



YETI

THE NEWSLETTER OF YHA BUSHWALKING

Number 6 Spring 1999

Walking since 1939

SPRING TRIP PREVIEWS

Spring is regarded by many as the best time of the year for walking, with its combination of lengthening days, mild weather and the bush at its most colourful. The Spring program is packed with a variety of walks which should hopefully offer something to everyone. Check the program for details.

For new walkers:

Cape Schanck (Sun Sept 5) - spectacular coastal scenery.

Sherbrooke Forest (Sun Oct 10) - Classic Dandenongs walk, ideal for those new to walking.

Mt Macedon to Hanging Rock (Sun Nov 28) - Ideal walk for those who enjoy views but don't like walking up hills to get to them. Thanks to a car shuffle it's downhill all the way between two of Victoria's best known weekend getaways.

Day trips to somewhere different:

Vaughan Springs (Sun Sept 19) - Being a regular destination for our Christmas New Year wind-down, this area, in the heart of the mineral springs region NW of Melbourne tends to get overlooked at other times of the year. Take the opportunity to experience this area at its most picturesque during early spring.

Mt Langi Ghiran (Sat Oct 9) - Often overlooked as too far for a day trip but not far enough away for a weekend, Mt Langi Ghiran, between Ballarat and Ararat provides spectacular 360° views from the adjacent Pyrenees Ranges to the distant Grampians.

Mt Worth (Sun Nov 21) - Slightly further than usual (past Warragul) but, dare we say it, well worth the distance. Easy walks amongst the ferns and giant mountain ash of the Strezlecki Ranges region.

Easy weekend trips:

Either accommodated or base camps, ideal for those with limited camping gear or pack carrying experience.

Mt Disappointment (Oct 2-3) - Back by popular demand after a successful trip last year. For \$36, a fully catered weekend, with a variety of different walks available depending on demand. Book early so as not to avoid Disappointment!

Grampians (Oct 16-17) - The last few trips having been more difficult pack carries, this one to the Northern region of the Grampians is aimed at being more generally accessible.

Mt Buffalo (Nov 20-21) - Base camping at Lake Catani, a myriad of walk options are available, from a trip to the rarely visited Mt McLeod, the classic Horn walk, or

even a climb up from Eurobin.

For those wanting something of a challenge :

Castlemaine to Daylesford (Sept 18-19) - Trek through the heart of the goldfields country. Following a train journey to Castlemaine on Friday night, all you need to do is make it to Daylesford it time for the bus back to Melbourne on Sunday afternoon. (State election Saturday.)

Mt Samaria (Sat Nov 6) - One for the day pack, but it's rated "hard" and being led by Colin "Cactus" Cody, you are guaranteed of some cardiovascular thrills!

Barry Mountains- Wongungarra (Nov 13-14) Rugged and very steep country with spectacular stands of ancient ash forest. This walk is exploratory! with the map our only guide.

And the "record breakers":

They're on again this Spring, the long distance day walks. Dubbed the "Record Breakers", the milestone you are out to set is not the World, Australian or even the YHA record, but your own. Challenge yourself, see if you can walk that little bit extra than usual. Any regular day walker is probably used to 15-20km strolls, so 25km or possibly 30km isn't that much harder. If all goes well, 40km and over is achievable, and for those still feeling charged up, well sparing the graphic details, "Have we got a walk for you!"

All the "Record Breaker" walks are on tracks in popular bushwalking areas and are planned to avoid steep climbs and allow opportunities to withdraw early if your feet start protesting too vehemently. They're held on Saturdays, so what better way to earn your day of rest! Come along for the fun and the sense of personal achievement.

Record breaker no. 1 (Sat Sept 25) - Hanging Rock region, 25km or 33.3km options.

Record breaker no. 2 (Sat Oct 23) - Daylesford region, 33.3km or 45km option.

Record breaker no. 3 (Sat Nov 20) - Fryers Ranges/Castlemaine region, 45km or 78km option, dawn start! bring torch.

Forthcoming trips:

Daylesford end of season break up trip. (11-12Dec) Many walk options.

Vaughan Springs (26-30 Dec) Base camp, easy walk options or just laze around.

Snowy Bluff (26-30Dec) extended walk to one of the most remote peaks in the Victorian Alps. Great views, fitness essential, book early.

YHA BUSHWALKING COMMITTEE 1999/2000

Chairman	Neil Gebert	9525 6462
Secretary	Simon Walliss	9867 6902
Treasurer	Keryn Lientschnig	9555 2512
Walks Sect	Steve Smith	9367 6481
Social	Wendy Davidson	9726 5168
S & R	Ken Sussex	9853 1017
Committee	David Sisson	9347 1487
	Rob Adams	9376 2694
	Mark Beyer	9818 8352
	Warren Young	9568 2274
	Ron Bell	9338 4057
	Andrew Brown	9484 5273
Co-opted members	Jean Brakkuhuis	9598 8619
	Neil Warden	9546 6318
Newsletter	Richard Miller	9756 7419

YHA Bushwalking emergency mobile phone (not always in range) 018 313 880
 Enquiry phone 0500 500 272

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.

CONTRIBUTIONS TO YETI

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, please phone the editor with details of your contribution.

Deadline for Summer edition 13th November 1999

Next edition out Monday 16th November 1999

TRIP LEADERS

If you wish to have a brief description of your upcoming trip printed here in YETI please phone the editor with the details.

TRIP CARD

YHA Bushwalking trip card is available at clubnight. A single payment of \$30 (\$25 concession) covers all trip fees for the year. Purchasers must be current financial members of YHA Victoria.

YHA ACTIVITIES CLUBNIGHT

Is held on Monday nights at the YWCA buildings 489 Elizabeth Street in the city, from 8pm to approx 9.30pm. New members welcome

CLUBNIGHT SPECIAL EVENTS

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

PLASTIC AND FIRE

When gathered around the campfire the question often arises, Should I burn my waste plastic packaging?

While plastic burns well and gives off a lot of heat when burnt on a open fire it can also give off all sorts of nasties. Consumer plastics should all be marked with a recycling number and class 2,4 and 5 plastics are theoretically safe to burn as they break down to CO2 and H2O when burnt. Other plastics can give off nasties such as dioxin (extremely carcinogenic) cyanide gas (extremely poisonous) and mustard gas (the stuff used in World War 1 to disable soldiers). It also makes a difference if plastic is burnt on a hot fire or if it smoulders. Substances added to improve or colour the plastic can have all sorts of unknown affects when burnt. Some also contain tin which is not too pleasant to breath in apart from any organic cocktails that may form.

Surely burning just one piece of 'harmless' plastic is no problem? Wrong! Anyone standing in the smoke could be breathing in all sorts of nasties but also others seeing the plastic being burnt may follow suit not knowing or caring what sort of plastic they are burning.

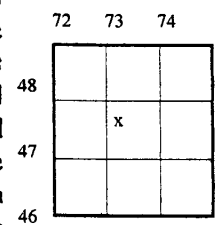
INSTANT NAVIGATION : Grid references.

On walks we often say something like "We'll meet you on the river flat at 5pm". While this usually works out, it is open to misinterpretation, where on the river flat?, or even which river? Many years ago I was a member of a group waiting at upper Jamieson Hut, while another group was looking for us at Fry's hut. I recalled this situation during a walk over the Christmas break when a member of our party hurt themselves and followed a jeep track while the rest of the group scrub bashed up a mountain. When the question was asked "where will we meet" the answer was "down by the creek where we camped two years ago". While everyone concerned knew exactly what was meant, it could be ambiguous to a group that didn't know the area.

Grid references are very easy, very accurate and (almost) foolproof method of pin-pointing a position. We use them when quoting a location in the Melways. (For example the MCG is on map 2G at point D6). It is just as easy in the bush.

Every walking map you use will be divided into 1km squares. If you look at the margins of a map you'll see that they're numbered. (See example) To quote the position of a 1km square just remember that you *have to go across before you go up*. With this imprinted on your brain you will be able to quote the grid reference of the square with the cross in it as 73 47. To make things even simpler, all walking maps use the same grids, so a grid reference taken from one map will identify the same location on another map of the area produced by a different organisation or on a different scale.

Because this "four figure grid reference" only gives the location within a 1km square and we usually need something more accurate than this, most people use a "six figure grid reference" which places the location within a 100m square. To do this imagine that every grid square is further divided by an extra 10 vertical lines and 10 horizontal lines. With these extra imaginary lines you can identify the X as at 733 476. In this way you will always be able to accurately identify any location on a map.



**Dr. TELEMARCS TALL TALES****Bushwalking stories inspired by actual events**

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. or Email drtelemark@telstra.easymail.com.au

Dr. Telemark is away on an epic trip to Peru (last heard of skiing from the summit of Chopicalqui, 6345m). Before he left the Guru granted Yeti this interview.

EQUIPMENT TALK

Y What sort of equipment would you take on a day walk?

T. Well, that depends on the sort of walk. If we are talking about a easy day walk in Sherbrooke forest or the Botanic Gardens and the weather is going to be fine, sunny and warm all day then I wouldn't need to take much at all.

Y. Surely you would need to take something?

T. Oh, yes, you would need a small day pack to carry such things as water and snacks but that's about all. If I was going to the Botanic Gardens all I would take is a few coins to buy a Magnum, a plastic bag and a pair of secateurs to take some cuttings, no, edit that bit out please!

Y. Ok, what about a harder walk in much more rugged terrain, say in Winter or early Spring. Lets think, maybe somewhere like Mt. Bullfight.

T. Ah, yes, now we are talking, top walk, but at that time of year you really need to be well equipped.

Y So you would take more than a small day pack and a few coins.

t. I certainly would, not because I thought that I wouldn't make it home but because when you are walking in more remote areas, the potential for disaster is that much higher. Don't get me wrong here but I think that 99.9% of the time there will be no problems, but it's that .1% you have to think about. You know, all sorts of things could and do go wrong on walks and it's just not worth talking the risk with your own and other peoples safety.

Y. So each walker should be self sufficient with their own safety equipment?

T. Certainly, Look at it this way, If you are relying on someone else and they are relying on you and the proverbial hits the fan, well you're both up the creek without a paddle.

Y. So what should you take?

T. Again it depends on the walk, but I'll tell you what I usually carry, firstly I have a compass and map even if I'm not leading the walk because if the leader happens to lose their compass we have a spare.

Y. Come on, that wouldn't happen would it?

T. I have known it to happen on more than one occasion and disaster was averted due to the spare compass. Then I always carry my survival gear which comprises of a cut down foam mat that fits neatly into

the pack, a First Aid kit, a plastic bivvy bag, a ground sheet, torch & spare batteries, full set of thermals, hat, waterproofs, gloves, water, warm clothing, high energy food and a whistle. Oh! and some firelighters & matches.

Y. Firelighters? what would you use those for?

T. They make lighting a fire much quicker than rubbing two Boy Scouts together and you never know when you may need them. Say for example you are walking in untracked country and one party member is unable to keep up for whatever reason, sprained ankle, the runs, etc, it gets dark and you are unable to continue. If you are able to light a fire it will be good for morale throughout a cold and long night.

Y All that extra gear sound like a lot of weight?

T. Not really, all up it probably weighs an extra 1 to 2 kilo's but when its getting dark and you're in thick scrub & geographically embarrassed the knowledge that you could survive the night out using the gear you are carrying helps to put your mind at rest.

Y. What about food?

T. Yes, there are those who would have you believe that you can survive for months on 1 chocolate bar but I would suggest that 1gram of chocolate a day for 2 months is a bit monotonous. It is a wise idea to carry extra food, it will never go astray.

Y. Would you tell anyone were you were going?

T. A good point and one that's often overlooked. Again it depends on where you are going, but for most trips close to civilization only a brief description of the walk left with a reliable person may be adequate. But for somewhere further afield a copy of a marked up map and detailed route description left with a reliable person and another copy with last minute changes left in the car is the safest way to go. If you are overdue or have some sort of problem at least the searchers will know were to look. Oh, and try to stick closely to the route as planned or searchers may well look in totally the wrong area.

Y. Would you carry a mobile phone?

T. Depends, in a lot of places a phone just does not work. Under heavy tree cover or in the bottom of a gully or just too far from the transmitter. A digital phone doesn't seem to have good reception in the bush, so don't rely on it as it may not work.

Y. And so finally to sum up.

T. As they say, be prepared, carry adequate gear, map & compass and let someone know before you go. Even on a day walk accidents can happen. Happy walking.



BUSHWALKING NEWS.

□ YHA State Office has now moved to 1/377 Little Lonsdale Street Melbourne. The travel/membership shopfront is at 83 Hardware Lane Melbourne. Ph number is 9670 9611.

□ Federation Hut on Mt Feathertop has a new toilet. Funded in part by the Federation of Victorian Walking Clubs and a donation by the CAEX Bushwalking Club. YETI is looking forward to testing the equipment.

□ Tourism Victoria has produced a set of brochures entitled "Stepping Out, Victoria's Great Walks and Rides". These brochures detail short and longer walks throughout Victoria and are available free by phoning 132 842, 9am-5pm.

□ The VNPA has published "Discovering the Prom" a 96 page book detailing the human history of the Prom, walks, drives, day and overnight walks, dive sites, bird walks, wildflower walks amongst others. "Discovering the Prom" is available for \$9.95 from VNPA, 10 Parliament Place East Melbourne.

□ The Federation of Victorian Walking Clubs will hold its annual weekend bushwalk on the 20-22 October 2000 at the Grampians. The weekend is a basecamp with day and night walks. It is hosted by the Bayside Bushwalking club and walkers from all clubs are welcome to attend. More details next issue.

□ During the recent search for four snowboarders near Mt Kosciusko, Bushwalkers Search and Rescue were called to assist. Approximately 18 searchers attended the search from BS&R. YHA S&R members were contacted but for reasons that are not clear only received one hour's notice to get to the Dawson Street meeting point.

□ Applications are now being accepted for next years intake of BMLC/DWLC/STLC courses. These courses are designed for those who wish to develop and enhance their leadership skills and abilities at leading others in outdoor activities. Contact JoAnne Kempes at BMTAB for more details Ph 9412 4021. or www.vicnet.net.au/~bmtab Applications close 1st October 1999.

□ The Wongungarra catchment area will be added to the Alpine National Park. The area has been rescued from clear felling and destruction and now should be safe for all time, Check out YHA's walk to this magnificent area this Spring.

□ A lone cross country skier took 5hrs to drag himself

3km to safety after breaking his leg in a fall while on the White River trail an infrequently used part of the Snowy Mountains. He slid along on the snow until he reached help.

□ A recent study in Illinois suggested that gardening walking and swimming are good for building your brain. Scientists believe that the extra oxygen pumped into the bloodstream during exercise, stimulates the part of the brain that deals with memory, planning and reactions. People who exercise three times a week are protecting themselves against memory loss in old age, the study suggested. And what better way to exercise than to walk with the brain building YHA Bushies!

□ Sore knees ? Think that its a touch of arthritis or you have somehow damaged your knee?. Researchers in London have found that a sexually transmitted bacteria could be causing sore knees, not injury or over-exertion on the football field. It seems that sexually promiscuous footballers suffering from an unexplained knee injury may have contracted a bacterium implicated in the cause of sexually acquired reactive arthritis. Walkers take note, a past life of horizontal limbo dancing may well catch up with you!

□ A group of bushwalkers were recently rescued from Lerderderg Gorge by the Police helicopter after becoming benighted and spending a cold night out in the open. Some members were suffering from mild hypothermia when winched to safety.

WANTED**BUSHWALKERS SEARCH AND RESCUE MEMBERS**

YHA Bushwalking are looking for more walkers to become members of the YHA Bushwalking contingent of the Federation Of Victorian Bushwalking Clubs Search and Rescue Section.

To become a member you need to be :

- A experienced bushwalker.
- A Competent navigator.
- A regular walker with a club.
- Fit.
- Have good equipment for walking in all weather conditions.

Bushwalkers Search and Rescue hold a training weekend each year and prospective members are welcome to attend.

For more information call Richard 9756 7419