



Dr Telemark is back!!!

### A Disturbed Night's Sleep

Fact and fiction with Dr Telemark



The cool evening air woke us abruptly as we clambered from the car somewhere in central Victoria one Friday night. Our tents were erected and the backs of the cars were cleared in readiness for the night's sleep. The stars shone above as we quickly slipped into our warm sleeping bags. The long drive from Melbourne had made us weary and soon everyone was fast asleep. I had left the back of the wagon slightly ajar to allow fresh air to enter while I was sleeping and before I fell into a deep sleep I could hear the wind rustling in the trees, somewhere in the valley below a dog barked, while the Boobook owl in the tree nearby called for a mate.

It was about 2am when I suddenly awoke to a blood-curdling roar from the nearby tents. I shot bolt upright in my sleeping bag and bashed my head against the roof light of the car. Stars flashed in front of my eyes. I couldn't speak as fright had taken over my voice. I scrambled blindly for my torch and put my hand on something cold and slimy - the remains of last night's fish and chips. Sweating heavily I finally found the torch and shone it in the direction of the tents. I could see two large eyes reflecting in the distance. Crikey, there was something big over there. I was concerned for my fellow walkers as there wasn't a sound. A branch broke, I froze, the hairs stood up on my head and got caught in the roof light. And then I heard it again, another roar. But this time not as loud. This time it sounded like someone snoring. It was then I realised that the torch was reflecting in the window of the car, Horace was snoring and I must have been dreaming.

I had read about another Black Panther sighting in the Yarra Ranges only the previous day and that coupled with the toxic mix of herbal drink and fish and chips I had consumed for dinner, fuelled my imagination. I was reminded of the time I was walking solo out near Tooborac when I came across the sheep's head with guts attached, the rest of the body nowhere to be seen. Next to the head there was what looked like a skid mark where the sheep had been dragged up a slope, and then, nearby, I saw it, the footprint. This was no ordinary print, it was huge, it certainly wasn't an ordinary cat's paw. Then I heard the roar, the one I imagined in my dreams and found myself running, faster, faster, back to the car.

On the way home I stopped at the local DNRE office, described what I had seen and asked if I could get some help to take a plaster cast of the print. The response surprised me, "Oh, we have a cupboard full of them and we don't want any more".

If only I could run as fast on the next Eco Challenge, I may just win!

---

### Found in our e-mail "In" box.

To: The YHA Bushwalking Club:

I thought you would like to share our product information with the female members of your club, the YHA Bushwalking Club.

OnTheGo is a revolutionary women's stand-up accessory that allows women to relieve themselves while standing. It is made of FDA-approved material, is hygienic, and reusable.

OnTheGo is great for boating, camping, hiking, or any other outdoor activity where toilets are few and far between. No longer do women have to get nearly undressed and assume an undignified position, fearing flora, fauna or discovery.

OnTheGo is easy to use, compact enough to carry in a pocket, and tucks easily into a purse or backpack.

Not without humour, OnTheGo brings new meaning to stand-up comedy, stand-up relief, and stand by your man--and now you can leave the seat up.

To order send a check or money order for \$12.95 to OnTheGo, 316 21st Avenue NE, St. Petersburg, FL 33704 or to use a credit card or find out more about

OnTheGo, please click here at [www.womenstandtogo.com](http://www.womenstandtogo.com) to go directly to our website.

If you have any questions, please email me.

Thank you,  
Ann DeCoursey, Marketing Director  
Farrell & Harper LC

**YHA BUSHWALKING COMMITTEE  
2001/02**

Chairman	David Ford	9571 3179
Secretary	Jean Braakhuis	9598 8619
Treasurer	Linda Butcher	0411 536338
Walks Sec.	Stephen Smith	9387 6481
Social Sec.	Simon Wallis	9867 6902
S & R	Ken Sussex	9853 1017
Committee	Rob Adams	9376 2694
	Ron Bell	9338 4057
	Neil Gebert	9376 5732
	Andrew Brown	9484 5273
	Jeff James	9847 8046
	David Pawley	9690 5715
	Lee Perry	0415 871114
Newsletter	Jane Harding	9376 5732
	Mark Beyer	5756 2508

YHA Bushwalking emergency mobile phone (For emergency contact on walks) 0428 313 880 (not always in range)

Enquiry phone 0500 500 272 (for info on club)

*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, or via e-mail to [janeharding@yahoo.com](mailto:janeharding@yahoo.com) or [markhbeyer@hotmail.com](mailto:markhbeyer@hotmail.com). If you do not have the time to write, please contact the editors with details of your contribution.

**TRIP LEADERS**

If you wish to have a brief description of your upcoming trip printed here in YETI please contact the editors 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 building, 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 at 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.

**ABOUT THIS NEWSLETTER**

If you recognise an article in this newsletter it is probably because it has been plagiarised from another source. This is the only way we can bring you this newsletter. YETI makes no apology for any offence caused.

**Chairman's Report**

This is my first report and I would like to thank Neil Gebert for his enthusiasm as past chairman.

Jane Harding has done an excellent job as editor of YETI. Jane seems to think she is having a baby soon and may not be able edit the Autumn edition! (Maybe I just have my backpack on the wrong way? - Ed) All of us need to support the editor and write those articles. My thanks to all people who have previously submitted articles. Anyone who is able to assist, please contact Jane, myself, or a member of the committee.

Membership of the Ambulance Service of Victoria is strongly recommended. If you have private health insurance, check exactly what it does cover. Recently a walker from another bushwalking club suffered a broken leg and had to be airlifted out. This is not cheap. Accidents are rare but they DO happen. (To find out more about obtaining ambulance cover, read the Ambulance Insurance article on page 3 - Ed.)

On a happy note, the Bushwalking club's annual Christmas dinner is on Saturday 1<sup>st</sup> December.

Please book now. It is a chance to catch up with friends, and find out who will win the 'Silly Billy Award'. As well as the Gold and Silver boot awards for the most walks done.

Vicwalk News, is the Federation of Victorian Walking Clubs' (FVWC) monthly newsletter.

This is available at Monday club nights. It is worth having a look. In the October issue they highlighted the limitations of Personal Locator Beacons.

And finally, I would like to thank you all for walking with YHA bushwalking this year.

A great deal of appreciation goes to Stephen (as Walks Secretary) and all of you who have led walks this year.

David Ford (Chairman, YHA Bushwalking)

**Advertisement**

Vicwalk Plastic Pack Liners/Emergency Bivy Bags.

These pack liners can also double as an emergency bivy bag. A limited number are available for sale from YHA bushwalking. They have been produced by The Federation of Victorian Walking Clubs (FVWC) and the cost is only \$2.50. They are orange heavy duty plastic and 210x 90cm. To purchase please contact David Ford, email [d.ford@alfred.org.au](mailto:d.ford@alfred.org.au) or phone 9571 3179.



## First Aid and Ambulance Tips

By Jean Braakhuis

### Personal First Aid Kit

The revised edition of the *Bushwalking and Ski Touring Leadership* book is now available from good bushwalking shops. In a section of the book there is a suggested list of personal first aid items that all bushwalkers should carry with them when hiking. This is as follows:

- One triangular bandage with safety pin attached
- One medium no. 14 wound dressing (ask at your chemist about this)
- One elasticised roller bandage - heavy weight, 7.5cm or 10cm wide with safety pin attached
- Some assorted adhesive dressing strips - such as the 1m roll of *elastoplast* which can be cut to fit the wound
- Notebook and pencil
- Personal medications if required
- 12 *Panadol* soluble tablets (or any soluble paracetamol)
- Throat lozenges
- UV sunscreen
- Lip salve
- Insect repellent
- Blister treatment kit (preferably a prevention tape such as *leukoplast*, which is excellent)
- Tweezers
- **Mediswabs or some other sort of antiseptic**
- Salt - for removing leeches, safe for the eye.

### First aid Courses

It is very useful to have First Aid knowledge and First Aid Courses are arranged through the Federation of Victorian Walking Clubs (Vic. Walks) from time to time. The last one was in May this year and was thoroughly enjoyed by all. These are accredited First Aid Courses and give the participant a Level 2 certificate, suitable for most emergencies and one up from the Level 1 certificate, the most basic form of instruction, good for minor problems. The Vic. Walks courses have an emphasis on First Aid in the bush, which is a real bonus for anyone involved in outdoor activities, in a situation where an ambulance may not just be on its way. Another Vic. Walks course is planned, at this stage, for July next year. Stay tuned to the clubnight noticeboard for details, or call me on ph.9598 8619.

The Ambulance service, Red Cross and St John Ambulance also run excellent First aid Courses. The telephone numbers for information on First Aid courses are as follows:

Ambulance: 9200 0328

Australian Red Cross: 1300 367 428

St John Ambulance: 13 1394

### Ambulance Insurance

Are you up to date with your Ambulance cover?? It is highly recommended for all walkers to have ambulance insurance. That spare holiday money and more besides can be blown in one ambulance trip to a remote area if there is no cover. I'm sure you all have your own grizzly stories of accidents in the bush which were accompanied by a hefty ambulance fee for that unsuspecting non subscriber. Ambulances are very expensive to run and we are lucky to have such a good service here in Australia.

Ambulance cover for a single person is approx. \$45 per year. Membership in the Ambulance Service can be organised by calling 1300 366 141 (cost of a local call).



## Emergency Contact System

By Jean Braakhuis

You may be aware that YHA Bushwalking has an Emergency Contact System for those sticky times when something goes wrong - someone is injured, or we are late back for any other reason. Since we devised it we have not needed to call on it. It's like any other insurance policy - you really hope never to be in the position to need it, but when you do need it, it's very useful. The Emergency Contact person has the details of where the walk is being run, approximate route, time of expected return and ideally a full list of walk participants. We recommend it be used on all weekend walks, and on some day walks at the discretion of the leader. Please feel free to ask your leader if he/she has an Emergency Contact for your weekend - it is for everyone's benefit that we run our walks as safely as possible. The **Emergency Contact number is: 0428 313 880**. This is printed on the program and is also available on the YHA B/W website at [www.vicnet.net.au/~yhabush](http://www.vicnet.net.au/~yhabush).

We also recommend that all participants have their own personal system. Let someone know where you are going, what time you are expected home and leave the YHA Emergency Contact phone number with a friend or relative in case you deviate from your expected plan. If your friend/relative is worried, he/she can call our Emergency Contact person on the above number. Our Contact person will inform him of the progress of the group, or will take his phone number and return his call when he hears from the leader of the walk as to what the situation is. This is preferable to calling the police immediately on a matter which may not be urgent, and also helpful in coordinating a rescue if this becomes necessary.

Of course an emergency contact system is a safety net of last resort. Please help us continue our good record of not having to use it by being fully prepared for your walk. For further details on the Emergency Contact system or on how to be prepared for a walk, please refer to the Policy and Procedure manual, in the yellow folder available at clubnight. Or please call anyone on the committee for advice. Phone numbers are on the program. There are also numerous excellent books on how to be prepared for a walk, available from most bushwalking shops, or from your local library.



## Ross River and Barmah Forest Virus

By Jane Harding

If you thought mosquitoes were an annoying but harmless part of summer, think again. Especially if you're planning on spending time in the Barmah Forest (on the Vic/NSW border, north east of Echuca). The University of Sydney web site contains lots of information on this and other 'travel bugs'. If you have web access, go to:

<http://medent.usyd.edu.au/fact/ross%20river%20&%20barmah%20forest.htm>

To minimize your risk of being bitten, wear a long-sleeved shirt and pants and use an insect repellent that contains DEET (such as Rid). Don't forget to reapply regularly.