on the plains behind us we went back to Loch Car Park for the day. Christina must get the prize for the best skier without stocks. It was suggested to her that she discard them to gain balance without their use and I don't think she used them again for the whole weekend. Norm was our star turn for the weekend. Having never set foot on skis before he left his cold tinny and the warmed telly and set off to conquer the massive glaciers and treacherous avalanches of Mt. Loch and environs. Bewdy Norm!

After packing our lunches we set off towards Derrick Hut. All starters eventually arrived in one or more pieces and enjoyed the sun and good skiing to be had around the general area. A few people were surprised to discover that ski-jumping is not so hard after all when faced with an icy creek at the bottom of a hill. Needless to say no-one fell in! G.W.J., Phil, Chris, Geoff, Allan, Ken, Martin and I ventured down the other side of the hill to visit Spargos Hut where we had lunch in the sun. The snow was deep, but

ALONG THE TRACK CONT'D.....

not very crisp and even as we soon found climbing out of the valley again. Chris decided to discard his beloved wax skis for five minutes and try my mica ones. Even Chris begrudgingly admitted they were O.K., but as the speed freak he is, he put glider wax on the tips and tails which made skiing much more interesting for me to say the least.

Storm clouds were brewing as we headed back towards the cars with most people tired but happy. While waiting for his passengers, a certain skier decided to make use of the beginners pommer near Hotham Heights to get to the top of the hill. Finding this an easier way to get to the top he utilized the idea to a large extent. The other group that had done a quiet tour of Hotham Heights area arrived back and as prospective car loads were pieced together they set off hom. As it was my first beginners weekend I would like to thank everyone who went along for making it such an enjoyable one for me. Roll on next year!

Prue Hardiman.

WEEKEND BUS TRANSPORT

It has been decided that certain weekend trips should use 22 seat rental buses for a trial period of a couple of months. During that period it would be appreciated if club members who have decided to book for these trips would do so as early as possible. It is necessary to confirm the booking at least 2 weeks before the trip, so unless people book early the bus will have to be cancelled. The 22 limit on these walks should not deter people from booking, because if the numbers warrant it, a 40 seat bus can be hired instead.