



THE NEWS OF THE Melbourne Bushwalkers Inc.

60 cents

Edition 677 | JULY 2007

Melbourne Bushies - 12 years ago

Jan Palich has found a couple of gems from the past. One seemed appropriate due to the bumper snow this year. The other is one of Athol Schafer's historical walks.

Beginner's skiing at Lake Mountain 22 July 1995

Sylvia Ford has been leading ski trips for quite some time and her excitement in sharing these experiences shows in the description of this one day ski trip "Bloody Good Group", which is what she calls most of the groups that go away with her. Everyone loves Sylvia's trips and they still get booked out very quickly.

"The 15 skiers left Melbourne for Lake Mountain at 6.30am on Saturday morning in private cars, very early so that they didn't miss any skiing. After getting fitted out with skis and poles, they set off to Echo Flat where they practised diagonal slides. Sylvia's daughter Emily had already shown the group how to fall over and get up without poles; so they practiced "snow plows" till lunchtime. The group then split into two for the afternoon and the advanced group went on the "Blue" trails, which from memory are just beautiful bush areas. The others kept going round the circuit near Echo Loop which for a beginner is still quite challenging. One descriptive sentence in Sylvia's report indicated that there came a time in the afternoon that everyone was falling over going down hill. It must have been icy. But even though everyone were rather tired by the end of the day, they still had energy for afternoon tea at "Ye Olde Yarra Track".

Lower Yarra Valley - 12 June 1995

Athol Schafer has been a very long time member of Melbourne Bushies and in later years he became known for the historical walks he led around Melbourne and the surrounding hills. Athol's attention to detail is incredible as he always hand drew his maps and marked each and every item of history with a small description. This particular walk was held on Monday and there were 16 Bushies that set off with Athol from Scotch College in Hawthorn, along the Yarra, criss-crossing the river to look at the Survey Paddock (1838), the Corroboree Tree, Scullin Walk which was named in honour of James Scullin who became Prime Minister 1929-31, and many more little bits of history. The walk finally went past Studley Park Boathouse (1863) and finished at Dights Falls - site of a flour mill (1839). Although this walk was only 9 kms, and took just 4½ hours, those that went with Athol were very lucky indeed as his knowledge was unequalled.

(Research - courtesy of Graham Wills-Johnson)

Jan Palich

FIRST AID COURSE

EXCELLENT OPPORTUNITY The "outdoor special"

The concept of "prevention" being better than "cure" is the principle which underpins MBW risk management and safety policy, also the notion that we should always be well-prepared and well-equipped for our activities and vigilant with regard to personal safety.

Despite our best efforts, however, there are times when unexpected injury or illness may occur out on a bush walk or some other programmed club activity and the usual channels for seeking medical assistance and support are not available. It is then we are faced with the need for members to have suitable knowledge, confidence and skills for dealing with such emergencies, as good First Aid management at the scene of any medical emergency has been proven in most instances to produce the best and most positive outcomes.

With these facts in mind, Melbourne Bushwalkers Club is offering members, (we would like to encourage leaders in particular), the opportunity to attend a certificated First Aid Training Course, which will be conducted by an accredited agency located in Blackburn. We have been offered an excellent deal with this Level 1 certificated course, entitled the "Outdoor Special"

The course cost is \$80.00 per participating MBW member. Bushwalking Victoria has offered to refund \$40.00 of the course costs to club members on presentation of registration number and certificate, and as an extra incentive the committee has approved an addiiton \$20 refund to all club member who participate.

The course will be run on Saturday, 25 August, 9.00 am- 4.30 pm at the First Aid Training and Management Education Centre in Blackburn.

The course will cover:

- Casualty assessment and the unconscious casualty
- Resuscitation techniques both CPR and EAR
- Hygiene
- Govt standards relating to First Aid and First Aid kits
- Hypothermia, hyperthermia, heat exhaustion , heat stroke
- Asthma
- Bleeding. Shock
- Sprains, fractures, bandaging
- Burns
- Bites and stings

Members are encouraged to avail themselves of this excellent offer. Please let Lynda know ASAP if you are interested.

Lynda Larkin (President)

Members of the Melbourne Bushwalkers Inc meet on Wednesday evenings between 7.00 and 9.00 pm in the club rooms at:

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 1751
MELBOURNE VIC 3001



www.melbournebushwalkers.org.au

The News of the Melbourne Bushwalkers Inc (**The News**) is published monthly, and is the official newsletter of Melbourne Bushwalkers Inc.

Editor: Christine Salau

Walk previews, walk reviews, articles, poems, news items, photographs of club events, reports of new gear, book/movie reviews, letters to the editor, advertisements, etcetera are always welcome. However, the Editor reserves the right to edit contributions where space, clarity or propriety dictate, and to maintain editorial consistency. **Note - photographs should be sent as separate files which are capable of being edited.**

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

- Posting a diskette or hand written material to The Editor at 16 Carinya Road, East Bentleigh 3165.
- **The most preferred method is emailing an unformatted text file to news@mbw.org.au**

Closing date for receipt of material for The News is without fail the last Wednesday of the month.

Only advertisements that directly relate to bushwalking (eg gear, maps, trips, tours etc) can be accepted. Advertising rates commencing with edition 674 | April 2007 are the following:

1/4 page, \$80 per insertion (80mm(w) x 12mm(h))

1/2 page, \$160 per insertion (170mm(w) x 125mm(h))

No discounts will apply for multiple insertions.

Club rooms Duty Roster:

Wed July 11th - Lynda, David A *

Wed July 18th - Peter H, Ray *

Wed July 25th - Liz, Carol C *

Wed August 1 - David L, Halina *

Wed August 8 - Fay, Carol S

(* Treasurer in attendance)

Next Committee Meeting:

Monday, August 6 2007

LETTERS/EMAILS TO THE EDITOR

A Blast From The Past

(Email to the Editor from Graham Breen)

I have just received an email from Graham Breen. As many will know, Graham is among the "cluster" of MBW beloved ex-presidents, including Graham Mascas and Geoff Mattingley, who have retired down Bairnsdale way. The pace of life down there, both human and electronic, must be leisurely and particularly suited to some of our ex-presidents because well, first I'll let Graham tell his story.his way:-

From: "grahambreen"

To: "Graeme Thornton"

Sent: Sunday, June 24, 2007 5:26 PM

Subject: WONDERS WILL NEVER CEASE

"Dear GT and TG

You have the honour of being the first person to send me a text message. However let me tell you of the trauma it caused -

We were driving back from Belgrave, having spent the night at a bed and breakfast to attend daughter number two's 50th party Saturday evening, when 4 beeps sounded from in the car. We did not know what had beeped but the phone in the glove box that I thought I had turned off seemed the most likely of the unlikely sources. I pulled over extracted the phone from the glove box and yes it was on but displayed a message that it was locked. Now I have never locked the phone not only did I not know how to lock it I certainly had no idea how to unlock it. The manual was of course at home. A few futile attempts availed nothing I could not even turn it off. Some time later another 4 beeps came forth and we ignored them, maybe it will all go away. Further on another 4 beeps.

Then the ring tone and a call came in from the lady at the B&B. She was replying to a call I had made her earlier. Well I thought the phone is back to normal I will turn it off, but no it informed me it was locked. When we stopped at Pakenham for fuel I had another go at unlocking it and succeeded. I promptly turned the nuisance off. When we got home and after the animals were fed and the fire lit I sat down with a mug of chocolate and the manual. The process of locking it was too complex for it to happen accidentally and I was perplexed. It was then I noticed the mail icon on the screen and on further experimentation discovered the first ever text messages, yours and I think three reminders from Telstra. At least the mysterious beeps were explained.

Now to the crux of the matter.

The very serious business of skiing the high plain.

I will be having a lot on my plate, both expense wise and time usage wise and unfortunately I will not be able to take up your kind invitation to join you at the Rovers. I do however expect to put in some time at Dinner Plain and Hotham this winter as it seems we may be in for a good one.

All the best

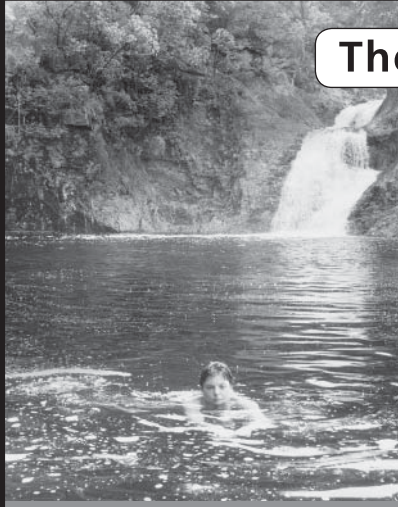
GB and Jill"

Now, I don't know whether; Telstra's CDMA mobile reception is poor east of Belgrave, or; they use homing-pigeons trained in Outer Mongolia to deliver SMS's over the Bairnsdale leg, or; SMS stands for Slow Message Service because, you see, I have not been into the Rovers for two years and that SMS to Graham was sent over two years ago in 2005!

Graeme Thornton

Build Up Bushwalking

The most dramatic season of all



September to November!

Our 25 October trip is already a definite departure.

Dawn. The pleasant temperature evaporates with the sun. Huge clouds grow as the land swelters below. Suddenly a wind springs up and the temperature crashes. Rain buckets down as lightning flashes and thunder roars. Then as quickly as it began, the storm passes. Frogs call and the birds sing. The land turns green, almost as you watch. All nature rejoices in the change.

Our Build Up trips are the most laid back and relaxed that we offer – early starts, early finishes and long lunch breaks sitting by tranquil pools. On two of the trips, you spend a night relaxing on a houseboat, visiting a magnificent area not easily accessible on foot.



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



Cheese and
Wine Evening

25 July 2007
in the clubrooms

THE NEWS OF THE EQUIPMENT STORE

Stove windshields and exploding gas canisters



You can't use a canister mounted gas stove in very windy conditions without some form of wind shield but doing so will be against the equipment manufacturer's recommendations. So is it wise to ignore them? It all hinges on the likelihood of overheating your gas canister. It will be rated safe to about 500C (a temperature at which you can comfortably hold it in your bare hands) and burst at about 1000C (a temperature which could conceivably be reached if you are not careful).

You can reduce the likelihood of it overheating by leaving ventilation gaps, not using high burner settings, not running the burner for prolonged periods and by using a reflective shield on top of the canister. If you combine this with sufficient touch tests to ensure that the canister never gets above 500C you should remain safe.

With this in mind the equipment store has purchased a roll of 230mm wide aluminium flashing ideal for stove windshields. You can buy a 750mm length for \$3.00. Better still if you own a Kovea Titanium gas burner and a pot no wider than about 120mm you can make a simple windshield for about \$1.00 that weighs 30g, improves burner efficiency by about 18% in still air, doesn't interfere with burner controls, doesn't heat the gas canister (although it would be a good idea to check it from time to time), stores neatly inside your pot and overcomes a design deficiency in the burner by stopping the pot supports from rotating. Your equipment officer is currently field testing it overseas but, given his previous windshield design failures, you might be wise to wait until his return before getting too excited.



John Fritze (Equipment Officer)



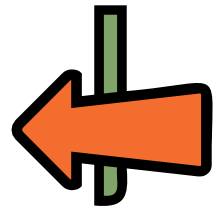
MELBOURNE BUSHWALKERS INC

NOTICE OF HALF YEARLY GENERAL MEETING

8.00 pm, Wednesday 15 August 2007

The Clubrooms, 48 McKenzie Street, Melbourne

All welcome



Notice of Motion for Half Yearly General Meeting

Change of title of Committee positions

“That Rule 14 (2) (e) of the Club Rules be changed from a “Walks Secretary” to a “a General Walks Secretary” and that Rule 14 (2) (f) be changed from “an Assistant Walks Secretary” to “ a Sunday Walks Secretary”.

Other Business

Election to fill casual vacancies on Committee

Nominations for these positions are invited. Please contact Fay Dunn or ask committee member on Duty in clubrooms for nomination forms. Positions vacant and current nominees are:

- Vice President Nominated - Carol Criddle
- General Walks Secretary Nominated - David Arnold
- General Committee Member Nominated - Del Franks

MELBOURNE BUSHWALKERS INC

Appointment of Proxy

I

of

.....

being a member of Melbourne Bushwalkers Inc, hereby appoint

who is also a member of Melbourne Bushwalkers Inc, as my proxy vote at the Half Yearly General Meeting to be held on Wednesday 15 August 2007 (and at any adjournment of that meeting).

My proxy is authorised to vote in favour of*/against* the following resolutions.

.....
.....

Signature of Member:

Date:

Return to The Secretary, Melbourne Bushwalkers Inc, GPO Box 1751Q, Melbourne 3001, or place into the Secretary’s pigeon hole in the clubrooms.

MEMBERSHIP CHANGES:

(As advised by Peter Havlicek, Membership Secretary)

New members: Olwyn Jones
 Dean S Rackham
 Robin W Wishusen
 Margaret Stirkul

MEMBERSHIP STATS:

Life Members	13	
Honorary Members	11	
Single memberships	299	
Family memberships	86	(= 2x43)
Total membership	409	
This time last year	437	

Notice board

Expressions of interest

FRENCHMAN'S CAP

A trip to Tasmania, Melbourne Cup Extended Weekend 2 to 7 November 2007

Frenchman's cap is a track leading to the summit of the magnificent white quartzite dome of Frenchmans Cap (1446 m), which is the most prominent mountain peak in the Franklin-Gordon Wild Rivers National Park. The walk offers a perfect three to four-day trip, walking through forests and buttongrass, lakes and bogs, crags and valleys, and a superb peak to ascend. From the Lyell Highway west of Derwent Bridge, the track climbs to a saddle then crosses the Loddon Plains before ascending Lake Vera, with Tasmania's highest-altitude Huon pines fringing its banks. The climb continues through the dramatic Barron Pass to reach Lake Tahune, tucked below the Frenchman's crags. The ascent of the Cap is an easy day from Tahune, but clear weather is essential. Camping areas are small but there are good huts at Lakes Vera and Tahune. The walk grade is medium (possibly medium/hard).

The current plans for the trip are as follows:

- Fly to Hobart on Friday 2 November in the afternoon or early evening and stay the night in Hobart
- Depart Hobart early Saturday by coach or car (dependent upon the number of walkers) and travel to the start of the walk (55km from Queenstown, 200 km from Hobart)
- Distance of the walk is approximately 3 to 4 days to complete. I have allowed 3 days, with an extra day at the end just in case. A further two days are for travelling, resting etc .. so the trip is 6 days in total.
- Subject to walk completion the plan is we return to Hobart on either Tuesday or Wednesday, and fly back to Melbourne on Wednesday 7 November in the afternoon.
- For planning purposes we estimate that the cost will be around \$500 all up, dependent upon the number of walkers and how cheaply you can purchase your airline ticket.

If you are interested in coming on this trip, please contact Mohammad on 9480 4694.



BOGONG HIGH PLAINS

Cross country skiing 1 to 8 September 2007

Since the loss of our beloved Wilky we have been able to continue the tradition of a weeks High Plains skiing by using the Rover Chalet. Whilst this is not as cosy as Wilky, (though just as comfy), the High Plains are just as wonderful in their snowy mantle. This year we have the week 1st to 8th of September, usually a very good week and this year the snow certainly has started well. Booking is available on the Rover site www.bogongroverchalet.org.au

Give me a ring if you wish to discuss the week. However I will be away from July 6th to August 9th but Marilyn Whimpey is happy to act as contact in that time.

Doug Pocock (ph 5964 4581)



A great thing to do with Liz

Social evening/dinner in Port Melbourne

- Friday 20 July, 7.00 pm
- Platform Bar/Restaurant
101B Beach Street, Port Melbourne

Come along for a convivial dinner at this trendy but reasonably priced restaurant with great views.

The prices for mains are less than twenty dollars unless you want a very big steak.

You will need to RSVP to me for this event as I have to book

Please RSVP by 16th July by phone or email.

Liz Moore



Cycle

CITY TO BLACKBURN LAKE AND RETURN

DATE Saturday 14 July
 STANDARD Easy/Medium
 DISTANCE 60 km
 LEADER Philip Brown

We will meet at Sandridge Bridge teh Flinders St Station end. Start on the Yarra trail then to the Gardiners Creek path through picturesque parklands out to Blackburn Lake Sanctuary, where we can feed the ducks as well as ourselves with lunch. Then return by bike or train. I will see if I can find a coffee shop along the way for the caffeine addicts. For more info ring or I will be at the club rooms Wednesday before the ride.



Sunday Bus

BUNGAL STATE FOREST

DATE Sunday 15 July
 STANDARD Easy and Easy/Medium
 DISTANCE 12 km and 15 km
 LEADER(S) Mark Heath and Peter McGrath
 TRANSPORT Bus – Southbank Boulevard 9.00 am
 RETURN TIME 6.30 pm
 AREA Ballan
 MAP REF Lal Lal and Yallock 1:25,00

A pleasant walk thru open bushland to the junction of the East and West Moorabool rivers with lots of kangaroos, panoramic view along the valleys and maybe some wattle in flower.



Wednesday Walk

VAUGHAN SPRINGS AND GOLDEN GULLIES

DATE Wednesday 18 July
 STANDARD Easy
 DISTANCE 13 km
 LEADER Lesley Hale
 DEPART TIME Arrive 10:15/10:30 start (130km NW of Melb)
 AREA Goldfields – Castlemaine Historic Reserve
 MAP REF Vicmap 7723-4-2 Guildford 1:25,000

Meet at the Vaughan Springs Reserve which is reached via Daylesford/Midland Highway/Guildford or Calder Highway/Malmsbury/Glenluce. The route is a loop south following foot tracks, water races, and 4wd tracks through forested hills and gullies and along the charming valley of the River Loddon. The area is dotted with ruins and relics from its mining past and includes colourful rock formations. There is something for everyone on this very pleasant walk including freshly pumped mineral water in several flavours.



Sunday Bus

LODDON FALLS - VAUGHAN SPRINGS

DATE Sunday 22 July
 STANDARD Easy and Easy/Medium
 DISTANCE 12 km and 15km
 LEADERS David Laing and Nick Dow
 TRANSPORT Bus – Southbank Blvd. at 9.00am
 RETURN TIME Approx. 7pm
 AREA Upper Loddon State Forest
 MAP REF Guildford 1:25,000 and Daylesford 1:25,000

LODDON FALLS - VAUGHAN SPRINGS (cont'd)

We start this walk south of Vaughan Springs with both walks heading roughly north to end at Vaughan springs. The longer walk starts an 3km further south. Both walks follows footpaths/pads, water races, 4wd tracks and a number of off track sections. The walk traverses forested hills and gullies dotted with ruins and relics from its mining past and includes colourful rock formations. There is something for everyone on this walk including many deep mine shafts and an interesting relic that appears to be a covered trough running up the hill to a stone chimney, one theory is that the whole structure is a chimney. A pleasant walk through open forest, undulating terrain and no big hauls to contend with.



Dandenong Explorer

JOHNS HILL CIRCUIT WALK

DATE Saturday 28 July
 STANDARD Easy Medium
 DISTANCE 12.4 km circuit
 LEADER(S) Carol Corrigan
 RETURN TIME Approx 3.30 pm
 MAP REF Melway pages 124 to 127

The walk commences from Hermons Saddle Reserve (Melway Ref 124, E11) at 10.30 am and we will meet at the car park at 10.15 am. After a short climb we follow Ridge Road to Johns Hill Reserve which offers spectacular 360 degree views. From here we descend to Menzies Creek and follow this ferny track into Clematis. This is a very pretty section of track but may be slippery if the weather is wet. We will lunch at Clematis where there is a cafe for those who wish to buy their lunch or a hot drink. After lunch we will follow the Puffing Billy track for a short time on our way back to Hermons Saddle. Time permitting, we will visit the Puffing Billy Railway Museum at the Menzies Creek Station. There is no need to pre-book this walk but if you need more details or have any questions I can be contacted on



Sunday Bus

BASS COASTAL TRAIL AND CHURCHILL ISLAND

DATE Sunday 29 July
 STANDARD Easy and Easy/Medium
 DISTANCE 13 km and 15 km
 LEADER(S) Liz Moore and John McCall
 TRANSPORT Bus from Southbank Boulevard at 9:00am
 MAP REF Melway 534

This should be a lovely relaxing but invigorating coastal walk. The longer walk starts at Rhyll whilst the easier walk starts at the Rhyll inlet. Both walks will encounter beaches, mangroves (along the board walk at the Rhyll inlet) and mudflats. The walk will then cross the bridge to Churchill Island. We will have plenty of time to soak up the atmosphere of historic Churchill Island, which was the site of Victoria's first farm and now boasts, a historic homestead (1857) with a very good licensed cafe. You can do a short (10 min) walk to the homestead to have a more leisurely coffee/view the homestead or circumnavigate this scenic island getting fine views of Phillip Island and the mainland (but still have time for a coffee). Both Churchill Island and the Rhyll Inlet are well known for birdlife including migratory waders. Admission charge to the homestead is \$9 (optional).



TOFS

JUMPING CREEK WARRANDYTE STATE PARK

DATE	Thursday, 2 August
STANDARD	Easy
LEADER	Jean Giese
TRANSPORT	Private
MAP REF	Melway 23 and 24

From Jumping Creek picnic area, our walk takes us on a foot track beside the river to Blue Tongue Bend. Then it's uphill to an old farming area where, instead of grazing sheep we should see mobs of kangaroos. Downhill to the river again which we follow upstream into an area of bushland known as Stane Brae and then return by a slightly different route to our starting point.

Meet to commence walking at 10.30 in carpark Melway 24 A9. Book with leader on .



Sunday Bus

HEPBURN SPRINGS-MT FRANKLIN-TARILTA

DATE	Sunday 5 August
STANDARD	Easy and Easy/Medium
DISTANCE	13 km and 16 km
LEADER(S)	Lance Mobbs and Halina Sarbinowski
TRANSPORT	Bus-South Bank Blvd at 9:00am
AREA	Daylesford
MAP REF	Guildford and Daylesford 1:25,000

Starting point for both walks is the historic and picturesque Hepburn Springs with the Easy group able to explore the springs prior to setting off. From the springs we will explore Widow's Gully, Woman's Gully and Jackson's Lookout which affords great views over the area. At this point we will be following the Dry Diggings Track, a section of the Victorian Great Dividing Trail. We skirt Mt Franklin, viewing this volcanic crater from a variety of aspects, making our way to Tarilta Creek. We follow the Creek to the southern end of Tarilta Gorge, a very pretty part of the area. This walk is not often on the program and has had full bus patronage in the past so best to book early.



Sunday Bus

YOU YANGS REGIONAL PARK

DATE	Sunday 12 August
STANDARD	Easy/medium and Medium
DISTANCE	13 km and 19 km
LEADERS	John Fritze and Peter Hogan
TRANSPORT	Bus from Southbank Blv, 9.00 am
AREA	Little River
MAP REF	You Yangs Regional Park Guide

From the peaks of the You Yangs there are views of Melbourne, the bay and the volcanic plains SW of the city. Both walks start with a climb to Flinders Peak. On the way up there is a good view of the Bunjil Geoglyph, a huge stone ground 'sculpture'.

Most of the short walk is on good tracks but there is some off track walking down a rocky slope. Good shoes advised.

There is no drinking water available at the park so come with a full water bottle. The You Yangs are not far from the city so there will be no toilet stop on the way. We should be back by 6 pm.



Wednesday Walk

ARTHURS SEAT – KINGS FALL

DATE	Wednesday 15 August
STANDARD	Easy
DISTANCE	12 km
LEADER	Halina Sarbinowski
DEPART TIME	arrive 9:45 for a 10:00 start
AREA	Mornington Peninsula
MAP REF	Melways Map 159 and 171

We'll be meeting at Latrobe Parade Carpark (Melways Map159 D10) at 9:45am. This is a lovely walk that winds its way through attractive forests to Kings Falls then via Seamist Gardens on to Arthurs Seat, the highest point on Mornington Peninsula. The highlight of the walk is its views...views over rural farmland, views of both Port Phillip and Western Port Bay and on a clear day, views of Melbourne. We will have the opportunity for a cupper (or for those who prefer to be more indulgent there is a variety of treats) at Arthurs Restaurant before we make our way down from the summit winding our way under the ill-fated chairlift back to our cars.

Please call me on if you intend to do this walk so that I can confirm numbers. We would hate to start without you.



Sunday Bus

WOMBELANO FALLS - ISLAND CREEK OR ANDREW HILL

DATE	Sunday 19 August
STANDARD	Easy & Easy/Medium
DISTANCE	13 and 18 km
LEADER(S)	Phillip Geschke and Hans Edlinger
TRANSPORT	Bus-South Bank Blvd at 9:00am
AREA	Kinglake

The walks start on Eucalyptus Rd. The medium group walk to Andrews hill - a 320m rise through tall but open forest and return via some lovely tree ferned tracks to the Island Creek picnic ground.

The easy group have a short walk on the dirt road then enter the 'Gums' camping ground and follow a lovely creek (with water) to the picnic ground. Both groups head through forest to the transmissions lines which provide great views due to the cleared easement. We continue a gradual uphill rise for 6 km till the end of the walk - with a detour to the falls which actually has water flowing and are clearly seen across the small forested valley. The remaining walk along the road provides excellent views.



Dandenong Explorer

SASSAFRAS CREEK

DATE	Saturday 25 August
STANDARD	Easy
LEADER	Maureen Hurley

More details available next News edition.



VENTNOR - RHYLL (PHILLIP ISLAND)

DATE 26 August
 STANDARD Easy and Easy/Medium
 DISTANCE 12 km and 17 km
 LEADER(S) Marilyn Lock and Jacky McGrath
 TRANSPORT Bus from Southbank @ 9 am
 AREA Phillip Island
 MAP REF Melways 632

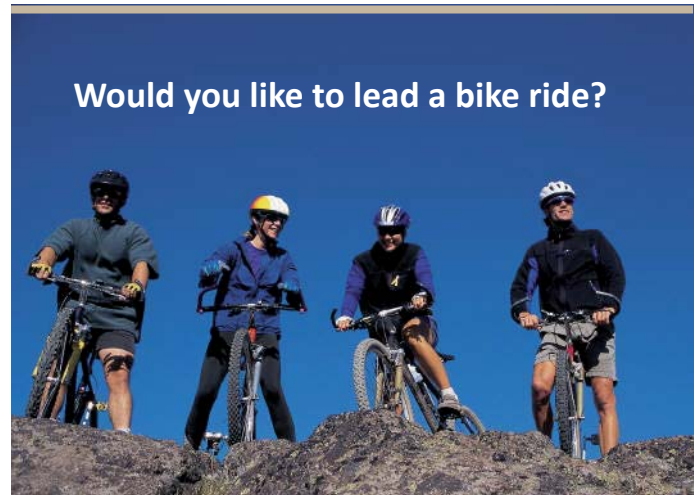
This walk is a splendid way to take in some of the history and beautiful scenery at Phillip Island.

Both walks will visit the Oswin Roberts Koala Reserve and take the boardwalk from Conservation Hill to Rhyll gaining a spectacular view of Rhyll Inlet. The koala reserve is a reminder of how Phillip Island must have looked before it was inhabited. Rhyll Inlet is considered a world class wetland.

Both walks hop back on the bus at Rhyll to venture down to Cowes Beach where the Easy Medium group will walk towards Observation Point to gain a closer look at the conservation area at Rhyll Inlet. To protect the hooded plover nests that may be present, the group will approach the area at low tide. Walkers will have to be careful not to go high on the beach to disturb the nests.

Both walks will visit the café at Cowes. Cowes brings to mind the early days of the Island when the pretty little town was the gateway. Travellers used to arrive at the Island here after getting off the train from Melbourne at Stony Point. Many walkers still often feel like returning here for a holiday.

Both walks will end at McHaffie Point at Ventnor. If we kept on going past this point, we would risk being part of the Penguin Parade.



Cycling trips are usually held on a Saturday (with the exception of the monthly Saturday Dandenong Walk). The average length of a ride is around 45 kms and usually on quiet roads or cycle paths. Currently we have 3 rides on the Spring Programme in September, October and November, but we need volunteers for the Summer and Autumn programme.

If you would like to lead a cycle trip, but don't know where or how to go about it, give me a call. I have plenty of suggested locations and maps and cycling books to borrow. If you are interested, or would like some more information, please give me a call

Jan Palich – Cycling Co-ordinator

Credit Vouchers

- Do you find it difficult to get to the clubrooms on a Wednesday night to book onto a Sunday walk?
- Don't have access to a cheque account
- Solution - pre-purchase credit vouchers

You can now purchase up to five credit vouchers at one time from the committee member on duty on a Wednesday night.

To book onto a walk simply post a voucher to the walk leader at the clubrooms. However, to ensure your place on the bus it is essential that you post your voucher at least two weeks before the intended walk, and also confirm with the leader that your booking and payment has been received.

Postal bookings using credit vouchers and cheques should be sent to:

Walk leader – (Date of walk)
 Melbourne Bushwalkers
 Box 1751
 Melbourne VIC 3001

Tracks, Huts and Conservation

Notes from Bushwalking Victoria

Environment Committee Meeting - 23 May 2007

- Australian Alps Walking Track - Bushwalking Victoria are assisting with the realignment of the Australian Alps Walking Track near Stronach's Camp (adjacent to the Baw Baws). A track maintenance weekend will be held in late October.
- Central Highlands - BV Environment Committee delegates in discussions with the Land Manager at Powelltown with a possible new track along Ada River Road and input into a new track from New Ada Mill to the Ada Tree.
- Grampians NP - "Letter to The Editor" in June VicWalk NEWS by Chris Baxter concerning the slowness of PV in re-opening the fire-affected areas of the park. The Parks Victoria response will be published in the July issue.
- Mornington Peninsula NP - The proposed shared walking/cycling track (Coles Track) will eventually join up with the Quarantine Station.
- Regent Honeyeater Project - The 2007 Spring Planting weekends are scheduled for 11-12 August, 25-26 August, 8-9 September, and 22-23 September. Also, Ray has asked for help with the placement of nest boxes. Contact Ray Thomas on (03) for bookings and/or more information.

Rod Novak



Search and Rescue WINTER PRACTICE - MT GWINEAR

DATE 21-22 July

LEADER David Laing
TRANSPORT Private

If you are interested in this activity, please contact Dave Laing



Pack Carry WIRILDA TRACK, TYERS REGIONAL PARK

DATE 4-5 August
STANDARD Easy
DISTANCE 30 km (16 km with full packs)
LEADER Bob Oxlade. 98878701
TRANSPORT Private
RETURN TIME 6-30 pm Sunday
AREA West Gippsland. North of Yallourn Nth
MAP REF Rooftops 1:100,000 Walhalla Woods point
Adventure Map, Vicmaps 1:25,000 Morwell
& Rintoul Creek

I don't think this walk has been done as a Pack carry by the Club before and thought this would be suitable time of year to explore it. The Tyers River winds through the steep forested walls of Tyers Gorge for most of the park.

We will be walking a circuit including the Wirilda Track which follows the river from Moondarra Reservoir to Wirilda Environmental Park in the south. We will leave home on Saturday morning (and there are excellent views of the Yallourn W Power Station and surrounds on the way) to begin walking from Blairs Road closed gate, via the Wirilda Environmental Park, to camp near Whites Creek. It may be possible for an optional side trip as we go.

On Sunday we will find somewhere to leave our packs and continue to the Reservoir with daypacks, returning to our packs and a further 4 km to the cars.

Although the route is mostly sheltered, be prepared for winter conditions.



Tree Planting REGENT HONEYEATER

DATE: 11-12 August
LEADER Mark Heath

A worthwhile and enjoyable weekend of tree planting at Benalla under the expert supervision of Ray Thomas.

Accommodation is provided at the Guides Hall and there's a tasty dinner at the Secondary College on Saturday night plus spotlighting or a fun bush dance.

On Sunday there is a BBQ lunch provided and an opportunity to check out the results of previous plantings.

We meet at Benalla PO at 9 am or Winton racetrack at 9.30 am Saturday morning.



Bushwalking Victoria

TRACK MAINTENANCE GROUP

The Bushwalking Victoria TMG (Track Maintenance Group) have scheduled the following activities. All club members very welcome.

- **Beeches Track Clearing**

Description: Beeches, Yarra Ranges National Park track clearing on this recently reopened loop track. As you may recall the track has been closed for two years with bridges being unsafe. These bridges have now been replaced and we now need to attend to the track. Meeting time is at 9.00am at the Bakery at Marysville. All equipment will be supplied and participants are asked to bring wet weather gear just in case. This is a Bushwalking Victoria TMG (Track Maintenance Group) event. Members of all Vicwalk clubs are very welcome to attend.

- » Date: 22 July 2007
- » Leader: Steven Robertson
- » Contact:

- **Condons track clearing TMG**

Description: This day will be involved with a total sweep of the track with pruning and chainsawing, but with the main concentration on benching and steps about one third of the way up. Transportation into management vehicle only zones will be organised on the day. Meeting time is 9.00 am at Parks Victoria office at Maroondah Reservoir Park.

- » Date: 30 September 2007
- » Leader: Steve Robertson
- » Contact:

- **Stronach's Camp track clearing (Baw Baws)**

Description: A Bushwalking Victoria TMG (track Maintenance group) event. Clearing a new route for the Australian Alps Walking Track at Stronach's Camp, at the north end of the Baw Baw national park. Open to all Bushwalking Victoria members.

- » Date: 27 - 28 October 2007
- » Leader: Geoff Kelly
- » Contact: Email: _____ or



Base camp WALHALLA LODGE

DATE 17 to 19 August
STANDARD Easy
LEADER Mick Noonan
TRANSPORT Private

Further details of this activity available in the next newsletter.

Member reviews

Cycling

BALLAN TO BACCHUS MARSH

On a cool but sunny Saturday morning on May 5, 11 keen bike riders assembled at Peppertree Park Bacchus Marsh. Jopie organised a car shuffle to transport the riders and bikes to Ballan to commence our ride.

On arrival at Ballan we commenced our ride along the road to Mt.Egerton edged by open paddocks, however the gentle terrain changed dramatically as did the weather .A few kilometres from Mt.Egerton it began to rain and the complacent riders faced their first challenge an extremely steep climb up the mountain — there were a few who had to dismount and walk up the steep grade. At the top of the hill we arrived at Mt.Egerton township – a couple of houses and a General Store –and stopped to buy some “goodies” and then headed west. The view from the mount towards the West Moorabool River was well the gut busting climb up the mountain. The road from Mt.Egerton was fairly undulating and although the rain became heavier everyone was enjoying the ride. After crossing the East Moorabool River we looked for a place to have lunch , as usual Jopie knew the perfect spot , which was sheltered from the wind and luckily the rain had stopped.

After being suitably refreshed we recommenced the ride towards Bacchus Marsh and met some locals who were grazing their cattle along the roadside verges due to the drought no doubt. They advised that the road we intended to take was closed. After being given new directions we headed off towards the Parwan Valley, which Jopie had told us was very picturesque. The terrain was very gentle and then out of the blue we encountered a very steep descent, a couple of the braver ones, Del and Phillip let fly and rode down the slope with the skill of French tour riders while the rest of us took it very gingerly as there was a fair amount of gravel across the road.

The Parwan Valley did not disappoint on one side was the Werribee Gorge State Park and on the other the Brisbane Ranges State Park with the Parwan River running along the side of the road. We peddled through the township of Glenmore along fairly flat but interesting countryside however Jopie had one more surprise, around the bend was another very steep climb which had us all gasping for breath although this time no one had to dismount.

Upon leaving the Parwan Valley we headed to Bacchus Marsh where Howard showed us his excellent cycling skills – he averaged 27 km an hour in the “ Around the Bay in a Day” – and left us hackers in his wake as we struggled to keep up.

We arrived back at Peppertree Park around 3pm after 75 kms of cycling and although everyone was tired we had a very enjoyable day thanks to Jopie’s excellent leadership and planning.

After a car shuffle to retrieve the cars at Ballan we headed towards the Coffee Shop for well earned refreshments and several of us undid the days ride by being tempted by the array of cakes on offer.

The riders were Jopie, Jenny, Del, Diana, Lynda, Ross, Howard, Ken, Phillip, Ray and Ken’s friend from interstate (with apologies) whose name escapes me.

Ray Spooner

Pack carry

WILSONS PROM

9-11 June 2007 - We departed Saturday morning for Tidal river and a short car shuffle was required to begin walking about 10.45 am in fine overcast conditions. the Prom caters for all types of walkers and it is good to see so many young people having a go. I had to smile when reaching the intersection of our Telegraph Track and the turn off to Oberon Bay, which had been about 6 km mostly downhill. One of a group of young walkers resting there said he wondered how we did it, but I suspect they were well loaded with celebratory items to enjoy themselves at Oberon Bay Camp.This area of the Park which was ravaged in the 2005 fires has good regrowth occurring.

A kilometre to Halfway Hut in case of rain for lunch, then 5 km mostly on nice walking track to Roaring Meg Camp for the night. Rod’s plan to do our circuit anti clockwise was a good one as it was not so busy at this camp and we had our tents at the nice top level.

At 3-30 pm we just had time for the 7 km return walk to South Point , the most Southernmost point on the mainland. There was very little wind , no rain and calm seas at this rocky coast. We were impressed with the visitor’s skills in preparing their gourmet dinner and this was to continue for the whole trip, including lunches and dinners of fresh vegetables etc. which didn’t appear to restrict their pack carrying abilities. Well done.

On Sunday we departed with dry tents and there was just a slight chilly breeze and calm seas again as we stopped at the Lighthouse and adjacent buildings which were all in immaculate condition. The history of this Light Station would make very interesting reading. We had morning tea and relaxed for ½ hour in the beautiful sunshine, fully aware of some of the wild weather that occurs here. A short distance along and we were surprised to see out in the winter a thin Copperhead snake curled up on the side of the track, maybe about a metre long, and it remained there watching us as we gathered courage to pass by with as much clearance as possible. It was a steady climb to a rocky outcrop and nice views while having lunch. A gentle descent on this relatively new track with great views of Waterloo Bay and then mostly a beach walk to camp. Although others had mentioned having a swim I discovered it was not a serious suggestion as nobody joined me for a very quick dip. Not being as cold as I had expected did not encourage them. Another evening with delicious treats including the very warming drinks was brought to a sudden end with the beginning of rain which continued for most of the night.

Monday and a very generous departure time of 9.15am. The nights have not been really cold and it was fine but overcast as we left. Good views of the surfy beaches again and an easy track to Oberon Bay Camp for lunch. A brief sun shower occurred as we crossed to Norman Bay and we saw a lovely rainbow ending just off the coastline and only lasting a minute or so. The red flowers of a prickly Heath were very pretty along here.

We enjoyed hot showers at Tidal River on our return and a good meal at the Tooradin Hotel completed a great weekend. It’s easy to see why the Prom is so popular and although we certainly appreciated the good weather, it can also be enjoyed in wintry conditions. Thanks for the company of Kathryn, Carleen, Rob, Roy and Rod also for organizing and leading this enjoyable walk.

Bob Oxlade



WALK SECRETRY'S REPORT

ACTIVITY	DATE	TRIP	STD	NO	
Base camp	9-Feb	Mt Buffalo (short walks)	E	10	
	23-Feb	Tarra-Bulga NP	E/M	28	
	9-Mar	Aire River (Gt Ocean Walk)	E/M	21	
	5-Apr	Cobberas - Native Dog Flat	var	16	
Lodge	20-Mar	Fairhaven mid-week	E/M	9	
Pack carry	25-Jan	Mt Bogong	E/M	22	
	2-Feb	Watchbed Ck - Batty Spur	M/H	6	
	16-Feb	Wilson's Prom.	E/M	20	
	2-Mar	Mitchell River NP	E/M	7	
	5-Apr	Maria Island (Tas.)	E/M	21	
	5-Apr	Spion Kopje - Grey Hills	M	13	
	20-Apr	Lake Eildon NP	E	5	
	12-May	Lerderderg Gorge	M	11	
	8-Jun	Hattah Lakes	E/M	10	
	8-Jun	Wilson's Prm (Lighthse cct)	E/M	6	
	Wed Walk	21-Feb	Shoreham - Somers	E/M	8
		21-Mar	Cumberland R (Lorne)	E/M	13
		18-Apr	Bunyip SP	E/M	13
		16-May	The Tunnel - Shaws Lake	E/M	9
TOFS	20-Jun	Olinda Forest and Falls	E/M	10	
	1-Feb	Blairgowrie - Sorrento	E	17	
	1-Mar	Elwood - Sandringham	E	18	
	29-Mar	Birdsland Reserve	E	13	
	3-May	Mt Eliza Regl Park	E	12	
Dand Expl	7-Jun	East Kew linear parks	E	16	
	24-Feb	Kalorama - Doongalla	E/M	10	
	31-Mar	Emerald - Cockatoo	E/M	10	
Cycling	28-Apr	Belgrave - Sassafra	E/M	14	
	20-Jan	Maribyrnong River trail	E/M	11	
	17-Feb	Somerville - Somers	E/M	5	
Nav	14-Apr	Belgrave - Carrum	E	9	
	31-Mar	Kinglake NP	E/M	8	
TMG	1-Apr	Kinglake NP	E/M	7	
	25-May	Grampians NP	E/M	5	

CLOSE ENCOUNTERS OF A LEECH KIND

The excellent article on leeches in our June newsletter contained amongst other things, fairly in-depth and graphic (ahem) information re the anatomy and physiology and "lifestyle" of the leech. This should prove very useful for understanding the rationale behind some of the recommendations in this month's practical follow-up article.

Leeches tend to be an unpleasant nuisance rather than a danger, but in view of the fact that there have been several instances in our club of people reporting very severe wound infections secondary to leech bites, it seems appropriate to provide members with the following information in the interest of health and safety.

Prevention

- As leeches are generally found in wet or damp forest areas, it is wise to dress appropriately i.e. with clothing which minimizes skin exposure eg long sleeves and long pants or gaiters. Socks over trouser legs if you do not have gaiters. Light-coloured socks can help leeches to be easily spotted
- Maximum or tropical strength insect repellents may be used. Although their effectiveness has been disputed by some, it is still generally considered worthwhile to use these products. Eucalyptus oil has also been suggested in the literature
- Inspect for freeloaders at regular intervals or rest stops.

Removal and treatment

Traditionally, it has been recommended that leeches be removed with a harsh agent such as salt, but this practice is now discouraged, as current belief holds that this may damage the bite and cause added pain. Besides this and very importantly, it can also damage the leech and cause it to regurgitate stomach bacteria into the wound, subsequently leading to infection of the wound. Another school of thought for removing the leech was to burn the freeloader, but this also has inherent risk (which does not need describing !)

Hence the following and most up-to-date guidelines for the removal and treatment of the leech bite are as follows.

1. Do not attempt to crush or burn the leech
 2. Find the oral sucker. This is at the small end of the leech
 3. Place your fingernail next to the sucker. Push towards the bite. Attempt to push the sucker to the side, away from the skin.
 4. Once the oral sucker is detached, quickly detach the sucker at the other end of the leech (the large end of the leech) . This can be done by flicking the leech or by pushing the underside of the leech and up against the sucker
 5. CLEAN THE WOUND TO PREVENT INFECTION, to remove detached sucker parts and to remove the anticoagulant which the leech has secreted.
 6. The wound may bleed for a while but should then proceed to heal normally.
 7. KEEP THE WOUND CLEAN AND DRY. Covering is recommended to stop contaminating dust or soil entering the wound and causing infection
 8. Allergic reactions can occur (rarely) in response to leech bites. If there are signs of severe reactions, seek medical help.
 9. Monitor the wound for infection in the following days and contact a doctor if the wound becomes infected
-and Good Luck... although Good Management will probably yield better results.

Lynda Larkin. 24/06/07

Bushwalking by the Stars ... by Geoff Crapper

Cancer - June 23 - July 23



Cancer men possess many of the characteristics of their brother Water sign, the Scorpio, only to a modified degree. They are adaptable, tenacious and patient people with strong domestic tendencies. They worship the woman they love which could lead to an affinity, rightly or wrongly, with a woman of ego.

Best match: Pisces, Scorpio.

The female crab has strong maternal instincts..She would find it hard to stay with an unfaithful man and is easily hurt and often moody. Like the Pisces girl she makes an excellent wife and has a great affinity with Scorpio.

Best Match: Scorpio, Pisces

