



### No time for a rest

#### Fact and fiction with Dr Telemark



On a recent training/endurance walk near Castlemaine, I was moving fast through the bush concentrating hard on navigation and watching my step. My mate followed some distance behind as he was having trouble keeping up, fitness not being his strong point. Not that it worried him as I was the one clearing the way ahead. The area was pock marked with the old abandoned mine shafts and water races typical of the goldfields area. Large Orb Weaving Spiders (*Eriophora biapicata*) had spun their webs from what seemed like every tree and hung there waiting for their prey. Occasionally I would walk head first into a thick sticky web, which would attach itself to my skin and clothing and take some effort to remove. The uneven ground and the ever-present risk of swallowing a spider made for an exciting trip.

After walking about 25km non stop, a well earned 5 minute rest was appreciated and as we started out again, head down, concentrating on the map, and moving at a rapid rate, my mate suddenly shouted '**LOOK OUT - SPIDER!!!!**'. Immediately I stopped in my tracks, looked up, and saw a large Orb Weaving Spider centimetres from my face. I stepped back and in doing so lost my balance and stumbled drunkenly backwards until my progress was stopped by a nearby tree. As my back hit the tree I slumped to the ground, twisted my foot and then sat on a gigantic Bull Ants' (*Myrmecia pyriformis*) nest. I shot up like a rocket when the bastards bit me on the bum and dropped my dacks to survey the damage. There were red welts everywhere, my bum stung like, well, like it had been bitten by a hundred bull ants, which of course it had.

My so-called mate stood there laughing, said something about wishing he had a camera and then collapsed in hysterics. The 15km walk back to the car was bad enough but I had to lie on the back seat all the way home as I couldn't sit down due to the throbbing pain and the localised swelling caused by the injected venom.

This trip made me realise the worth of walking with a friend, as they can always drive you home if you become incapacitated!

Happy walking,  
Dr Telemark.

Dr Telemark is prepared to answer your questions on any subject related to the great outdoors. If you have a question or an amusing story to tell, please email <doctemark@operamail.com>. Dr Telemark and a panel of 'experts' will treat your enquiry with utmost confidentiality.

## YHA Winter Solstice Celebration

Less sun, less fun? No way!

Come and celebrate the winter solstice with a warm curry at "The Curry Club" in Bridge Rd Richmond. This restaurant is a fun place to tuck into good traditional and contemporary North Indian cooking.

A banquet feast of entrée, main and dessert awaits you. Some of the dishes on offer include Vegetable Samosas, Chicken Tikka, Roghan Josh, Balti Cashew (vegetarian), Naan Bread & Basmati Rice and ice cream, to name just a few. There will also be a door prize.

Your booking will be confirmed when payment is made at any club night by June 17<sup>th</sup> or contact me directly.

#### Details:

The Curry Club

394-396 Bridge Rd, Richmond

Friday 21<sup>st</sup> June 7.30pm

Cost: \$26

Contact Sheridan Meagher on 9527 8907 or [sheridanm@pacific.net.au](mailto:sheridanm@pacific.net.au) for more details.

## YHA BUSHWALKING COMMITTEE 2002/03

Chairman	David Ford	9571 3179
Secretary	Jean Braakhuis	9598 8619
Treasurer	Linda Butcher	0411 536338
Walks Sec.	vacant	
Social Sec.	Simon Wallis	9867 6902
S & R	Ken Sussex	9853 1017
Committee	Rob Adams	9376 2694
	Ron Bell	9338 4057
	Stephen Smith	9387 6481
	Andrew Brown	9484 5273
	Jeff James	9847 8046
	David Pawley	9690 5715
	Neil Warden	8790 3519
	Sheridan Meagher	9527 8907
	Jane Harding	9525 6462
	Mark Beyer	5756 2900
Newsletter		

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 25 Melbourne 3001, or via e-mail to [janeeharding@yahoo.com](mailto:janeeharding@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.

## VIC WALKS, FIRST AID COURSES LEVEL II, certificated, lasting 3 years. Emphasis on skills in the bush.

### RECOMMENDED FOR ALL PEOPLE WHO VENTURE INTO THE BUSH.

#### Would you like to have a skilled first aider on your walk into the back of beyond??

Become one of those skilled and highly valued people: increase your confidence and competence to help out in many situations. Maybe you'll be the one needing help and you'll be really glad there's someone who has first aid skills and who knows what they're doing! Please read on if you are interested in participating in a First Aid Course. Any questions? Please telephone the Vic Walks course convener - phone no. below - or phone Jean Braakhuis, YHA Bushwalking Secretary, on 9598 8619.

Vicwalks is sponsoring a First Aid course particularly suited to bushwalkers. The course they are offering is Swinburne TAFE accredited, with the trainers and examiners registered through the centre for Occupational Health and Safety Training. It has State and National Training board accreditation and so is acceptable anywhere in Australia. It is valid for 3 years except for the resuscitation component, which needs the standard yearly upgrade.

Emphasis is on First Aid in Remote Areas, although it is very suitable for anyone who desires general, level II First Aid training. The course comprises 24 hrs of instruction, including the examination by an independent examiner.

#### 1 course option remains:

*Week evenings and 1 whole weekend:*

**Tuesdays, 16, 23, 30 July, 13th August, 7-10pm**

**W/E: August, 10th & 11th, 9 - 4pm, 1hr for lunch, BYO lunch.**

**Venue:** East Melbourne Community Centre, Powlett Reserve, East Melbourne.

**Cost:** \$180

**Note:** Payment needs to be made at least 1 month in advance of first session in order to secure numbers.  
Fees are transferable but not refundable.

**Enquiries and registration** can be made to: Elizabeth Doery (Vic Walk Skills convener): ph 9859 3738 or Jenny Sykes at the Vic Walk office on 9455 1876

Jean Braakhuis is YETI.DOC



## Salt for Leeches

Leeches are a nuisance to some walkers and a nightmare to others. Leeches are blood-sucking critters that attach themselves to us and other animals for a meal of our nice warm blood so that they can survive. Leeches were used in bygone days to treat some medical conditions. In the process of attaching and sucking our blood, leeches use anti-coagulant, which prevents the sucking site from healing, long after the leeches have detached themselves.

Basically, leeches are harmless, but they sure cause a mess due to the after-bleeding. Leeches can be removed by applying vinegar to them, by burning them off or applying salt. However, if a leech attaches to an eyeball - this does happen - in the ear or mouth, great care is required to remove it. Do not attempt to pluck it off these sites as you may cause permanent damage. Neither burning nor vinegar is recommended in these sites!

For the eye or ear, apply a saline solution until the leech detaches itself. For the mouth, use saline as a rinse. Saline is made up by adding  $\frac{1}{2}$  teaspoon of salt to 1 cup of water, or something vaguely approximating this in the bush. Incidentally, this saline solution is useful for irrigating wounds of all sorts and for alleviating sore throats and irritated eyes from any cause. It also helps the wounds to heal.

Prevention is the best protection. In known leech areas, cover up and check yourself at each rest stop. To prevent or slow after-bleeding, use a Band Aid and a liberal coating of Vaseline.

Add salt to your first aid kit.

Adapted from Vic Walks News, Feb 2002



## The Booted Chefs

### Episode 1 - The Limping Gourmet

by David Lewis and Sheridan Meagher

This column really started during a pack carry around Wilson's Prom with YHA on the long climb back up to the carpark at the end of two days, and we had David Ford being his usual good company. The discussion got onto food and the formal dinner walk, and various recipes that didn't belong in the usual bushwalker's diet were toyed with. Since then the two of us have done various camping and bushwalking trips and each time we experiment with the menu, and this column is a log of our attempts to improve bushwalking food.

#### Starting Heavy

On the YHA formal dinner walk we used a recipe from "The Galloping Gourmet" himself Graham Kerr, considering the weight we were carrying the effect was more the limping gourmet. The recipe is as follows:

- Fry two pieces of fillet steak in oil (we froze these inside a stainless steel thermos flask and they defrosted during the day)
- Cut the peach in half and fry the cut surface
- Remove steak and peaches from the pan
- Add peach liqueur or brandy to the frying pan and then light the contents of the pan (beware this recipe self ignited at this point with a flame over one metre high)
- As the flame dies down add cream (which kills the flame off) to the contents of the pan and stir
- Meanwhile, we had prepared some mashed potato seasoned with salt and pepper. So we put the steak on the bed of mash, put the half peach on top, and then poured over the sauce. Yum!

This left some cream over so we had this on Drumlarnrig pudding. This is simply lining a bowl with bread, then adding stewed rhubarb to the middle, and then sealing over with more bread. For this trip this was compressed into a plastic container. It's effectively a summer fruit pudding but with stewed rhubarb and with a touch of cinnamon in the rhubarb is excellent.

#### ....But Being More Practical

However the above is not practical for that six day hike in Tasmania so we have worked on menus that weigh less and keep longer. Coming up in future columns will be a nice Chinese style dish which uses dried ingredients, our walking holiday in NZ (including what we ate), and some good ideas for dessert.

## Food for Bushwalkers part 3

by John Braakhuis

### Are you a juicy walker? - The guide to eating and drinking properly during the walk.

In the previous articles on food we covered a few basic tips for food on bushwalks. To refresh your memory the main points were:

- Don't carry too much - leave the tins and puddings home. Carrying excess is guaranteed to ruin your walk
- Don't follow fads or try to diet on trips - this is not the time to try new things.
- You don't need to buy "specialist" hiking food - everything you need can be found in the supermarket.
- Eat what you are familiar with.

and

- Carry around 900g -1000g in dry weight of food per day
- Ensure you eat mainly carbohydrate - 5 - 7g per kg of body weight per day
- Ensure you are fit for medium and hard walks
- Eat well and take plenty of breaks on walks to manage your energy levels.

In the earlier articles we explained the importance of eating properly to avoid fatigue. However it is just as important to ensure you drink enough during the walk, as dehydration will also cause fatigue. In the good old days sports trainers considered drinking during exercise to be bad for the athlete. The poor old athlete was basically told to tough it out and not be such a wimp as to ask for a drink of water. We now know better. Water is provided during all endurance events, and in fact the elite athlete is careful to ask for the correct brand of water or sports drink so he or she gets to keep the sponsorship another year.

Studies have been done to show that fatigue can set in when the body is as little as 2% dehydrated with severe affects on performance when the body is 5% dehydrated, although it has been difficult for researchers to measure exactly the level of dehydration when fatigue occurs or the level of performance loss that occurs. One study completed in 1995 showed that drinking too much beer while eating chips and peanuts did significantly impair performance, however the results were inconclusive and researchers continue to study this topic extensively, even taking time off work to continue their investigations. Despite not knowing exactly why, or not being able to measure the results exactly, researchers do agree that fatigue will set in at relatively low levels of dehydration.

Hot weather also causes problems during exercise as our bodies will sweat more to keep cool. This causes the body to become dehydrated sooner and can easily lead to fatigue. We need to keep drinking regularly during hot weather to keep hydrated and avoid getting too tired. Don't become a walking prune, keep the fluids up and avoid becoming dehydrated as it takes time to reverse this.

So what about sports drinks. Are they any good? It seems that drinks with small amounts of carbohydrate (i.e. sugars etc) do make a difference and can be better than plain water. The electrolytes in the sports drinks also help with absorption of fluids into the body. As a general rule for low intensity activities like bushwalking it pays to keep drinking and eating during exercise and low concentrate sports drinks will be beneficial.

The most important thing to remember is to avoid becoming dehydrated in the first place. Thirst is a very poor indicator of dehydration until it is possibly too late. For walking the tips are:

- Drink early and begin your day well hydrated
- Drink often - don't be a walking prune.
- Choose beverages that are cool and tasty - sports drinks will also be beneficial.
- Also keep eating while you are walking.

And remember

A juicy walker is a good walker