

THE NEWS

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MELBOURNE BUSHWALKERS INCORPORATED

EDITION

46]

JULY 1989

PRICE 20 C

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HALF YEAR GENERAL MEETING

will be held on AUGUST 16 at 8pm in the Clubrooms

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SOCIAL SCENE

MID YEAR DINNER

JULY 15TH

There are still a few places left for last minute decision makers. Come along and join in what promises to be a good night's entertainment with Greek cuisine and dancing at Stavros Tavern, (Licensed), 183 Victoria Avenue, Albert Park. \$25.00 per person. Time 7.30. See Stuart or a Social Committee Member to book.

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INDIANA JONES & THE LAST CRUSADE

TUESDAY 25TH JULY

Meet outside The Rivoli at CAMBERWELL JUNCTION at 6.20pm. Remember it is half price on Tuesdays. An absolutely hilarious movie by all accounts. Let Sue know if you are coming - 259 9599 or 8859599.

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PENNY'S SATURDAY ARVO MOVIES

This is rapidly becoming a cult activity for cold wet Saturday afternoons. So far we've seen "Business as Usual" and "The Accidental Tourist". The August session is scheduled for Saturday August 12th. A strong possibility is "HIGH HOPES" - a British comedy that has had rave reviews. Ring Penny if you'd like to go:- 578 5623

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16mm HOME CINEMA NIGHT

On Saturday 19th August we are screening a selection of short comedy films on the <u>big screen</u> (NOT a video). Included will be classics from Buster Keaton, Charlie Chaplin, Harold Lloyd and Los Trios Ringbarkus. The "Cinema" will be at 81 Blackburn Road, Mt. Waverley at 7.30pm. Admission is free, but please BYO plus a contribution to supper. Ring Stuart on 741 5592 if you'd like to come along.

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Members gather for dinner at 6.30pm before the Wednesday Club Meetings at "TOTOS" in LYGON STREET, CARLTON.

EASY

Correspondence should be directed to:-

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

Meetings are held in the Clubrooms, Mackenzie Street, Melbourne (rear of the Horticultural Society building), every Wednesday night 7-9 p.m. Visitors are always welcome.

WEDITESDAY IN THE CLUBROOMS

JENNY RICKARDS will give a short talk on <u>TOUR SLEDS</u> (Toboggans towed behind skiers). July 19th at 7.45 p.m.

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DAY WALKS

JULY

SAT. 29 JULY DANDENONGS EXPLORER - BELGRAVE - MT. MORTON

LEADERS ALISON BLAKER & DEBBIE GOMM

TRANSPORT TRAIN FROM FLINDERS STREET AT 9.29 a.m.

EXPECTED RETURN AFTER 3.00 p.m. BELGRAVE STATION

MAP REFERENCE MELWAYS P 75, 84

APPROX. DISTANCE 12 km.

Meet at Belgrave Station, walk commences at 11.00 a.m. A very interesting walk, mainly along unmade streets with interesting new houses (original houses destroyed by bushfires) and therefore a chance to find your "dream" home.

Depending on the weather, we may stop for a very early lunch at Belgrave Picnic Park, as there are tables/toilet facilities, and even a shelter for adverse weather. We will then proceed to Mt. Morton for all round views, perhaps afternoon tea, but with no toilets.

We should be back at Belgrave Station after 3.00 p.m. with plenty of time for coffee/devonshire tea at the Belgrave Station, if so desired. Trains leaving Belgrave: - 3.31 4.11 4.51 5.31 p.m.

DAYWALKS

AUGUST

SUN. 6 AUGUST VAUGHAN SPRINGS - UPPER LODDON STATE FOREST LODDON FALLS EASY & MEDIUM

LEADER MARTIN WILLIAMS

TRANSPORT BUS FROM NOLAN STREET AT 9.00 a.m.

EXPECTED RETURN 7 p.m.

MAP REFERENCE VICMAP 1:25,000 GUILDFORD (7723-4-2);

DRUMMOND (7723-1-3);

DAYLESFORD (7723-3-1).

APPROX. DISTANCE 16 km and 20 km

The walk tranverses open forest between Vaughan Springs (one of a number of natural mineral springs in the Daylesford area) and Loddon Falls in the upper reaches of the Loddon River near Glenlyon.

This is gold-mining country with poor clay soil and abundant evidence of old workings. The trees are relatively small and sparse, allowing ample sunlight to reach the ground and encouraging understorey growth.

August Day Walks continued: Vaughan Springs - Upper Loddon State Forest - Loddon Falls (continued)

In late winter and early spring acacia, heath and grevillea will be in flower and small birds will be active. Slopes are moderate, but the area is inclined to be wet and the soil extremely slippery. Wear your knobbly treads. Temperatures can be low too, so make sure you take warm clothing and parka. Take water too, (if not hot soup!): creeks are generally small, inclined to muddiness and sometimes flowing through farmland.

The easy walk will I dow a slightly wavy north-south route; the medium will diverge to the east to strike the Loddon near the Doxa Youth Camp. As the going should be reasonably easy, the distances are a little greater than average.

SUN. 13 AUGUST YOU YANGS EASY/MEDIUM

LEADERS RICK CHATER & ALAN CLARKE

TRANSPORT BUS FROM NOLAN STREET AT 9.00 a.m.

EXPECTED RETURN 7.30 p.m. MAP REFERENCE YOU YANGS

APPROX. DISTANCE 14 km and 17 km

The granite peaks of the You Yangs are only a short trip from Melbourne on the way to Geelong.

The walks are both planned as circular routes. We will be visiting Big Rock and, of course, Flinders Peak, then exploring the north and east sides of the park. Both walks are largely on graded tracks, however we will be descending Flinders Peak on a steep, largely overgrown track, and the medium group will be covering some rocky cross country areas.

In the north, the area is not as affected by bone weed, so we should be able to travel through more open country-side, and in the east are some flooded quarries with good bird life. Wattles should also be out at the time.

WED. 16 AUGUST ORGAN PIPES - BRIMBANK PARK EASY

LEADER
JEAN GIESE

TRANSPORT CARS

MAP REFERENCE MELWAYS MAPS 3, 14 & 15

APPROX. DISTANCE 16 km

In the morning we will explore Brimbank Park and walk along the banks of the Maribyrnong River. After lunch we will drive about 6 ks to Organ Pipes National Park to inspect the unique geological formation and walk along Jacksons Creek. A lot of effort has been put into replanting this park with the original flora which once flourished here. It will be interesting to see how it's shaping up.

Meet at 9.30 at park gate on Brimbank Road (Melways Map 15 Al0) or ring Jean for share transport arrangements - 8902189.

SUN. 20 AUGUST STRATH CREEK FALLS - MURCHISON FALLS EASY/MEDIUM

LEADER SYLVIA WILSON

TRANSPORT BUS FROM NOLAN STREET AT 9.00 a.m.

EXPECTED RETURN 7 ish

MAP REFERENCE REEDY CREEK 1:25,000

Ah yes, Strath Creek Falls and Murchison Falls. How is it everyone knows from the writing whether a preview has actually been done or not? Alright, I'll come clean - I know I'll tell you all about it in August News, there'll be time. However I gather it's interesting and varied walking, and can be demanding (depending on how many overhangs you tackle, like Rosemary Cotter and Gerry Young did, in which hangs a tale....). I'll keep you posted.

August Day Walks continued:

SAT. 26 AUGUST DANDENONGS EXPLORER - OLINDA STATE

EASY

FOREST

LEADER

PAULINE WILLIAMS

TRANSPORT

TRAIN

For details of this walk please see the leader in the clubrooms.

SUN. 27 AUGUST FOREST CAVES - WOOLAMAI SURF BEACH EASY/MEDIUM

LEADER PENNY STAPLEY

TRANSPORT BUS FROM NOLAN STREET AT 9.00 a.m.

OD LYON THURTH DIVING THE DOC

EXPECTED RETURN

6.00 p.m.

MAP REFERENCE

PHILLIP ISLAND SPECIAL 1:25,000

APPROX. DISTANCE 16 km

Low tide on the day of this walk should ensure a minimum of rock scrambling. The main cause for concern on the preview was the possibility of disappearing down a mutton bird burrow, and one distinctly unfriendly electric fence. The fence will definitely not form part of the walk on the day:

We shall be walking along the beach and on the cliffs. Keen photographers will find it worthwhile to bring their cameras, as views from Cape Woolamai are quite extensive and beautiful. There are also some very interesting cliff formations (The Pinnacles) before Cape Woolamai is reached.

WEEKENDWALKS

AUGUST

4 - 6 SKI TRIP - RAWSON - MT. BAW BAW EASY/MEDIUM

LEADER SANDRA MUTIMER

As I am writing this on a plane heading towards Cairns, there's a certain unreal quality about writing a ski trip review. Just a few points for those coming on the trip:-

- * The number has been extended to 30 and there are others who would like to go so could you please let me know a.s.a.p. if you are not able to come.
- * I will be in the Clubrooms on the Wednesdays before this trip, 26th July and 2nd August, but will not be able to be contacted on Thursday 3rd August.

If this is not suitable please contact me before Wednesday 2nd August. No morning phone calls please!

- * The snow conditions will influence where our trips will be going but Baw Baw Village, Mt. Erica, Mt. Whitelaw, Mustering Flat, Little Boys Creek and Mt. St. Phillack areas are possibilities. It is expected that three groups of different standards will be available for each day.
- * Recommended maps: The Baw Baw Touring Map and V.M.T.C. Baw Baw National Park.
- * Be prepared for poor weather conditions and make sure that you carry protective clothing. Chains should be carried in cars.
- * Organise ski hire beforehand. There is a ski hire service on the mountain. I will have the phone number so that you can check beforehand if they have the size or length of equipment you require.
- * Rawson Holiday Resort is 174 kms. from Melbourne, almost 5 kms. from Erica. It is possible to have dinner there on Friday night if you arrive before 7.30 p.m. Rawson's Phone No:- 051 653200.

August Weekend Walks continued:

SKI TRIP - BOGONG HIGH PLAINS 11 - 13 MEDIUM

LEADER RUSSELL JONES

TRANSPORT CARS

Ski out from Falls Creek in the direction of Tawonga Huts hopefully to do Mt. Fainter and the Niggerheads - but will probably depend on the weather.

KAMAROCKA STATE PARK (24K NE of BENDIGO) 18 - 20 EASY

JEAN GIESE LEADER

TRANSPORT CARS EXPECTED RETURN 6.30 p.m.

MAYREEF 1:25,000; SUMMERFIELD 1:25,000 MAP REFERENCE

26 km plus 5 without packs APPROX. DISTANCE

It will be cold and crisp but also sunny and dry (we hope) in this nice open forest among the Box, Ironbark, Wirrakee Wattle and Mallee. The walking should be pleasant, mainly on tracks and fairly flat. There will be some views of the surrounding countryside and historical interest in the old eucalyptus distilleries' remains. This is a good area for birds and the early flowers should be "bloomin' well lovely".

25 - 27EASY GUNEOWER ISLAND

LEADER PHIL LARKIN

TRANSPORT CARS

For details of this walk see the leader in the clubrooms.

WEDNESDAY NIGHT ACTIVITIES

We would like to provide regular activities on Wednesday night meetings - slides of special areas/trips, talks, etc. If you have any ideas, talk to one of the Committee Members.

ARTICLES FOR NEWS

Many thanks to "News" contributors. All articles are very welcome indeed - Alex, people want more of your poems. Questions have been asked. And anyhow, what happened to "The Old Woman of the Rocks"? Not fossilized yet I hope.

So all you budding poets, writers and gleaners of interesting info. get cracking.

Ed.

CLOSING DATE FOR AUGUST NEWS, WEDNESDAY 9TH AUGUST 1989: Articles for "News" should be placed in the Red Box in the clubrooms or posted to the club's address, Box 1751Q, GPO Melbourne. 3001. Please put your name on "News" contributions.

A very warm if cramped welcome to the following New Members:-CAMERON MCMILLAN DEAN PENDRIGIE MICHAEL VERNI

ALTONA. 3018 (H)398 2079

(W)3200184

131 King Street 3000 MELBOURNE.

21 Waters Drive Kingsgate Hotel 17 Miller Street CARNEGIE. 3163 (H)5789976(W) 288 4057

COMMITTEE NOTES

MEETING HELD 3RD JULY 1989

1. Correspondence:

- In:-One letter re. repainting of bus see elsewhere in NEWS
 - -East Gippsland Coalition seeking support & donation
 - -C.F.L. re. Flora & Fauna Guarantee Bill
 - -Victorian Govt. draft Greenhouse Challenge strategy
 - -Dept. Youth Sport & Recreation activity programme
 - -E.P.A. Notice re. Wilkie see elsewhere in NEWS
 - -Minister Planning & Environment acknowledging our letter re. above.
 - -S.E.C.V. re. above

Out:-Correspondence with EPA, Minister Planning & Environment, and Ombudsman re. Wilkie.

2. Reports:

2.1 Treasurer:

Balance	31,889.86
Payments to be ratified: Horticultural Society (Hall Hire) Rampower (May Account) D. Wilhoft (Printing Costs) Mountain Lodge (Marysville)	1,514.00 201.98 384.93 3,210.00
Bills to be paid: Microtech Laboratories (E.Coli Anal.) Australian Conservation FDN (M'SHIP) Driving & Garaging (June)	5,310.91 210.50 59.00 457.00
	726.50

2.2 Transport:

- -We will get quotes on improving van seating, especially more back support.
- -RTA has lost Paul's driving certificate application.

2.3 Walks Secretary:

- -June walks figures not yet available
- -Spring Programme virtually ready, some leaders needed see Phil Taylor if you can help.
- -Walks Programme Card is getting cluttered Phil to try a changed layout.

2.4 Social Secretary: No report.

2.5 <u>Membership Secretary</u>:

Still 45 non-renewals this year.

2.6 News:

Let's make your NEWS more interesting. Write a report on a walk you enjoyed, or one you didn't. Have your say on what you like about the club, or what could be done better.

2.7 VNPA:

Seeks people to write to MPs opposing Legislative Council amendments to the Alpine National Park bill.

2.8 Wilkie:

See article elsewhere in NEWS.

2.9 Tracks:

Track clearing day - Sunday 10th September. Victim will be the Darren Spur Track in the Wombat State Forest. There will be an easy day walk nearby, with numbers limited. Clearers will travel free. Volunteers see Nigel Holmes or book on special booking list.

Committee Notes continued:

2.10 Insurance:

We are checking up on clubroom contents and hire equipment insurance.

East Gippsland Forest Planning Proposals - we are to register interest Whipstick Forest Draft Management Plan - copy received - Review/Jean

Duty Roster: July 12 Tracy & Roger

19 Rob & Mick

26 Maire & Jean

August 2 Gina & Jean

9 Tracy & Winifred

Next Committee Meeting on 7th August at 7.15 p.m.

WINTER USAGE OF WILKINSON LODGE

By now it should be well known among winter users of Wilkie that the lodge has been closed for the winter on the orders of the E.P.A. The reason for this is that waste water from the lodge is discharged above the ground, rather than underground, as required by current plumbing regulations.

As reported at the AGM, we approached the EPA early in February, immediately after learning of the orders placed on the Rover Chalet, and were then advised that our installation was not considered to be an immediate problem, that we should liaise with Omeo Shire and install a new septic system to their requirements. Installation of the system next spring was considered satisfactory.

However, on the evening of 30th May, we were summoned to a meeting with the EPA the following day, supposedly to "bounce some ideas off us", but in fact the EPA had resolved that if we were to use Wilkie this winter, we must:-

- -divert the waste from the sink, basin, and shower into the septic tank
- -install a pipeline to carry the outflow from the septic tank across the snow plain below Wilkie and discharge it on the south side of the aqueduct.

Keen watchers of weather reports will recall that this was raised after the first major snowfall of the season, and the first closure of the road.

We have indicated that the proposal could not work for a number of reasons; at best is would result in the discharge of under-processed septic waste because the tank is too small to cope with the added volume. In practice, it will be extremely difficult to lay the pipe so that it will drain, it is very likely to freeze and block, it is at risk of damage by oversnow vehicles causing a significant pollution event, and will be a hazard to skiers. To install it properly at any time would be difficult, in winter just not possible. The cost of the materials alone is of the same order as that of a complete new septic system meeting current requirements.

The EPA has issued the order, and negotiations with them and letters to relevant ministers have revealed a stubborn insistence on this "solution"; our alternative proposals and another from elsewhere, within the EPA, have been dismissed by the EPA officer involved with the order.

Our last appeal has been made via the Ombudsman's Office, and a minor concession has been made that will allow a Duke of Edinburgh's Award group to use the lodge in the week you receive your NEWS. The situation is currently changing day by day, and it is hoped that a final decision will be made by the third week of July.

Winter Usage of Wilkinson Lodge continued:

We still have some chance of salvaging the winter season, but not a strong one. If you were planning on going in but receive another offer, check with your group leader for the latest news. Check with me if absolutely necessary, but please remember that there are about 70 of you and one of me, and telephone only if you need the latest news at the time. We will keep group leaders informed, and announce any news in the Clubrooms on the Walks Booking Board.

Rob Ayre.

THE 1989 SHOALHAVEN ADVENTURE

Preliminary Notice 18th June, 1989

The King of the Shoalhaven will be leading a select group of liloists for his next inspection of the Shoalhaven River.

During the trip you may expect sunshine, flies, warm water, sunburn (if you are not careful), pleasant campsites and excellent company.

You will need an approved rubber lilo, a wide brimmed hat and sand-shoes. You may want pyjamas with long trousers and long sleeves (to keep most of the sun from your naked flesh), tent pegs suitable for sand, a camera (optional), paddles (optional), swimming togs (optional), insect repellent, suncream and lip balm plus the usual walking gear and food.

The plan is to start from Sewell Point and to continue downstream to Bungonia Creek. This part of the trip will be down river all the way. HOWEVER, if the river floods or bushfires occur we MAY be forced to leave the river early and it will be a steep 1,500 ft. climb out carrying packs, lilo (and paddles).

We will meet at Bungonia State Recreation Reserve where there is good camping and hot showers. I plan to camp here on the first and last nights. Bungonia is about an hour's drive from Goulburn (on the Hume Highway).

Current plans are to start liloing on Sunday 24th December, and finish liloing on Sunday 31st December. This will allow Saturday 23rd and Monday 1st for driving from and to Melbourne. These dates are very flexible at present and may be changed by suggestions from the party.

Those who have expressed an interest in the last six days are: -

Ian McPhee
Tracy Guest
Lloyd Young
Spencer George

Spencer George.

Tracy, survivor (without scars) of three lilo trips, would like to pass on some tips picked up from erstwhile lilo greats:-

- * A fly net on the hat saved me from insanity
- * A metre of approx. 10mm plastic tubing saved me from dying of thirst (it is VERY difficult to scoop up a drink without upsetting the boat
- * One needs reliable quick drying glue and patching material because one thing is certain, (well, almost) you'll get punctures! 15 minutes is the current lilo-patching record.

Thoroughly recommended. Paddles do make it a lot easier. Clark Rubber used to have a reliable variety in fairly lightweight material.

COMMENTS ON SCHEDULED BUS REPAINTING

The following are two responses to the above matter, which was raised in June's News. We have to repaint the bus to provide our current address, and an idea of writing "Melbourne Bushies" on it in graffiti style writing (now an art form in its own right) was proposed for discussion.

Tom Wilcox of Heidelberg writes as follows:I refer to Committee Item 2:3 Van, in the June News.

I prefer to see a more conservative sign on the bus i.e. just what we are - Melbourne Bushwalking Club. Such a sign conveys the right message as an advertising medium - people will associate us with something good - health conscious people and generally viewed in high respect because of our behaviour and endeavours.

I think the downside is that a Melbourne Bushies sign can conjure up some wrong ideas in people's minds. Melb. Bushies is a nickname used within club by members. The bus is a window to the outside world, so each set of words has its place.

Would appreciate your printing this in order to whip up some support to getting a proper sign on the bus.

Yours sincerely, Tom Wilcox.

In like vein:-

With regard to the President's request for comments on painting of the van in graffiti style, my view is that a better option would be to paint the van in a more conventional style which could be considered more environmentally sensitive.

Philip Taylor.

THE PHYSIOLOGICAL BASIS OF HYPOTHERMIA

I recently attended a talk at another Bushwalking Club on "The Physiological Basis of Hypothermia". The talk was given by Bob Wood from Monash and the information he gave may be as interesting to readers of this news-letter as it was to me.

Bob began with a definition of hypothermia. "Hypothermia is a condition in which the body's core temperature is less than 36°C (heat loss exceeds individual's ability to maintain warmth)". If remedial action is not taken death will ensue as a result of metabolic disarray.

To prevent this diabolical ending to an intrepid bushwalker's career, and it can happen to anyone, a variety of measures should be taken. I feel most of these are well known to walkers at this club but are worth repeating. Pre-trip planning (do some!); adequate clothing and gear, (cotton is out and synthetics and wool in layers definately in); nutritious high energy food (nuts take 6 hours to be converted to energy and so were not recommended as emergency food); physical fitness allied with stamina and good leadership make for a safe trip. More on the leader's role later!

Hypothermia falls into 3 stages:-

- i. Cold Stress
- ii. Mild Hypothermia (core temperature from 35° to 32°)
- iii. Severe Hypothermia (core temperature 32° or below). The stages are sequential and if Cold Stress is recognised and treated by the leader of the party the condition should not deteriorate. The treatment of Cold Stress at this time really only requires a small amount of time and energy by the leader but if the leader is unaware of the condition and Mild or Severe Hypothermia develops, radical treatment is essential for survival.

The Physiological Basis of Hypothermia continued:

A summary of the symptoms and treatment is as follows:-

COLD STRESS:

The victim will complain of the cold and may be shivering, may appear clumsy and may display fatigue and lag behind the party. The victim's body is starting to lose heat faster than it can generate it and may be dehydrated. It is interesting to note that ALL hypothermic victims are dehydrated.

TREATMENT:

Stop the group, seek shelter from the wind, add extra layers of clothing, give food that is rapidly digested and metabolised, have some fluid. Check the other members of the group and yourself, i.e. the leader. Allow at least 15 minutes for recovery.

MILD HYPOTHERMIA:

The victim is apathetic and may exhibit mental confusion, poor judgement, uncharacteristic behaviour and refuse to recognise his/her predicament. Shivering intensifies. The victim has difficulty performing simple manipulative tasks, e.g. zipping up a jacket, and is unable to keep up with the rest of the group. Stumbling is apparent as the condition progresses.

TREATMENT:

Shelter from the wind. If the victim's clothing is wet, gently remove the outer layer and add extra dry layers. Give food and drink (warm drink has no calorific value (depending on what it is - Ed) but can make a person feel better, imparting warmth). NO ALCOHOL! (Alcohol is a vasodilator, resulting, in the case of hypothermia, in the unwanted dilation of the peripheral blood vessels, thus losing vital heat and reducing even further the body's core temperature. In the case of hypothermia the peripheral blood vessels should, and normally would be constricted, reserving the warmth and energy of the blood for the vital internal organs. Ed.) If possible erect a tent, gently assist the victim into the sleeping bag, place one or two companions in the tent also in sleeping bags - this will help to raise the air temperature and humidity in the tent. If you are unsure of the severity of the condition, then treatment should be based on the "VAPOUR BARRIER PRINCIPLE". The victim is placed in a large plastic bin liner, then in a sleeping bag, then another plastic bag. The idea is based on the "wet suit" idea. Insulation under the patient should be totally adequate - use extra mats. Check other members of the party and maintain morale. It takes one hour for the body to recover by so if the temperature of the patient has dropped 30, six hours will be needed before the party can proceed.

SEVERE HYPOTHERMIA:

Shivering will virtually cease at 32° and is not present below 30°. The victim is careless about protecting against the cold and is unwilling to co-operate with his/her rescuers. The victim displays severe muscular unco-ordination, and has difficulty in standing or walking and finally is unable todo either. Heart rate is slow, pulse difficult to find. The victim is disoriented, confused, not lucid and lapses into periods of sleep, speech may be slurred and vision may fail prior to coma.

- * Severe Hypothermia is attributable to either neglect or ignorance and should not occur
- * The mortality in severe hypothermic patients is up to 50% or even 80%. Death during treatment is invariably from ventricular fibrillation which can be triggered by:-
 - * rapid mouth to mouth resuscitation
 - * physical exertion
 - * rough handling while lifting victim
 - * rapid external rewarming
 - * moving victim's arms and legs

TREATMENT:

Handle patient with care. Only GENTLY remove clothes if shelter is ideal (at 20°C). Assist spontaneous warming using "VAPOUR BARRIER PRINCIPLE". Check on the rest of the group. The patient's condition may improve very slowly. Remember 10°2 rise in 1 hour. If the condition does not change do not consider evacuation without the assistance of a professional rescue group.

The Physiological Basis of Hypothermia continued:

The treatment of an unconscious victim requires total care. The "VAPOUR BARRIER" principle is still used and the patient placed in the coma position (also known as the left lateral position - the patient is lain on the left side as this does not restrict the blood flow to the heart, which could occur over a long period if lying on the right side. The great blood vessels enter the heart on the right side of the body. Interesting eh? There is more, but I won't 'go on'..Ed) "Be extremely gentle when handling the patient and even if you believe that the patient is cold and dead continue treatment until they are warm and dead!"

This is my summary of the talk, if you are interested in Bob Wood's notes I'd be happy to give you a copy.

Janet Norman.

SNEAK PREVIEW				
SEPTEMBER WALKS: SEPTEMBER WALK				
SUN. 3	East Moorabool River - Bostock Reservoir			
SUN. 10	Track Clearing Wombat State Forest and Wombat Forest			
	walk			
16 - 17	Warby Ranges - Kinglake National Park - Across the Grain			
WED. 20	Brittania Range - Brittania Falls			
SUN. 24	Brisbane Ranges - Botanical Ramble - Arabic Gorge Area			
27 - 1	Roaming the Grampians - Base Camp - Central & Northern			
	portions			
27 - 1	Ski Trip - Niggerheads - Fainters			
CITCATA TARE				
SHOW DAY 28	Mullen Mullen Creek - Ringwood			
SAT. 30	Dandenongs Explorer			
OCT. 1	Blackwood Ranges			
000				

As you may have seen, the club has agreed to organise the Federation Day Walk in April 1990. The area selected in the Murrindindi area near Yea. It is proposed to hold 6 walks of varying standards and distances, something to suit everyone. We will need a lot of people to help on the day, to lead walks, keep the fires burning, prepare afternoon tea and help other walkers who may get lost. Any volunteers please see me before I see you.

Some comments have recently been made that the van is not leaving promptly at 9.00am on Sundays. Would all members please be considerate of fellow members and visitors and try to be at Nolan Street on time, so as not to lose any unnecessary time.

Phil Taylor Walks Secretary

A very warm welcome to the following New Members:-

MUFUTAU AMUSA	BRENTON GEORGE	GWEN MORGAN	DENNIS SHERWELL
5/25 Paxton St.	7/40 Hoskine St.	10 Norman St.	5 Adrienne Cres.
EAST MALVERN	WILLIAMSTOWN	THE BASIN	MT. WAVERLEY
3145	3016	3154	3149
(H)885 8475	(H)397 8267	(H)762 6015	(H)543 6628
(W)6176160	(W(697 4105	(W)565 3073	(W)605 3579