



# YETI

WINTER 1998

THE NEWSLETTER OF YHA BUSHWALKING

1st Edition Issue 1

## Winter 1998 Chairman's report

The main purpose of a regular newsletter is to provide a vehicle of communication within the YHA Bushwalking Activity, particularly for those who for whatever reason, do not attend clubnight on a regular basis.

It is our intention to publish a variety of articles pertaining to walking and the content will to some extent be determined by YOU, the reader.

The most difficult job for a editor of any publication is copy. It would be easy for us to plagiarise articles from other walking clubs newsletters, but the resulting publication would most likely be a copy of those newsletters.

What we seek is articles and input from you, to make YETI a YHA home grown publication with general appeal to all who walk with us.

We ask that you support YETI by sending us the following;

- Reveiws of recent walks that you have been on, including highlights/lowlights and other points of interest.
- Details of forthcoming walks, social events.
- Notable items of personal, interest, Engagements, Weddings, etc.
- Anything of interest to other YHA walkers that is print worthy.

On behalf of the committee, I would like to thank Richard Miller for offering his services as Editor for YETI and ask that you give him your support.

### Club mobile phone

Many of you will be aware that the club has purchased a mobile phone for use on weekend walks. This is a result of a safety meeting held last year were we began the review of our safety policies. The phone has been trialed on several walks and is now available to leaders of weekend and extended walks. A user guide is currently being written and will be available in the next few weeks.

### Mid year Christmas dinner

For my money, this is without doubt, the best social night of the year. Molly Blooms is a great venue and they put on an excellent mid year Christmas meal. The menu is the same as last year's with a selection of entrees, main courses and desserts. For those booking by June 19, there is an added bonus of being entered into a draw for some prizes on the night. Price \$31, Contact Ewan Murie.

### Beds Boots and Backpacks

The above titled book has been published by YHA and tells the story of YHA in Australia, with the mention of YHA Bushwalking and the other activity groups. Hardcover \$34.95, Softcover \$24.95. Order at clubnight or contact Neil Gebert.

## WINTER SNOW WALKS

Mt Feathertop 11-12 July 1998. Leader Bruce Meincke  
 Mt Bogong 8-9th August 1998. Leader B. Meincke  
 Mt Buller 29-30 August 1998. Leader Andrew Martin

If you are thinking of participating in one of these challenging walks this year but haven't walked in the snow before, then come along to clubnight on the 6th of July and find out more about equipment and techniques. Also great slide show on the night.

## MID YEAR CHRISTMAS PARTY

### BOOKINGS ESSENTIAL

Friday 26th June 7.30PM \$31 per person

GREAT FOOD

GREAT COMPANY

ALL WELCOME

BOOK AND PAY IN FULL BY FRIDAY 19TH JUNE TO BE IN THE RUNNING FOR PRIZES DRAWN DURING THE EVENING.

PHONE EWAN MURIE OR BOOK AT CLUBNIGHT

## CLUBNIGHT

### SPECIAL EVENTS

- June 1 Walks meeting. Come along and have your say.
- 15 Mountaineering in Canada, Slides and talk.
- 29 Nordic skiing pre season slides and talk with Phil Carter from Ajays, supper provided, all welcome.
- July 6 Talk and slides on snow and winter walking gear.
- 27 Nordic Skiing instructional video and talk, all welcome.
- Aug 10 Slides and talk on the Errinundra Plateau, Croajingalong and Hattah Lakes.
- 17 Maybe you would like to lead a walk or you have an idea for one, come along to tonights walks meeting and have your say.
- 24 Reunion night for all walkers new and old, come along and meet old friends. Bring your slides and have a good time. Supper provided \$2.

### STOP PRESS

STAV Show. 28th June 1998. Hawthorn Town Hall. S/H gear sale (buy or sell. bushwalking. X/C ski). club. retailer displays.



### Dr. TELEMARCS TALL TALES

At a recent navigation training weekend (Not organised by any YHA activity) one poor soul was caught short, while squatting down and contemplating his next movement the wind blew away his map. After adjusting his trousers the map was nowhere in sight, a 10 minute search ensued after which the map was retrieved but the hapless navigator had lost his bearings and was now hopelessly lost. Fortunately the search party found the by now disoriented fellow well before he became too hungry. The moral of the story: No matter what the left hand is doing, keep the map in the right.

Recently I heard a tale of a chap who decided to walk with a rival club, a day walk not to far from Melbourne, into the bush and before long its time for morning tea. After a quick break it was time to move on, but before moving, most of the party, without a word said between them, stripped down to nothing more than their boots and socks, then headed of into the bush undeterred by the scrub. Our embarrassed friend followed at a discreet distance behind.

### TASMANIAN WALKING NEWS

The Tasmanian Parks and Wildlife Service are at present studying walker impact in the South West of Tasmania and are considering introducing a quota system for the more fragile areas. If you are thinking of walking in Tasmania this summer it may be in your interests to contact the Parks & Wildlife Service Tasmania on ph 6233 2669 fax 6223 8308 or <http://www.parks.tas.gov.au>

### FOR SALE

If you have any bushwalking related gear to sell, advertise here for free as long as you are a YHA member. Contact the Editor direct to lodge your ad.

### NEWS

The Age reported on 14-4-98 that sewage effluent from Mt. Buller village was polluting the Howqua river. It was reported that Timbertop have banned students from drinking water from the Howqua. A local pressure group claim that effluent from the popular Sheeppark Flat and Fry's Flat camping grounds also pollute the river. It was also reported that Mt Buller's pollution problems were paralleled in most Victorian ski resorts.

Also in the Age (16-5-98) it was reported that a major tree replanting program was to be undertaken at Tidal River (Wilson's Prom.) and the water and sewerage systems were to be improved. It was also reported that this would be followed by a major rebuilding program adding huts, cabins and lodges including a 45 bed lodge for those on commercially run walking tours through the park.

A list of fire affected areas in the Alpine N.P. is printed in Groundsheet (no 73). The fire burnt out a wide area including Mt Reynard and Bennison plain. Some areas also have bulldozer damage. Certain tracks in the area remain closed to the public. Information can be obtained from Parks Victoria Heyfield office on 51482355.

### SEARCH AND RESCUE WILSONS PROMONTORY

On the 15th of March members of Bushwalkers Search and Rescue were called to attend a search for a seven year old boy at Wilsons Prom. YHA members who attended were Colin Cody, Matt Flaherty and Jose Garcia. The boy was found by a media helicopter just as the search groups were about to commence searching. The boy was retrieved by a Bushwalkers S&R group.

If you are interested in joining the Bushwalkers Search and Rescue or attending a practice please contact Ken Sussex our S&R coordinator.

The Search Practice on 23-24 May was held at the Warby Ranges and was attended by YHA members Jan Findlay, Rob Adams, Richard Miller and Matt Flaherty. Members participated in a search and evacuation exercise and attended workshops on hyperthermia, fire survival, stretcher building, navigation and communications.

### SURVIVAL IN THE COLD

Survival in winter conditions depends critically on conserving body heat. Muscular effort increases the output of heat from the body, but there comes a time when when muscular effort must be severely curtailed. This may occur because of darkness, fatigue, lack of food or injury. When you are forced to stop working, you start to get cold and must try to conserve the small amount of heat produced by the body.

There are two main methods by which we lose heat in the outdoors - conduction such as in windy conditions "Wind Chill" and evaporative cooling. such as when our clothes are wet. Our enemies are **cold, water and wind.**

Three areas of the body lose heat faster than others due to high blood flow and little natural insulation. These are

- The head.
- An area on either side of the chest outside the pectoral muscles.
- The groin in the region of the femoral arteries.

These areas require more insulation in cold windy conditions so as to keep heat loss to a minimum.

Choose clothing that is warm and windproof and can be layered. Carry at least a plastic bivvy bag and some form of insulating mat to keep you off the cold ground or snow in an emergency.

In case of emergency, shelter from the wind, snow or rain on the lee side of a hill amongst trees if possible, improvise a shelter from whatever materials are available, if in snow dig a trench or a snow cave. Huddle together to conserve heat. Adopt a sort of seated foetal position with the knees drawn up, the shoulders hunched and the arms across the chest. This protects two of the high heat loss areas mentioned above. Wear a hat or balaclava and try to keep a positive attitude. Never give up!

Adapted from FVWC S&R info sheet