



THE NEWS

OF THE MELBOURNE BUSHWALKERS

Edition 401

JULY 1984

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S O C I A L C O L U M N

WINE & CHEESE EVENING

Just the thing for a chilly winter's evening:

SATURDAY AUGUST 18TH
7.30 pm

There will be a selection of wines, range of soft drinks, variety of cheeses and breads. No need to BYO, just bring yourself.

Venue: C/o Martin Elias
20 Thoresby Grove
Ivanhoe

There will be a limit on numbers so book early. Cost \$8. Bookings with Penny Stapley or Rosemary Cotter in the Clubrooms.

COMING EVENTS

- * Progressive dinner
- * Lunch at The Cuckoo

WALKERS' QUESTIONNAIRES

So far (end of June) we have received 51 completed questionnaires. Thanks to those who have put theirs in. There are, however, over 360 members in the club, so only about 1 in 7 have so far bothered to complete and return one. We need more returns so that we can draw some meaningful conclusions about what members do or do not want. Then we can make changes, new initiatives etc. which will reflect your feelings. Surely a club is about providing what members want! So please let us know by completing the questionnaire and returning it. In case you've lost the other one, there is another included with this copy of News.

Jopie Bodegraven - 489 2221

* * * * * HALF-YEARLY GENERAL MEETING * * * * *

The Half-Yearly General Meeting of Melbourne Bushwalkers (Incorporated) will be held in the Clubrooms at 8 pm on Wednesday 29th August 1984.

All members are requested to attend.

EXTENDED WALKS - AUGUST 1984 (Continued)The Bluff - Crosscut Saw - Cobbler Ski Tour (Continued)

Each member of the party must carry an ice-axe.

I will emphatically state at this stage that a traverse of the Crosscut Saw will not be attempted if conditions are too icy or if the weather is unfavourable. (In this case we would return to the cars at 8 Mile Gap.)

Due to the difficulties of terrain and arranging transport, the maximum party size will be six, whilst for safety the minimum size is four.

AUG. 18 - SEP. 1 GIBRALTAR RANGE - MT. WARNING - LAMINGTON-MT. BARNEY
BALD ROCK - GIRRAWEEEN

LEADER: JOPIE BODEGRAVEN - 489 2221

The itinerary includes 2 days getting there, 2 full days at Gibraltar Range, 3 full days at Lamington, 1 day at Mt. Barney, 2 days at Girraween, 2 days getting back, 2 days for shorter travelling and seeing Bald Rock and Mt. Warning, and 1 spare day to be used where needed. We may also include a visit to Wollomambi and Apsley Falls. We will leave early on Saturday 18th and aim to be back in Melbourne by late Saturday 1st September. All walks will be day walks, therefore no heavy packs, and the standard will be designed to suit those on the trip. At times we may divide into a harder and easier group (or a walking and a bludging group).

I'd like to have final numbers by 1st August so I can finalise arrangements.

The weather up there should be superb in August so if all systems go as per plan, it should be a great trip.

Jopie Bodegraven
489 2221

W H A T ' S O N
I N T H E C L U B R O O M S

JULY 25 - 6 pm - PERSONALITY SLIDES

Come and see your friends in those candid caught-off-guard poses, or simply doing their thing. To make it a fun night I'd like slides from everyone who has some peopley ones. Let me know how many you have no later than the Wednesday before.

AUGUST 1 - 6.30 pm - BUDAWANGS SLIDES

A late night showing of slides from the recent Budawangs trip. Basically for trip members to see each other's slides and won't be as professionally!! organised as the end of the month slide shows, but anyone else who is interested is most welcome. Any slides of other Budawangs trips would be welcomed too.

AUGUST 8 - 8 pm - FILMS

This is our first attempt for quite a while to show films borrowed from the State Film Library. There will be 3 films -

"Drivers I Have Known and Hated" - about good and bad driving habits - 16 mins.

"The Best Laid Plans" - a Tasmanian rescue - 14 mins.

"Australian Snakes" - 15 mins.

Thanks go to Stuart Hodgson who will be our projectionist.

AUGUST 29 - 8 pm - No slides because of Half-Yearly General Meeting

C O M M I T T E E N O T E S
M E E T I N G 2 J U L Y 1 9 8 4

Treasurer:

Balance as at end June \$10,656.52
Bills for payment \$1,736.55

Walks Secretary:

May 1984	Members	150	Day	204
	Visitors	<u>70</u>	Weekend	16
		220		

Membership:

Total 380 including honorary etc.

Note that no more renewals from last year can be accepted. Anyone whose membership has expired must re-apply for membership.

Federation:

50th Anniversary this year - a Bush Dance for all clubs will be held in November.

The Hume and Hovell trek (re-enactment?) from the Murray to Corio Bay will take place between 17/11/84 and 17/12/84.

Proposals for urban walking routes along disused freeway/railway reservations are currently on display at MMBW Head Office and the Ministry of Planning and Environment.

VNPA:

Some areas of the Brisbane Ranges National Park will be closed from 1/7/84, during the Peregrine Falcon breeding season.

Other:

1. Marion Siseman has volunteered to be the club's Yellow Pages contact for next year.. The directory entry has been changed - the new issue is expected late this year.
2. A history of the Ski Club of Victoria is being written, and the author has written to us asking if we can provide any records of dealings between MBW and the SCV at the time of Wilky's purchase. If anyone can help please contact the President or Secretary.
3. Angela Tanti has resigned from the committee due to other commitments. If anyone would like to replace Angela on the committee for the remainder of the year please contact the President. (Note: to comply with the Rules regarding composition of the committee, a replacement will have to be female.)

Duty Roster:

July 11	Mike/Rod
18	Phil/Neil
25	Rosemary/Mick
August 1	Penny/Winifred
8	Phil/Geoff

Next Committee Meeting:

August 6.

F O R S A L E

Keith Warburton
793-1686, 546-9592

TRACK TRAMP -

Cross Country Ski Boots, brand new, latest design, 75mm, size 44. May suit size 43 feet. New price \$145 - My Price \$120.

EYE PROTECTION IN THE SNOW

By Bill Metzenthén

At the recent talk in the clubrooms about skiing equipment some statements were made about the nature of snowblindness. These did not agree with my preconceived notions on the topic and, having some interest in the topic, I decided to consult some text-books. What I found may be of interest to other members and briefly is:

- (a) Snowblindness is caused by excess exposure to ultra-violet radiation (UV) from the sun. It is pernicious because its symptoms normally do not appear until 6-8 hours after exposure.
- (b) In snowblindness the damage is normally temporary (discomfort lasts about 48 hours) and confined to the superficial layers of the front of the eye (particularly of the cornea).
- (c) Very little UV can get past the first layers of the eye - therefore the retina remains unaffected.
- (d) Snowblindness is not really blindness. "The eyelids feel gritty, then (extremely) painful, and it becomes impossible to open the eyes against the light, hence the 'blindness'." Some authors write that in critical situations, such as are sometimes encountered in mountaineering, the vision of an affected climber may be regained by anaesthetising the eyes - making it possible to open them (this is regarded as dangerous because it may lead to other problems).
- (e) It would appear that reflection of UV from the snow is a crucial factor in most cases of snowblindness - the normal orientation of your head and the shape of the eye sockets means that the eyes do not normally receive large amounts of UV directly from the sun.
- (f) Ultraviolet light is scattered by particles in the atmosphere to a greater extent than visible light. On a clear day it would apparently not be unusual for 30% or more of the UV you receive to be coming from the sky rather than directly from the sun. It is therefore possible to suffer from excess exposure to UV even when you are "in the shade". Thus clouds will only provide you with much protection from UV if they cover most or all of the sky. Beware of hazy days.
- (g) Protective glasses or goggles should be designed to reduce UV from all directions - including the sides. Beware of extra cheap glasses - "It is impossible to judge the degree of solar-UV protection provided by coloured glasses on the basis of their appearance."

In my researches I have compiled several pages of notes on snowblindness which I can make available to anyone who is interested.

FEDERATION EVENTS

11-12 August 1984	Search and Rescue Special Practice - snow and ice - by invitation only.
13-14 October 1984	S&R Main Practice - general education exercise on safety in the bush, spouses, friends and families welcome
Sun. 31 March 1985	Federation Daywalk

CHANGE OF ADDRESS

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Phone (H) 741 5592; (W) 741 2286

Closing date for August News is Wednesday, 8th August. The editor will be very grateful for any articles received earlier.

WALKERS' QUESTIONNAIRE

Over the last few years there has been a steady decline in the attendances on weekend walks. This has prompted us to conduct a survey to determine two things -

1. Why attendances are declining
2. What we can do to make weekend trips more appealing.
In short, what do members want?

Accordingly we ask everying, including non-weekend walkers - in fact especially non weekend walkers, to complete this questionnaire. You will undoubtedly need more space to write in, so please add blank sheets as required, referring to question numbers.

Put completed questionnaires in the special box on the entrance table in the clubrooms or post to Melbourne Bushwalkers, P.O. Box 1751Q, Melbourne, 3001.

Note that "weekend" also includes extended walks.

1. Name

2. How many weekend walks have you been on in the last 5 years?
(Please tick.)

None 1-3 4-10 Over 10

Total				
With Melb. Bushies				

3. Are you now an active (2 or more walks per year) -

- (a) day walker
- (b) weekend walker

4. If you have not been on any weekend walks, would you like to

(a) If YES - (i) What attracts you to the idea?

.....

(ii) What has prevented/is preventing you from doing so?

.....

(iii) What changes would make it more attractive or easier for you to do so?

.....

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(b) If NO - (i) Why don't you wish to do a weekend walk?

.....

(ii) What changes/improvements might make you reconsider?

.....

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