



AUTUMN 1999 CHAIRMANS REPORT

Welcome to the fourth edition of Yeti and thanks to those of you who have made a contribution to the publication. Since the last issue, the Bushwalking committee has launched the long awaited Trip Card. This is an incentive scheme for regular walkers who, for an annual cost of \$30 (\$25 for Health Card holders and full time students), can walk for the year without paying any booking fees. The walker must be a current financial member of YHA to be eligible to purchase the card. The cards are now available at clubnight.

YHA Bushwalking has purchased a Telstra Telepath number to better enable the handling of enquiry calls to the club. The Telepath number will give us the flexibility to route the calls to one of any number of nominated individuals via the one phone number.

I'm sure that those of you who attended the Christmas social evening at the Melbourne High School Unicorn Club last year will agree that the evening was a great success. We have tentatively booked the same venue and caterers for this year's Christmas event.

The YHA Bushwalking 60th anniversary Bushdance is to be held on Friday night May 31st at the Kensington town hall and will feature Bushwhazee. Tickets \$12.

In an effort to improve and broaden social events, Bushwalking, Cycling and Sailing have combined resources to compile a combined social program. Events have been arranged by each of the groups and will take place monthly. Beginning with a Barbecue on the Yarra on March 26th at 6.30pm. Melway Reference 2G D11, closest BBQ to Morell Bridge.

The YHA Bushwalking AGM is to be held on March 15th at 8.00pm I would encourage any financial member who would like to take an active part in the running of the group to contact me prior to the meeting to discuss joining the committee.

Neil Gebert Chairman YHA Bushwalking

CLUBNIGHT SPECIAL EVENTS

All welcome. Come along for an enjoyable evening. Proceedings start 8.15pm sharp!

March

- 1 Cycling tour of France - slides with Clair Wallder
- 8 NO CLUBNIGHT. Labour day.
- 15 YHA Bushwalking Annual General Meeting.
- 22 Easter walk slides and information.
- 29 Herbs for walking with Elsie Carter.

April

- 5 NO CLUBNIGHT, Easter.
- 12 Slides and talk - With John Brakkuhuis.
- 19 Navigation theory practice with Ken Sussex.
- 26 Lonely Planet talk, guest speaker plus supper.

May

- 3 You too can lead a walk, all welcome.
- 10 Australian Wildlife lectures - snakes, lizards, spoors and scats. Live exhibits and supper.
- 17 Slides of recent trips with Warren Young.
- 24 Surprise night, supper included.
- 31 General clubnight.

June

- 7 General clubnight.
- 14 NO CLUBNIGHT Queens Birthday.

Before clubnights that feature a talk or slide show, walkers meet at La Porchetta near the Vic Market from 7pm for pizza or pasta. If you wish to join us please check with one of the committee members before attending.

This is the fourth issue of YETI and over the last year many people have been involved in its production. The editor would like to thank the following people who have contributed by writing short articles. (Not in any order of importance or otherwise); Neil Gebert, Steve Smith, Colin Cody, Moira Darling and David Sisson. The following people have helped with editing and proof reading, Steve Smith, Neil Gebert, Jan Findlay and Mark Beyer. The committee thank those who have been prepared to put a bit of effort in to making YETI happen.

Which brings us to the next issue of YETI. Unfortunately the editor will have less time on his hands this year and will require more help from others, specifically writing up walks, information articles etc. If you wish YETI to continue we need your help. It doesn't take much to write a short article, and in the words of one contributor "I really enjoyed the challenge of writing and would be willing to write some more" (Or words to that effect!). Contributions for the next issue are now welcome.

YHA BUSHWALKING



**60th ANNIVERSARY
BUSHDANCE**
FEATURING BUSHWHAZEE



KENSINGTON TOWN HALL
FRIDAY MAY 31st 8.30pm



BYO SUPPER & DRINKS

TICKETS (\$12) AVAILABLE NOW AT
CLUBNIGHT OR CALL RON ON 9338 4057

WALKING SINCE 1939

PHYTOPHTHORA CINNAMOMI

Phytophthora Cinnamomi (PC) is a fungal disease that kills the roots of susceptible plants. The plants then die as they are no longer able to absorb nutrients and water from the soil. PC is commonly known as Root Rot, Cinnamon Fungus and Jarrah Die Back. It is estimated that in Victoria the disease could cause the death of more than 25% of the overstorey plant species and 50-75% of understorey plant species. In Western Australia it has caused widespread devastation to areas of natural bush and wildflowers. Mobile spores of PC are attracted to the plants roots and are produced in great numbers under favourable conditions. The spores are carried in the soil water and any means of transmitting water or soil from one area to another will spread these spores. The fungus has a special resistant spore which allows it to survive in a resting state in the soil for long periods. Soil temperatures over 15°C, wet and low porosity soil, and soil low in organic matter favour the spread of this disease.

Movement of any wet or dry soil, dust or water from an infected area can easily infect other areas. Movement of spores can take place on the tyres of vehicles, and to a lesser extent on the feet and bodies of animals, bushwalkers boots, tent pegs and other equipment.

Phytophthora is known to exist in many well known walking areas including the Grampians, Brisbane Ranges, Wilsons Prom and Kinglake. Not all infected areas are closed or signposted.

For this reason when leaving an infected area it is vitally important that you remove all trace of soil or water from your boots and equipment by washing your tent floor and especially your boots, toilet trowel and tent pegs after the walk. Then wipe using a disinfectant with the active ingredient quaternary ammonium compound in solution at least 0.1% W/V. Most cheap no-name brand disinfectants will be suitable.

So how do we identify PC in the bush? This is not so easy as most of us do not carry a microscope around in our backpacks, but if you see an area of dead and dying plants most likely spreading out downhill and it is unlikely that it is caused by draught, salinity or water logging, PC could be present.

So it is good practice to wash mud from boots and equipment after every walk. Bear in mind that PC can also infect your garden. Start every day or extended walk with clean equipment and avoid known infected areas.

Parks Victoria have a brochure available for those interested.

THE BIG WALK

The drunk shouted as he staggered from the pub awakening us from a worn-out daze. We waited as the sun set for the walkers to arrive. At 8.30pm they are sighted in the fading light, Steve striding along with vigour followed by Trevor with blistered feet but still going strong. Neil and Colin, worn out and in a daze, but still walking, arrive at the Mt Macedon pub in the last light of day.

Twelve hours earlier, 6 walkers had left the summit of Mt. Macedon for the YHA Bushwalkers end of year 50km marathon day walk. Training had taken place throughout Spring for this big event and as we moved away from the cars in the early morning mist we all knew this was going to be a long, hard and demanding day.

Our route would take us from the summit of Mt. Macedon along tracks and dirt roads to the Cobaw State Forest, across fields, along more roads to Woodend, through pine forest and finally to Mt. Macedon shops. The pace would have to be quick if we did not want to walk in the dark.

The walk starts well but within 5km we have missed a turn-off and have to backtrack. Then we walk off the map hoping that the tracks will join. They do and steadily the kilometres pass under our feet as we walk through farmland green with fresh spring growth. Wildflowers bloom on the verge beside the road, the sun shines through a thin layer of cloud, a cool wind blows from the south. This is walking at its best. A farmer gives directions. Ostriches, roos, sheep, echidnas, horses and even a lama keep us company as we speed along the country lanes. Cockies and deer betray our presence as we walk across the fields, fences are crossed, locked gates climbed and always onwards we must walk.....

A badly folded map causes us to become temporarily disoriented and valuable time is lost while the map is folded, folded and folded again. We don't have time to waste, so we push on, Colin following behind folding the map as we walk. We discuss the fate of the kangaroo that had left one front leg behind trapped in a fence. We cross a logged pine plantation and then down a demoralising 10km straight stretch of back road to Woodend. The monotony broken only by the toothless grin of the farmer checking his fences.

At 37km the pace takes its toll and Richard and Jan drop out to take a short cut back to Mt Macedon shops but still manage to walk a total of 46km, while Colin, Neil, Steve and Trevor continue to Woodend, through the pine plantation, across the railway line as the train driver hoots his horn, and finally back to the shops for a 50.5km, 72,143 step days total. We are all very tired. The pub is full of yuppies so we move on for a well earned pizza. This must be the hardest day walk we have ever done!



Dr. TELEMARCS TALL TALES

Views or opinions expressed in this column are not necessarily those of YHA Bushwalking, the committee or the editor of this newsletter. Any resemblance to real people or events is not imagined. Address all complaints to Dr. Telemark, Cleve Cole Hut, Mt. Bogong Vic.

One hot Easter a group, returning from a trip to the Bogong High Plains, stopped at Bogong Village for a bite to eat before the long drive home. After ordering their food and sitting down the manager opened the window next to our tired friends allowing a stiff cold breeze to blow over them. Other customers were seen talking to the manager who came over and asked our intrepid walking friends to leave as they were offending the other customers with the smell of their unwashed bodies. Of course Dr. T *always* has a wash no matter what the temperature after a walk.

Dear Doc,

On a recent hot summer trip to central Victoria I found that I had slept the night on a *massive* Red Bellied Black Snake (I'm sorry if I exaggerate a little!). I had pitched my tent next to a dry creek bed leading into a dam and went off to have dinner. Just on dusk I returned to the tent and went to bed, tossed and turned to find a comfortable position, listened to the radio for a while and then went off to sleep. After breakfast I rolled up the tent and then lifted up the space blanket I use as a groundsheet and found to my great surprise the snake coiled up under where my feet had rested the night. I had rolled up the tent only centimetres from where the snake rested. It looked up at me and was probably just as surprised as I was. It didn't want to move until a little bit of filtered sunlight moved around on to its back and after warming itself for 5 minutes it slithered off down the bank to find shelter and more warmth. Please Doc could you assure me that the snake could not have fanged me through the tent during the night! *Snake Charmer*

Dear S.C.

This sounds like a close call to me and it just doesn't bear thinking about. Crikey, what if you had sat on it or even used it as a pillow! As for the snakes fangs penetrating the tent, well I could only guess! Most snakes will only attack humans if they are provoked, although if you are standing between the snake and its hidey hole that's a different matter. The snake was probably near the water hole as water attracts food like native mice, frogs etc. which the snake would hunt. It may be preferable to pitch a tent out in the open well away from any tussocky grass or undergrowth, and near a camp fire or dinner area, remembering that although snakes don't have ears as such, they can still pick up sound vibrations and possibly the noise of jovial walkers may frighten them away. I hope you were carrying a wide crepe bandage and knew the First Aid for snake bite. *Dr. T*

Answers to quiz: 1(a,b,c),2(b,c),3(b),4(c),5(c),6(b-Women have more fat per unit of body weight than Men and a greater tolerance to physical stress),7(a,c),8(d),9(d), 10(c).

Bushwalking stories inspired by actual events

CAPTAIN CACTUS'S QUICK QUIZ

There may be more than one answer to each question

1. *If you were bushwhacked you would be:*
 - a) mugged or robbed in the bush
 - b) wacked in the face by a bush
 - c) lost in the bush
2. *If you went bushwalking on the moon:*
 - a) a compass would be useful
 - b) a compass would be useless
 - c) you would need a stellar map
 - d) you would double the fuel costs and divide by the total number in the space ship.
3. *A scat is a:*
 - a) a small native cat found only in Tasmania
 - b) an animal dropping
 - c) a bushwalker's dropping
 - d) A fly dropping
4. *Bushwalker's energy snack mix is called:*
 - a) Scrogain
 - b) Rogain
 - c) Scroggin
 - d) Boggin
5. *Metho is a popular fuel because:*
 - a) it is good to drink after dinner
 - b) it can easily be mistaken for water if put in the wrong bottle
 - c) it is less volatile than shellite
 - d) it is more efficient than shellite
6. *All things being equal Women are more liable to develop hypothermia than men:*
 - a) true
 - b) false
 - c) because they talk more! (We realise that this is not politically correct and apologise profusely to those who have been offended.)
7. *If you were cold inside your sleeping bag you could:*
 - a) snack on high energy food
 - b) perform aerobics inside your bag
 - c) perform isometrics inside your bag
 - d) invite your tent partner to join you in your bag
8. *Recommended food per day on an extended walk is:*
 - a) one big mac - cold!
 - b) a pie and a stubbie
 - c) 300gm as a general rule
 - d) 900gm as a general rule
 - e) 1500gm as a general rule
9. *The bushwalkers code of hut practice is:*
 - a) leave food scraps because rats make good emergency food
 - b) stake out and cram the hut if you see another group coming
 - c) leave your rubbish behind as someone else will clean it away
 - d) leave the hut cleaner than when you arrived
10. *Langlaufing is Norwegian for:*
 - a) tobogganing
 - b) cross country navigation
 - c) cross country skiing
 - d) breaking wind

CONTRIBUTIONS

Contributions to YETI are welcome subject to editorial approval. You may send news, articles, gossip, letters etc relating to bushwalking to YETI, GPO Box 25A Melbourne 3001. If you do not have the time to write why not phone the editor direct **Deadline for Winter edition 20th May 1999**

TRIP LEADERS

You are welcome to have a brief description of your trip printed in YETI. Please phone editor.

BUSHWALKING NEWS

From Vicwalk News

- This year's Search and Rescue practice will be held on the weekend of July 31 to Aug 1st. A simulated remote area search practice including full weekend pack carrying will be held at Mt. St. Gwinear. All S&R members and prospective members are welcome to attend. Navigation theory night will be held on Tuesday 13th April followed up with a field exercise. There is also opportunity to attend the VRA training day on the 18th April or the 12hr Rogaine on 1st May (Or both if you are really keen).
- Many bushwalkers, some of who were holding up their club banners attended the VNPA Save the Prom rally outside Parliament House on the 29th November. The rally attracted an estimated 2000 people.
- Information on access to the Alps Walking Track is available on the Vicwalk and Parks Vic. web sites. Apparently there is damage to access roads and many fallen trees in places. Track markers have also been souvenired mainly where vehicles have access.
- Funding for the Rail Trail project (converting old railway lines to walking and cycling tracks) will cease at the end of 1999.

From the VNPA

- The VNPA is working with the Wilderness society in seeking the protection of the Wongungarra wilderness area from logging and to have it included in the Alpine National Park.
- At the Prom it is reported that the Waterloo Bay-Lighthouse walking track and the re-routed walking track from the end of the jeep track down to the lighthouse have been completed.

From YHA State Office

- The 60th annual general meeting of the YHA of Victoria will be held at the same venue as clubnight on the night of Monday 24th May 1999 at 8pm.

From the newspapers

- Bushwalkers called the NRE to report a fire near Howitt hut near Mt Buller. A mobile phone has some uses after all especially if its battery is charged.
- The Giardia parasite and E-Coli bacteria were found in the Tidal River at Wilsons Prom. This effected campers at the camping village who had to boil their water. The water and sewage treatment will be upgraded early this year.
- Campers at the Prom banded together to form The Prom Campers association which aims to oppose commercial development of the popular holiday site.
- It was reported in the run-up to Christmas that shoppers could walk up to 5km (*shock, horror*) on the average shopping trip. Their feet absorbed 400 tonnes of force. Yeti feels for the poor souls who completed the YHA Bushwalking marathon 50km walk who by extrapolation must have absorbed a total of 4,000 tonnes through their feet. (This really drives home the importance of good walking boots or shoes).

From the newspapers Cont.

- Officers from Melbourne Water are diligently enforcing a by-law that prohibits unauthorised access to water catchment areas. Two men were fined in the Ringwood Magistrate Court for entering the Silvan Dam. They were fined \$100 each and \$500 in costs. Others have been caught walking in other catchment areas as well. (A timely warning to all you illegal bushwalkers!).
- Scientists at the University of Durham in England's North East have developed a new treatment to keep your clothes clean. A process that involves passing a garment or other item through an ionised gas chamber, deposits a thin invisible coating on the item being treated. Water, oil and dirt then fall off rather than spreading out or soaking in. Imagine the ramifications for bushwalking. If you fall in a muddy puddle, you wouldn't need to worry about your clothes getting dirty!
- Falls Creek is due to become a year round tourist centre under redevelopment plans. More lifts (including Mt. McKay), more accommodation, more parking, more sealed roads and more day tourist facilities are planned. (Yeti wonders if this means all year round entrance fees also!)
- There has been more than one report this summer of people dying of heatstroke. A notable case was of a Austrian tourist on the Oodnadatta Track in South Australia. This is a timely reminder to all bushwalkers that when walking on a hot day you must carry adequate water supplies and walk at a pace to suit the conditions prevailing at the time. It is quite clear that many people underestimate the effects of exercising vigorously in hot conditions whilst not drinking sufficient water.
- A kickboxer wearing only silk boxing shorts assaulted 2 walkers at Lerderderg Gorge in an unprovoked attack. the walkers suffered lacerations and a broken cheekbone.

YHA BUSHWALKING COMMITTEE

Chairman	Neil Gebert	9525 6462
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Treasurer	Keryn Lientschnig	9555 2512
Walks Secretary	Neil Warden	9546 6318
Search & Rescue	Ken Sussex	9853 1017
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	Rob Adams	9383 4352
	Mark Beyer	9596 4906
	Warren Young	9568 2274
	Ron Bell	9338 4057
	Geoff Gartly	9557 8387
Newsletter editor	Richard Miller	9756 7419
Emergency mobile	(not always in range)	018 313 880

It is important to the committee that walks and activities run smoothly and are enjoyable and safe. If there is any aspect of a walk, including the behaviour of other walkers that causes concern, please contact the Chairman. All matters will be treated confidentially.