



ADDRESX

THE NEWS OF THE MELBOURNE BUSHWALKERS INC.

EDITION 627

MAY 2003

60 CENTS



FROM THE PRESIDENT

As I write it is pleasing to look back and see that the Easter trips, despite all being changed due to the fires, were very successful. I think this says volumes about our leaders and their abilities to be flexible. If we are to continue as a strong club we must continue to encourage our present leaders and nurture new ones for the future. It is great to see the training programs that **Quentin Tibballs** is putting in place and I urge members to take part. If you would like to build up some skills towards being a leader in an atmosphere of enjoyment, then why not talk to Quentin or to **Gina Hopkins**? The committee is dedicated to supporting our leaders and is always considering ways to achieve this. In recent years we have introduced the mentor system, taken steps to simplify the bookings, introduced training, etc. If you have any ideas that may help either current leaders or potential leaders please talk to Quentin or a committee member.

We now have two auditors, many thanks to **Vik Dunis** and **Stephen Chenoweth** for volunteering. These new auditors will be ratified at the half-yearly GM. There is still a vacancy for a vice-president.

I would like to remind members that we have a small but interesting library, which I would like to see built up some more. Amongst the books available we have lots of walk guide books, just right to borrow and plan some walks to present to Gina or **Peter McGrath** to include in the walks program. I hope to have some book reviews in *News* from time to time to encourage you to make use of the library.

DOUG POCOCK

TO MEMBERS OLD AND NEW

May is the last month to pay your subscription. If your label still says "SUBS DUE", reach posthaste for that cheque book and send in your subs, unless you have done so in the last few days. (Form is on the back page.) You will also notice a little dab of red on the donkey's nose above. If there is a discrepancy, trust the label (or give me a ring).

So far, subs received are just nudging the 50% mark, so there is still quite a number of you who have not paid yet. Hope to hear from you soon!

PETER HAVLICEK
MEMBERSHIP SECRETARY

TRIP TO LORD HOWE ISLAND

SAT. 18 - SAT. 25 OCTOBER

Lord Howe Island is a World Heritage listed site of stunning beauty. It is only small and there is very little development which makes it a beaut place for a low key visit for walking, swimming, snorkelling, bird-watching, etc. I would plan a fairly unstructured time, have some group options for each day but plenty of opportunities for individual activities.

Transport to the island is via a 36-seater aircraft. There is a limit on the number of visitors at any one time. There is no camping on the island so I am in touch with Somerset Apartments for accommodation, mainly twin or double bed rooms. Catering can be worked out to be as a group or individual. Eating out is a very reasonable option.

I will probably need to have a good idea of numbers fairly soon so that we can put in a definite booking. Please contact me if you are interested.

DOUG POCOCK

ENQ.:

CLUB OPEN: 7 - 9 PM WED., HORTICULTURAL HALL, 48 MACKENZIE ST., MELB.

WEBSITE: www.melbournebushwalkers.org.au

EMAIL: info@melbournebushwalkers.org.au

Members of the Melbourne Bushwalkers Inc.
meet on Wednesday evenings
between 7.00 & 9.00 pm in the Clubrooms,
Victorian Horticultural Society Hall,
48 MacKenzie Street, Melbourne.

Visitors are always welcome.



General correspondence should be directed to:
The Secretary,
Melbourne Bushwalkers Inc.,
PO Box 1751Q,
Melbourne, Vic., 3001.

The News of the Melbourne Bushwalkers Inc.
is the newsletter of the Melbourne Bushwalkers Inc.
and is published monthly.
Editor: Vicki Scrivenger.

Walk previews & reviews, articles, poems, news items,
photographs of club events, reports of new gear,
book reviews, letters "to the Editor", advertisements, etc.
are always welcome.

The Editor reserves the right to edit contributions
where space, clarity or propriety dictate
and to maintain editorial consistency.

Contributions to *The News* may be sent to the Editor by:

- ★ Emailing to:
- ★ Placing diskette or hand written material
in the Editor's pigeon hole in the clubrooms
- ★ Posting diskette or hand written material to either:
The Editor, Melbourne Bushwalkers Inc.,
PO Box 1751Q, Melbourne, Vic., 3001
or V. Scrivenger, *News* Editor,

Electronic mail is preferred.

Closing date for receipt of material for *The News*
is the last Wednesday of the month.

Advertisements in *The News*
Only advertisements directly relating to bushwalking
will be accepted (e.g. gear, maps, trips, tours, etc.).
Members' ads are free.

Advertising Rates (Artwork Ready) in:
printed edition only: as below, or
printed & on-line editions: as below + 25% or
on-line edition only: as below + 25%.

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¼ Page	\$35	\$90	\$330
½ Page	\$55	\$150	\$550
Full Page	\$100	\$250	\$900

QUESTIONS FOR THE COMMITTEE

This month Peter Havlicek, Membership Secretary,
answers some questions:

When did you join the club?
In 1970 or 1972.

How did you first learn about the club?
I was introduced to bushwalking by my friend and colleague,
Warren Baker. (Warren is still with the club and leads the
Dandenong Walks.)

What made you decide to join the club?
At the time, my wife, Maria, had a nervous breakdown. Stress
free activity such as bushwalking was deemed to be beneficial.
I found that bushwalking was enjoyable for me too.

What do you like about the club?
It is like an extended family to me.

Which club activities do you do?
I am an obdurate Sunday walker. I can't bear to be away from
my cats longer than that! (My nose has just grown another
inch!)

How often do you walk?
I try to walk once a fortnight, but my other loves seem to be
encroaching on this.

Do you have a favourite walk/s or walking area/s?
I love the walks around Daylesford, particularly the Lost
Children's Track and the Tipperary Track. Also the Wild
Flower Reserve around Gentle Annie, near Labertouche and
the Cathedral Ranges and... please stop me, I love them all!

When did you join the committee?
10 or 11 years ago. I am the perennial Membership Secretary.
Actually, some people think that Membership Sec. and Peter
are synonyms.

What do you like about being the Membership Secretary?
I get to meet and know all the new persons in the club.

What made you first stand for committee?
Like all others, sheer youthful foolishness. I thought I'd be
just another committee member, for a limited time. Well
before I knew it, I had to take over the Membership
Secretary's job. And here I am.

**What skills/experiences do you believe you bring to the
committee?**
When I started, I was one of the few who knew about
computers (we have come a long way since). Now, I suppose I
mainly provide continuity to the committee.

Will you stand for committee again next year?
Would I be allowed not to?

Where were you born?
In the beautiful city of Prague (Czech Republic), not more
than 400 m from the Moldau.

Where do you live now?
Chadstone, not the shopping mega-complex, but the other side
of Warrigal Road.

What other interests do you have besides bush walking?
I read a lot, novels and science fiction. I read *The New
Scientist* and enjoy philosophical thought. I love listening to
classical music. I regularly go to MSO concerts. I have
become consumed by a passion for playing bridge, which
seems to have taken over my life. I enjoy the attention of my
two cats also.

PREVIEWS OF DAY WALKS, ETC. - MAY / JUNE 2003

Wed. Walk: Hanging Rock - Mt. Towrong

DATE Wednesday 21 May
STANDARD Easy - Easy/Medium
LEADER(S) Sandra Mutimer
TRANSPORT Private

N.B. Sandra Mutimer's correct email address is:
srmutimer@ozemail.com.au

At the end of the ridge the walks will drop down and cross the Lerderberg River. This will require a small stretch walking off tracks and wet feet are quite likely. Across the river the groups will return to the ridge top tracks. The Med. walk will follow Spanish Onion and Lerderberg Tracks. The E/M walk will take the more direct Cowans Track. Both walks will end at the O'Briens Crossing picnic grounds.

Sunday Bus: Northern Brisbane Ranges

DATE Sunday 25 May
STANDARD Easy/Medium & Medium
DISTANCE 14 and 17 km
LEADER(S) Howard Friend & Dianne McKinley
TRANSPORT Bus - Southbank Blvd - 9 am
MAP REFERENCE Ingliston & Staughton Vale
1:25,000

The walks will be on a variety of tracks: open bushland, dry creek bed, grassland and a short distance on gravel road. The terrain is predominantly flat apart from the steep descent into and ascent out of the creek bed. There is a bit of a climb to finish the day. This is excellent walking relatively close to Melbourne (Bacchus Marsh). Kangaroos and wallabies are often sighted and on the preview we were fortunate to see two koalas.

N.B. change of leader and location.

Sunday Bus: Wonga Park - Warrandyte

DATE Sunday 1 June
STANDARD Easy and Easy/Medium
LEADER(S) Ralph Clayton & Maureen Hurley
TRANSPORT Bus - Southbank Blvd - 9 am

Please see the leaders in the clubrooms about these two Sunday Bus walks.

Sunday Bus: Lerderberg State Forest

DATE Sunday 8 June
STANDARD Easy/Medium and Medium
DISTANCE 17 and 15 km
LEADER(S) William Cone and Ralph Blake
TRANSPORT Bus - Southbank Blvd - 9 am
RETURN TIME 7 pm
MAP REFERENCE Lerderberg State Park notes
from Parks Victoria

The club last walked in the Lerderberg State Forest in March 2001. On this walk we intend to cover different ground from that walk.

Both walks will start walking along higher ridges in the park, following the Whiskey and Kenworthy Tracks.

Navigation Training: Mt. Disappointment

DATE Saturday 14 June
STANDARD Easy and Easy/Medium
DISTANCE 10 - 15 km
LEADER(S) Quentin Tibballs
TRANSPORT Private
RETURN TIME Approx. 6 pm
AREA West of Kilmore
MAP REFERENCE Reedy Creek 1:25,000

This navigation training exercise will be conducted on the Victorian Rogaining course. (I will forward instructions on how to get there nearer the date.) This day will be suitable for beginners and intermediate standard participants or experts who just want some practice. However, beginners will be encouraged to attend an instruction evening on the preceding Thursday 12 June in the clubrooms from 7.30 - 9 pm. There will also be pre-reading material which will be sent to beginners for this session.

The Saturday at Mt. Disappointment will begin at 10.30 am with initial instruction on the format of the course, following which the participants will set off either in pairs or small groups depending on need, (for instance a novice may pair with someone more experienced), to complete a 4 hour predetermined route that they have chosen with the finish at around 4 pm.

Gear to be taken will be your usual for a day walk ie. please bring your own lunch and your favourite compass if you have one. (There will be spares if you don't.) Also maps of the area will be provided.

Please phone me on _____ for further details and to arrange car pooling.

Sunday Bus: Chum Creek - Dixons Creek - Toolangi

DATE Sunday 15 June
STANDARD Easy/Medium and Medium
LEADER(S) Howard Friend & Dianne McKinley
TRANSPORT Bus - Southbank Blvd - 9 am

Please talk with the leaders in the clubrooms about these two walks.

Wed. Walk: Mt. Strickland, Marysville

DATE Wednesday 18 June
STANDARD Easy/Medium
LEADER(S) Stuart Hodgson
TRANSPORT Private

Please phone Stuart Hodgson on _____ about this Wednesday walk.

Navigation Exercise: Six Hour Rogaine

DATE Saturday 21 June
STANDARD Varied
LEADER(S) Quentin Tibballs
TRANSPORT Private

Please see Quentin Tibballs in the clubrooms or phone him on _____ about this rogaïne.

Sunday Bus: Gellibrand Hill-Woodlands Pk

DATE Sunday 22 June
STANDARD Easy and Easy/Medium
DISTANCE 10 and 14 km
LEADER(S) John Coe & Elizabeth Ingham
TRANSPORT Bus - Southbank Blvd - 9 am
RETURN TIME Approx. 6 pm
AREA Oaklands Junction
MAP REFERENCE Gellibrand Hill Park Map

What better way to drive away those winter blues and celebrate the shortest day, than take a walk in Woodlands Historic Park and then relax with Devonshire tea at the Woodlands homestead in front of an open fire and dream of those balmy, summer days returning soon. No travelling for hours today, as the walk is close to Melbourne in a nice rural setting, which contains valuable remnants of the most southerly Victorian extent of grassy woodland open forest. The basalt plains flora consists primarily of grasslands, herbs and tussocks with mainly River Red Gum cover. In contrast, the higher areas have an unusual mixture of gums as well as Drooping Sheoke. The remnant Grey Box, River Red Gum and Yellow Box woodland character has, for the most part, been retained.

A walk in the park gives a fascinating glimpse of the landscape seen by settlers in the 1840s. Many physical links remain, including the history-packed Woodlands Homestead, which was built in the 1840s as a "kit home". The Woodlands Homestead complex is important because it is a rare example of an early pre-fabricated building and for its association with the pioneering families of the Port Phillip District. Magnolias at the homestead are the oldest recorded garden plants in Victoria. Woodlands Homestead and its outbuildings and gardens were extensively restored in 1983 and 1984. A tour of the homestead will give some insight into what life was like for some early pioneers.

The park, now totalling over 700 h, was first established as a public park in 1980. It contains significant cultural and natural values, which have endured many of the changes resulting from Melbourne's urban spread. Scarred trees are evidence of the Woiworung people, who lived in the area

before Europeans arrived. A 400 h section of the park, the 'Back Paddock', was fenced in 1987 as a nature reserve to protect native wildlife from dogs, cats and foxes. The most significant natural landmark in the park is Gellibrand Hill (204m). The endangered Eastern Barred Bandicoot was re-established here in 1988 and this colony is playing a major role in securing the species' future. Sightings of Eastern Grey Kangaroos are a certainty. You may also see echidnas, skinks and Eastern Blue-tongue lizards basking in the sun.

When booking for this walk, please let me know if you want afternoon tea. (A cost of \$3.50 applies.)

Dandenongs Explorer: Five Ways

DATE Saturday 28 June
STANDARD Easy
LEADER(S) Maria Baker & Pam Westgate
TRANSPORT Private

Please phone Maria Baker on _____ about this walk.

Sunday Bus: Castlemaine - Fryerstown - Vaughan Springs

DATE Sunday 29 June
STANDARD Easy and Easy/Medium
DISTANCE 12 and 17 km
LEADER(S) David Arnold & Millicent Henry
TRANSPORT Bus-Southbank Blvd-8.30 am
RETURN TIME 6.30 - 7 pm
MAP REFERENCE Castlemaine and Guildford 1:25,000

This walk is part of the Great Dividing Trail network, and is now well marked all the way through. There are even a couple of stiles to help us over the fences. Starting from the outskirts of Castlemaine we follow the Poverty Gully water channel. With names like Poverty Gully and Nuggetty Creek, there is no need to point out that this is an old gold mining area! We visit the ruins of three mine workings as we walk along Spring Gully, on the way to the picturesque village of Fryerstown. This is where the Easy walk ends. The Easy/Medium walk continues to Vaughan Springs, finishing at the picnic area. These are great walks with plenty of interesting historical features.

N.B. 8.30 am start.

PREVIEWS OF WEEKEND WALKS, ETC. - JUNE 2003

Pack Carry: Wilsons Prom Lighthouse Track

DATE Queen's Birthday Long Weekend:
Fri. 6 - Mon. 9 June
STANDARD Easy Medium
DISTANCE 45+ km incl. optional side-trips
LEADER Bill Donald
TRANSPORT Private
RETURN TIME Late Monday
AREA Gippsland
MAP REFERENCE Wilson's Prom Leisure Series

Starting from Tidal River we walk down to our campsite at Roaring Meg via Little Norman Beach. After setting up we will take a side trip down to the South Point. Saturday sees us off to Little Waterloo Bay with another side trip en-route, this time to the lighthouse. For those with extra energy a side trip to Kersops Peak is on offer. Monday, back to Tidal River via Oberon Bay.

The Prom in June has the potential to deliver nature's full fury. Please come prepared for wet, cold and windy weather.

Base Camp: Cape Conran Coastal Park

DATE Queen's Birthday Long Weekend:
Fri. 6 - Mon. 9 June
STANDARD Easy/Medium
LEADER(S) Rod Novak
TRANSPORT Private

Please phone Rod Novak on _____ about this long weekend base camp.

Base Camp: Barjarg Bunkhouse, Mt. Samaria / Strathbogies

DATE Friday 27 - Sunday 29 June
STANDARD Easy/Medium
DISTANCE Approx. 15 km x 2
LEADER(S) Sylvia Ford
TRANSPORT Private

This bunkhouse used to be the village school for Barjarg which is a settlement on the Midland Highway just north of Mansfield. It consists of the main school room with kitchen, sleeping accommodation for about 50 (!) in rows of 6 to 8 bunks, and male and female ablutions. Not posh but adequate. (Cost: around \$30 per night.) It's just off the main road in farm land but with the Strathbogie Ranges behind and across the valley is Mt. Samaria. We'll walk for a day in each area.

My favourite walk in the Strathbogies requires a car shuffle and then the first port of call is a lookout at Wild Dog Rocks. There after we go amongst the tall trees and see if we can find the old covered wagon that must have

been a timber cutter's. It was mouldering years ago. Lunch is on huge granite slabs behind Mt. Strathbogie itself. All this so far has been on and off tracks. A bit more off takes us down to a road and after a plod we get to a lovely waterfall which is not far from the cars. (This is where with a group of city kids on school camp one asked me if this was fairy land.)

Mt. Samaria is quite different, much more open. I rather liked a walk where you start at the top and scramble down beside a waterfall then struggle back up over a couple of ridges. Good winter walking, do come along and enjoy it too.

WALKS STATISTICS

March 2003	Trips	People	Av.	Mar '02
Sunday Bus	4	133	33	35
Other Day	3	51	17	13
Pack Carry	1	5	5	8.5
Base Camp	3	40	13	16
Cycle B/Camp	1	6	6	-
Cancelled	1	-	-	-
Total	12	235	-	308 / 16

GINA HOPKINS
WALKS SECRETARY

CLUBROOMS DUTY ROSTER

Wednesday 7 May: D Henry and M Jagow*
Wednesday 14 May: D Laing and D Pocock
Wednesday 21 May: W Cone and T Elmore*
Wednesday 28 May: P Beers and H Friend
Wednesday 4 June: John Coe and Marika Jagow*

*J Palich, Treasurer present

NEXT COMMITTEE MEETING

Monday 2 June at 7 pm in the clubrooms

VALE NORMAN MACLEISH

Norm MacLeish died in his sleep in early April 2003. He was a very active walker in the late 1970s and early 1980s. Alwyn Bloom and Bob Douglas, who knew him at the time, attended his funeral service. Art Terry, Bob Douglas and Graham Hodgson have recorded their memories of Norm here.

Norm MacLeish joined the Melbourne Bushies in the mid 60s and was a regular day, week-end and extended walker. He was a marathon runner doing four to five runs each year and he also ran in ten - seven and a half and five mile races. A tough cross-country run that he enjoyed was the Bushies' Broadford to Yea, a distance of twenty-eight miles.

Norm was a tough, no nonsense individualist, a man's man and the Iron Man of the Melbourne Bushies. He once swam the Murray River (very close to flood level) in June in the mid 70s adjacent to the Hattah/Kulkyne Rark. The water was freezing cold, the current so strong on the far bank prevented Norm from landing, so it was a non-stop swim. He seemed to be impervious to cold for as soon as he dressed, he said, "Let's go" and ran the five miles back to our camp on the Outlet Chalka, a remarkable feat by a superb athlete.

Norm was a thorough gentleman, a scholar with academic qualifications and a brilliant secondary school teacher at St. Albans and Ormond Colleges. He was fond of classical music, Tchaikovsky was his favourite and he was an avid reader. He was a devoted father to his son, Perry, who was only five years old when his mother died. Norm, who did not remarry, reared and cared for Perry who is now a fine young man, aged twenty years.

Bushies who knew and walked or ran with Norm will be saddened by his passing.

ART TERRY

The Charnley River and the Munja Explorer

The Charnley is one of the most spectacular and least accessible rivers in the Kimberley. The lower section goes through about 30 km of continuous gorge.

Dozens of Aboriginal art sites show that this has been a special place for thousands of years. With so many interesting side creeks to explore, our Charnley Explorer includes a number of day walks where we don't carry full packs.

To get to the Charnley we drive about 200 km along the Munja track. There is an incredible wealth of walks along the track: waterfalls, pools and art sites galore. On our Munja Explorer, we will do two of these, one near Bachsten Falls and one north of the Pearson River.

Both the Charnley and Munja trips offer a wealth of wonderful scenery. By running two trips back to back and using the airstrip, we give you the chance to explore the area without having to do two long drives.

Want more info? Log onto our website, click onto the Kimberley tour list and click the photo gallery link below the trip. No web access? Ask for the trip notes.

www.bushwalkingholidays.com.au



Willis's Walkabouts 12 Carrington St Millner NT 0810 Email: walkabout@ais.net.au

Phone: (08) 8985 2134

Fax: (08) 8985 2355

VALE NORMAN MACLEISH

I was very fond of Norm MacLeish because of his eccentric and non-conformist nature. He was quite academic and, as I recall, he had studied theology and was very interested in big issues like “the fate of man”. From memory, he was studying Latin at university, which was unusual even in the 1970s, and I had studied Latin at school, so our mutual interest in the classics was a bit of a bond.

Norm had the air of a somewhat old-fashioned, eccentric English public school school master. He was about twenty years older than I and my friends, so our relationship was something like the relationship between a respected teacher and his like-minded pupils.

Norm was a very strong walker and very self-reliant. He always slept by himself in his own tent, while sometimes the rest of us would economise on weight by sharing a tent and stove. He had a standard “uniform” of green-grey coloured long-sleeved shirt and long pants of heavy material. As I recall he wore these clothes even in hot weather. I believe that he once carried a sixty pound pack on a day walk in order to toughen himself up for a longer walk!

I took a photo of Norm crossing the Mitta Mitta river, up to his waist in water, clutching his water bottle in hand, and wading against the current with a very strong, determined expression on his face. (I don't know quite why his water bottle was in his hand and not in his pack.)

Norm was very amusing company and could always be relied on to find a way to make people laugh. I vividly remember one occasion where he probably did not intend to make us laugh (but even now I am not sure). We were walking in the Lerderderg Gorge area and had stopped for afternoon tea. Suddenly Norm jumped up from his sitting position, yelled out “Ants!” and began taking his long trousers off and brushing ants off his body. He had sat on top of a nest. Art Terry picked up a leafy branch, and began swishing it at Norm's legs to brush away the ants, while Norm danced around in his underpants with his trousers around his ankles. The rest of us just burst into spontaneous laughter. Goodness knows what a stranger would have thought if he had happened upon the scene at just that moment!

BOB DOUGLAS

I remember Norm MacLeish as being a very proud and exuberant person who was passionate about anything classical, whether it be music or literature.

Norm was into running and his eyes would light up when telling how quickly he ran a particular marathon, his favourite being the cross-country run between Broadford and Yea, which super fit members of the Melbourne Bushwalkers used to undertake in the 1970s.

Norm was also into bush-walking and would be frequently heard humming pieces of music such as, Rachmaninov and Beethoven piano concertos, as he effortlessly climbed steep mountain trails.

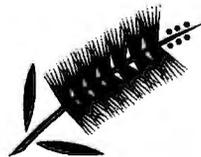
I always thought that Norm should have been an actor – he always took great delight in reciting poetry or passages from Shakespeare and with his magnificent speaking voice would have made quite an impression on stage.

Norm was always a great one for jesting. As a previous school teacher he was used to being called “Sir” and would often chastise me for calling him Norm. He would say I was being too familiar and should call him Mr McLeish. He would enjoy fooling around. In fact, I have a photo of him taken on a bush walk and he is bare-chested apart from wearing a bra. (Goodness knows why he was carrying a bra on a walk.)

Norm usually called people by their surname and I was always called Heathcliff rather than Hodgson, this always being another example of his love of the classics. My wife Janet was always called Mc Creadie (her maiden name) due mainly to the Mc like his name.

To sum up, I believe Norm to have been a very theatrical man possessing manic energy and a great desire to make people laugh, quite often at his own expense.

GRAHAM HODGSON



A LITTLE KNOWLEDGE...

SNAKE BITES

This is the first in a series of articles on first aid treatments.

The pressure immobilization technique (PIT) is used in the early treatment of bites of venomous Australian snakes. This technique is suited to those bites where the effects of the venom occur distant from the bite site and if the venom's movement from the site is delayed then symptoms of envenomation will similarly be delayed, perhaps for hours. These same considerations may also be applied to the blue-ringed octopus and funnel web spider bites, so PIT may be used for these as well, (but not for the red back spider, whose toxic effects are mainly local, unless the victim is suffering an allergic reaction to the red back bite in which case PIT may be appropriate).

How does venom spread? Venom is introduced into the tissues by a bite and will move by tracking along tissue planes, or by entering either capillaries (the smallest of the blood vessels) or lymphatic vessels. The lymphatic system is significant in the transport of venom. Normally slightly more fluid, carrying nourishment to the body's cells, is filtered from the blood capillaries than is absorbed back. This excess fluid which forms the lymph, and which would contain venom if a bite occurred locally, finds its way into these lymphatic vessels which eventually join together and enter the blood circulation near the right side of the heart. These lymphatic vessels are at low pressure, lie within muscle, and have a system of valves which only allow flow in one direction – so when the muscle contracts the lymph is propelled forward, and therefore, if the muscle is relaxed and compressed then the lymph flow will be reduced. This is an important principle of PIT, ie. PIT will delay the passage of venom that may be contained in the lymph. Also the lymph flow is sluggish in comparison to that of blood. (Only about 3 litres of lymph are produced per day compared to the 7000 litres of blood that passes through the blood circulation over the same period.)

Similarly this compression will also compress blood capillaries which will further help to keep venom localized at the bite site which would otherwise have found access to the general circulation through these open capillaries.

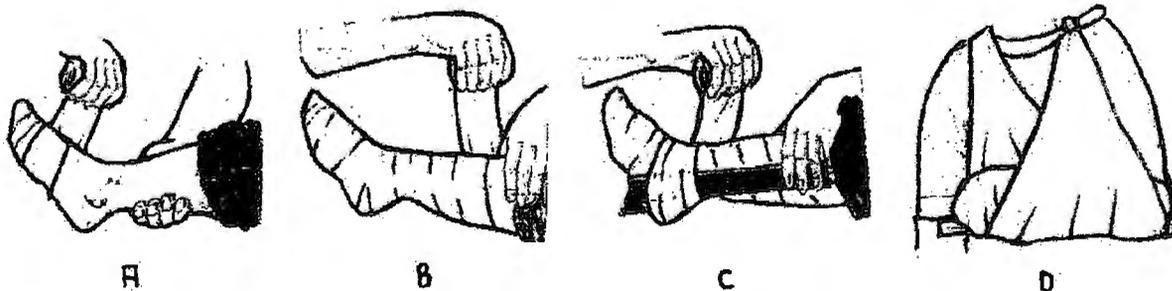
It follows that from the information above a snake bite victim should move the affected limb as little as possible – not even to remove trousers (about 95% of snake bites are on limbs) and that the pressure bandage should be applied to immobilize joints on either side of the bite to prevent muscular movement around the site. The bandage should be a broad one, applied with the firmness that you would apply to a sprained ankle, begin from below upwards, include the bite site and extend it as high as possible. (A and B) Please note that too tight a bandage will be painful and will cause the victim to move fingers or toes and thus negate the purpose of the bandage through the muscular movement produced. Lastly a splint should be applied to further help immobilize the limb. (C) These points are illustrated in the diagrams below where the bite in (A) is at the ankle. Also if a bite occurs on the hand or forearm the bandage should reach the elbow and splint used. (D)

A further point is that the bite site should not be washed for the snake may be able to be identified from remnants of venom left on the skin when the victim reaches medical help.

Questions

1. Which other creature's bite can PIT be used for that I have mentioned above and that we encounter in Victoria?
2. What is the consequence of applying a pressure bandage too tightly?
3. How does keeping muscles from contracting reduce lymph flow?
4. Should you wash a snake bite site?

Answers on page 11



QUENTIN TIBBALLS
TRAINING OFFICER

NEST BOXES FOR ENDANGERED SPECIES MONITORING WEEKEND

BENALLA / LURG, 1 - 2 MARCH 2003

We (along with members of other clubs) met at 10 am Saturday with Ray Thomas in Benalla. He has 137 nest boxes installed on trees throughout the Lurg Hills, near Benalla. He hopes they will be populated by sugar gliders or squirrel gliders, but anticipates that some may house bees or possums. We are given information that will help us identify the furry dwellers. Our mission is to check to see what type of creature has taken up residence, if any.

Armed with a map and details of the boxes to be located by our group, we load the ladder on the car roof rack and head by road to our boxes. We walk cross-country to find each of our boxes and note details of residency, making many references to our maps and creature descriptions. We have an easy trek through pastoral grazing land, and shared paddocks with cows and calves on several occasions. We saw some kangaroos, echidna, and some dead cattle. I was heartened to see the return of touches of green to the dry undergrowth.

We met with members of the other groups for a shared picnic tea at an old school house. We compared notes. Ray and his colleagues were very encouraged by our results. Six of our 12 boxes housed furry creatures, thought to be gliders, and only one had an active bee-hive!

As sunset neared we quietly approached a nesting box, and waited, in hopes of seeing some gliders head off on a nightly foray. The gliders had other ideas, so we headed off for some spotlighting, where we saw some ringtail possums.

We set up tents beside a scout hall, enjoyed a cool sleep and had Sunday breakfast at a bakery in Benalla. More boxes were checked on Sunday. (Overall 96 boxes were inspected: 19 with no signs of life, 71 with signs of life, 6 with bees, 21 Squirrel Gliders, 37 Sugar Gliders, 2 with Antechinus nests and 1 Ringtailed Possum.)

Our group was: Amanda Smith, Craig Carpenter, Sylvia Ford and me, with thanks to Rod Novak, our leader, who was assisted by Liz Moore.

NANCY BELYEA

MID-WEEK WALKERS' BASE CAMP

CATHEDRAL RANGES, 4 - 5 MARCH 2003

The program of monthly mid-week walks is on a high at the moment (pun intended). They are usually easy to easy/medium, fairly laid back and not too far from home, and one of the biggest attractions is that wherever we go we usually have the place to ourselves. There's the regulars of course, but each walk seems to attract some new faces - and they keep coming back! Naturally, most of us are either retired, self-employed or enjoying a bit of a holiday.

With this in mind, and while on one of these walks, the very regular Susan Maughan put forward the idea of a base camp. Had it ever been done before? Not as far as anyone knew. So it was on: The Inaugural Wednesday Walkers Base Camp. Susan decided on the Cathedral Ranges because they are close to Melbourne and have some idyllic camping places. Officially the trip was over Tuesday/Wednesday but some of us drove up on Monday and returned Thursday. We camped at an almost deserted Cook's Mill and the weather was perfect. Tuesday morning was spent socialising and showing off the latest in space-age bush-walking technology. Bob demonstrated his instant shower enclosure ("just add hot water"). It looks a bit like a T.A.R.D.I.S., but isn't nearly as roomy inside.

After lunch we explored the lesser known Blue Range area to the east, and walked up an attractive small gorge to the Little River Falls. When we got back it was Shrove Tuesday, (well, actually it was also Shrove Tuesday before we left, but by now we were hungry,) so we had blueberry pancakes and mulled wine for tea around the campfire. Some people drank gin and tonics as well. The ever resourceful Bob brought a trailer load of wood with him and after three nights there was still some left. During the evening a mob of kangaroos wandered in to graze just a few metres from us, quite unconcerned by our presence. I guess they were hungry too.

Wednesday morning saw us off to a very respectable 10.30 am start. We climbed up the track to "The Farmyard", (so called, apparently because local birds imitate the sounds commonly heard around a farm), and headed north across the mountain's backbone to its highest point, Cathedral Mountain. The views across the Acheron valley were quite spectacular. Then it was back down the track to Ned's Gully and a short shuffle back to camp. The perfect end to a perfect day was an (almost) perfect meal at the pub in the nearby hamlet of Buxton. While we were there we asked our host about a cave system marked on the map, just out of Buxton. She knew nothing about it. After all, as she said, she'd only been living in Buxton for nine years.

It was a base camp to remember, and there will certainly be more to come. Watch this space, or talk to any of the following: Phil, Liz, Mick, Bob, Max, Susan or me.

STUART HODGSON

GRAMPIANS BASE CAMP

LABOUR DAY LONG WEEKEND, 7 - 10 MARCH 2003

What with the fires and their aftermath we could have been forgiven for wondering if we'd be walking anywhere so I suspect it was a grateful group that met at the Plantations campsite in the Grampians. And what a campsite! Large, spacious, plenty of vegetation, not crowded at all and with pine needles to camp on. And the weather was managed beautifully by the leader – warm, sunny, no rain at all, but not too hot.

While one group explored the Wonderland area, my group went off to the Seven Dials – a series of peaks on a cliff line, following a John Chapman walk. We started at Dial 6, after having a little difficulty finding the way up the cliff initially. We took lunch on the first peak, taking in the fine views. Some scrub was encountered along the cliff edge at first, but this soon cleared and we were able to enjoy the rock scrambling up and down the peaks, going to Dials 5, 4, 3 and 2. (Each 'Dial' is a peak on the cliff line). The rock in the Grampians is so good for this scrambling – rough with excellent grip and with lots of protuberances for hand and footholds. The rocks have weathered into wonderful shapes – we saw a crocodile (or lizard), and a huge chook, plus various faces. Back at camp I enjoyed the luxuries of base camping – something I'm only now learning about after years of pack carrying. Chairs, table, gas ring stove, and someone even provided a solar-heated shower! Most of us took advantage of the shower facility, complete with modesty curtain! Now we don't get that on a pack carry! A cup of tea and a sit-down before dinner, a chat about the day, dinner (real meat, no de-hyde!) bottles of wine and the campfire – *this* is really good!

The whole party set off for the Mount Stapleton - Hollow Mountain area on Sunday. After climbing Stapleton, the party split, with my party headed by Jopie heading off to explore Hollow Mountain. What a great place this is! Little chasms to jump over, all manner of hollows, overhangs and caves to explore. At afternoon tea we were entertained by a resident skink (the largest I've seen) that came up close, looking appealing, obviously waiting to be fed. I accidentally dropped a chocolate bar wrapping and the skink moved like lightening to carry it off. The wrapping was so large that the skink couldn't see where it was going and it almost ran up Jenny's leg! It disappeared under a rock to relish its prize. Eventually I was able to ambush it and retrieve my wrapping. We all enjoyed visiting (or re-visiting) this mountain. To finish the day we climbed Mt. Zero for further views.

To complete the weekend on Monday we explored the cliffs directly opposite the campsite. This entailed a climb of some 500 metres, where we joined the track to Briggs Bluff. A convenient rocky outcrop again afforded us great views. After a leisurely lunch back at camp we packed up and headed back to Melbourne.

Thank you Pearson for organising this weekend and to Jopie for leading the walks.

DERRICK BROWN

NEW MEMBERS

NARELLE J BEURLE

MICHAEL CRONIN

PETER & SUSAN GREEN

KEITH N MC KENRY

MELISSA NEILL

SARA NOURI

EMMANUEL OGER

PETER P OPPENHEIM

CHANGE OF ADD./PH.

TREVOR BROOKS/BARBARA DAY

RICHARD CHATER

ELLEN DAY

JOY GRINHAM (CARVER)

LESLEY D HALE

SYLVIA HARRIS

ROSS HOSKIN

LARS LINDAHL

STUART MATTINGLEY

JOYCELYN NESVOLD / BERT REEH

MICHAEL D QUINN

JAMIE REDDOCH

KEITH WHITE

MEMBERSHIP STATS

Life Members	10
Honorary Members	10
Single Memberships	367
Family Memberships	106 (2x53)
Total Membership	493
This Time Last Year	482

PETER HAVLICEK
MEMBERSHIP SECRETARY

TRACKS, HUTS AND CONSERVATION

Here are some notes from the VicWalk Conservation Committee meeting on 23 April.

Alpine National Park - 'Alpine Hut Replacement Policy' - 12 e-mail submissions were received from the notice placed in *VicWalk News* and club newsletters. Each damaged hut was examined considering its location, its refuge status, heritage and prior right issues.

Huts recommended to be re-built are: Bivouac Hut (Staircase Spur on Mt Bogong), Federation Hut (Mt Feathertop), Michell Hut (Eskdale Spur on Mt Bogong), principally for refuge purposes. The following was also recommended: Bon Accord Hut site (Bon Accord spur on Mt Feathertop/Mt Hotham) to be a water collector and tank (ie. no hut), and the Ropers Hut site (Duane Spur) needs a composting toilet for this popular camping spot (ie. no hut).

Huts recommended not be rebuilt are: Batty's Hut (New Country Spur), Bogong Jack Hut (Bogong Jack Saddle), Bon Accord Hut (Bon Accord Spur), Briggs Logging Camp (West Kiewa river), Honeymoon Hut (Dungey Hollow), Kelly's Hut (Cemetery Spur), McNamara's Hut (Buckety Plain), Quintet Mine Huts (Swindlers Spur), Red Hut (Rocky Valley Creek), Ropers Hut (Duane Spur), Springs Saddle Hut (Springs Saddle).

Falls Creek Ski Resort - The Department of Sustainability & Environment have granted planning permits for a ski tow at the Rocky Knolls area. Also the Damsite Hill area (a hanging valley) will only be developed as a chairlift (not a poma or ski tow) to reduce the environmental impact on this special area.

Volunteers required for "Friends of Bogong" working bee on 17-18 May. Contact Dawn Kneen at dmkneen@pacific.net.au for more information and bookings.

Bunyip State Park - The letter writing campaign by bushwalkers requesting better walking tracks and reducing 4WD and motorbike traffic/damage has been very effective with a review of the management plan to commence. A Parks Victoria 'briefing committee' has been appointed – all are PV staff and they will develop a brief for the consultants. The Ranger in Charge – Mr Greg Young – will be on this briefing committee. The Consultants are expected to be appointed in June.

It is requested that bushwalkers continue to send letters to the Ranger in Charge of Bunyip State Park asking for better walking tracks and to stop the excessive motorbike and 4WD traffic on bush tracks.

Mornington Peninsula - Neil Taylor (a member of the Coastal Management Committee) has concerns with the sale of 90 hectares of Commonwealth land at Point Nepean. Neil needs assistance with an e-mail and letter writing campaign directed to Steve Bracks (Premier of Victoria) and Fran Bailey (Parliamentary Secretary to the Minister for Defence) requesting the 90 hectares of land be donated to the Point Nepean National Park. The current Commonwealth government position is to sell the land at a commercial price. The land cannot be developed for housing and a possible outcome is resort development at the old Quarantine station. An action day is planned for the first weekend in May. Neil is most interested in bushwalker support and is willing to lead tours for bushwalking clubs to see the issue up close. Contact Neil at neiltay@dcsi.net.au for more information / assistance.

Action: all bushwalkers encouraged to send a letter / e-mail on this issue.

Snowy Mountains - The 'plan of management review' for Kosciuszko National Park is still continuing with community consultation and newsletters. To obtain a community update newsletter you can email kosciuszkopom@npws.nsw.gov.au or free call 1800 200 208.

Tasmania - An e-mail received on the Melbourne Bushwalkers website from the Tasmania National Parks Association requesting bushwalkers to participate in the 'Save Maria Island' weekend scheduled for 24 and 25 May. The weekend aims to raise awareness of the proposed development of Darlington, Maria Island National Park into a five star resort and conference centre, and provide a focus for opposition to the development. Also, letters opposing this development are required. For more information contact Lana at lanak@netspace.net.au

**ROD NOVAK, CLUB DELEGATE
VICWALK CONSERVATION COMMITTEE**

Answers

1. A blue-ringed octopus.
2. The victim may move his muscles of the affected limb and negate the effect of PIT.
3. The lymph is propelled through muscles by a system of one-way valves when the muscle contracts so if the muscles are not contracting the lymph will not be propelled by this mechanism.
4. No.

WALKS PROGRAM - MAY 2003

Sat 3	Cycle trip: Southern Suburbs / Beach ride	Private	Easy	Jan Palich	
Sun 4	8.30 am start Keppel Falls – Whitehouse Crk	BUS	E & E/M	Jerry Karbownik & Halina Sarbinowski	#
9 – 11	Pack carry: Lerderderg Gorge	Private	E/M	Roger Wyett	
Sun 11	Masons Falls, Kinglake NP	BUS	E/M & M	Nick Dow & Sibylle Holdheide	#
16 – 18	Base camp: Tidal River, Wilsons Prom	Private	E/M	Rod Novak	
Sun 18	Rhyll Wetlands, Phillip Island	BUS	E & E/M	William Cone & Peter McGrath	#
Wed 21	Camels Hump – Sanatorium Lake	Private	E/M	Sandra Mutimer	
23 – 25	Pack carry: Mt Warwick – Paradise Falls	Private	E/M	Max Casley	
Sat 24	Dandenongs Explorer: Sherbrooke Falls via Lipscombe Break	Private	Easy	Rod Novak	
Sun 25	Pyrites Creek, Gisborne	BUS	E/M & M	Alan Miller & Howard Friend	#

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Family/Couple -membership \$70.00 **Concession** – couple \$38.00 (proof required)

New members joining on/after 1 October 2003 \$24.00 less visitor fees *The News* – \$20.00

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