



Upcoming Trips

There are some great trips coming up in Summer and into Autumn. Of special interest is the **Christmas trip, Dec 26 - 31** around part of the Bogong High plains. The Christmas trips are always great fun. A really good extended trip, a way to get away from it all. Back in time for New Years Eve.

If a more leisurely weekend is your bent, you can't miss the **Breakup Weekend, 14 -15** December. Always with a huge turnout - a way to consolidate friendships and make new ones. The breakup weekend is particularly popular with relatively new walkers. Bendigo is this year's destination with easy and medium day walks being run. The breakup weekend is especially popular because of the combination of energetic walk, hot shower followed by cool drink at the pub with new friends. Everyone welcome!

Coming up:

****Australia Day – Mount Feathertop - for those who like a challenge!**

****Easter - a trip to Flinders Island.** Expressions of interest sought early as we need to book flights

****A new initiative on the programme is to do some conservation days with Conservation Volunteers Australia (CVA).** YHA Bushwalking is a member of the Australian Conservation Council (ACC). We have a representative from YHA Bushwalking who keeps in touch with this organisation. Some requests have come in for us to run some conservation events, so in response to this, the first one is scheduled for **March 2003**. We hope to have a few per year. Everyone is welcome to come along and put in your bit on a **Sunday** for the protection and preservation of the bush we love!

Ideally it would be great to go out for a conservation weekend. If we can get 6-10 keen and interested people who would like to go out for a day or a weekend, and they know at least one month in advance, CVA can organise with one of its project partners for us as a group to go to a really good area or do a really interesting project. If you are interested in this, please let me know, Jean Braakhuis on 9598 8619 and I will organise it with CVA.

**** Another *not to be missed walk* is the annual Formal Dinner Walk - the pet of Chairman David Ford.** This year it will be **February 22-23**, to Mt Jim, rated Medium. Get out your frocks and suits and Party! Ask for photos of previous FDW's - you will be impressed! Musical instruments encouraged.

.....see programme for details of all these walks.....

YHA CHRISTMAS CELEBRATION

It's that time of the year again and YHA Bushwalking is inviting you to a fantastic End of Year Christmas dinner. Come along and enjoy the company of your fellow walkers. Find out who will win the Golden Boot Award. Sample the banquet at Kathmandu Kitchens, renowned for its authentic and delicious Nepalese food.

Don't miss out! Bookings are limited as this is a small restaurant.

When: Saturday December 7th, 7.30pm Where: Kathmandu Kitchens, 1294 Malvern Rd, Malvern

Cost: \$26pp - full banquet meal - very yummy!

Bookings to: Simon Walliss, phone 9867 6902 (AH)

Wanted - Ideas

Is there an area you'd like to walk in but it never seems to appear on the programme? Well don't sit back hoping it will come up one day, pass on your suggestion to the Walks Secretary or a Bushwalking Committee member. Ideas on where to walk are always welcome; suggesting them doesn't mean you will be expected to lead the trip. If it really is different and worthwhile, there shouldn't be a problem attracting one of the experienced leaders to take it on.

**YHA BUSHWALKING COMMITTEE
2002/03**

Chairman	David Ford	9571 3179
Secretary	Jean Braakhuis	9598 8619
Treasurer	Linda Butcher	0411536338
Walks Sec.	vacant	
Social Sec.	Simon Wallis	9867 6902
S & R	Ken Sussex	9853 1017
Committee	Rob Adams	9376 2694
	Ron Bell	9338 4057
Equipment	Stephen Smith	9387 6481
	Andrew Brown	9484 5273
	Jeff James	9847 8046
	David Pawley	9690 5715
	Neil Warden	8790 3519
Newsletter	Jane Harding	9525 6462

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 ngebert@acslink.aone.net.au (jane harding). 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

As most of you know, I dislocated my shoulder on Mark's extended Christmas trip whilst climbing over a wet fallen tree. My ambulance trip cost \$900. As fate would have it, in the last edition of YETI, ambulance insurance was mentioned. Murpy's law! Mark and Bruce managed the accident in an extremely competent manner, with support from the rest of the group. My thanks to all. My shoulder is gradually recovering. The food parcel sent by Etsuko and Rob was lovely. I should injure myself again!

On weekend trips, the booking form information regarding transport is particularly important. Without it the leaders have to chase people to obtain the information before they can arrange car-pooling. Please ensure you provide the information requested.

Cancellations just before a trip cause extra work and frustration for a leader. On the Australia Day w/e pack carry trip there were seven people who cancelled and they did this on the Wednesday and Thursday nights. The leader spent much time rearranging transport and the trip only went ahead because the leader was on school holidays and could afford the time. Some of the cancellations were due to the hot weather forecast. I suggest that people check the forecast on the Monday night or at the very latest Tuesday morning. Other reasons for cancellations were that the transport arrangements did not suit the passengers. Drivers are providing their cars and this enables people to go on the trip that otherwise could not. It is not much to suggest that people make the effort to meet the driver at a reasonable point.

Please imagine yourself in the leader's position. Leaders are volunteers and they put in their time, experience and effort to organise trips. Without leaders the club would not exist.

David Ford (Chairman YHA Bushwalking)

Wanted - Committee Members

All positions on the YHA Bushwalking committee will be declared vacant at the annual general meeting in March 2003. We are always on the lookout for new talent on the committee. Fresh ways of doing things and new ideas are the ways a club remains interesting and vital for its members. If you feel you have something to contribute to the running of the club, get on the committee and have your voice heard. Implement your idea!

Committee meets once very six weeks. Particularly we will be looking for a **treasurer**. Linda, our current treasurer will be stepping down after three years of excellent work. Thanks Linda! Accounting qualifications are not essential, but if you are an accountant or a book-keeper you will probably find the job very easy. If you are interested in becoming a committee member please contact one of the present committee members ASAP.

Editor's Thanks

The editor would like to thank Jean and John Braakhuis for their efforts in providing material for this issue of YETI. Contributions from others are always most welcome.

What your committee does for you.....

by Jean Braakhuis

Safety in the bush

One of the things that the committee has been working on over the last couple of years is improving the safety of our walks. There are things a club can do to avoid emergencies, ideally, or to be prepared for them if they arise. The things which have been implemented or heavily promoted include:

- Using the emergency contact system
This is now augmented by having an emergency contact assistance person who liaises with leaders to ensure the ECS is running smoothly.
- Providing subsidies or full reimbursement for leaders who complete a Level II first aid course
Quite a few leaders have now completed the First Aid Course run through the Federation of Victorian Walking Clubs (Vic Walk), of which YHA Bushwalking is an associate member. It is an accredited level II course and a lot of fun has been had in achieving the certificate. We encourage more leaders to apply to complete the course; it has been held for the last two years and usually comes up around May - stay tuned for further information.
- Providing comprehensive written information on what to do in the event of an emergency, followed up by training nights.
- Providing comprehensive information on how to lead a walk, followed up by training nights
Our 'Policy and Procedure' manual has been collated over the last couple of years with information mainly for leaders, but of interest to all walkers. This manual is in the yellow folder and always available at clubnight - just ask at the desk. Leaders have been provided with opportunities to attend our information nights to help make YHA Bushwalking a really cohesive group from the organisational point of view as well as the social!
- Aiming to provide mentors for new leaders to accompany them on their walks
This is a relatively new initiative and one we hope will take off well. If you are a new leader, or would like to start leading but feel a bit nervous, ask to have someone you can liaise with in the couple of weeks before your walk - earlier if you need to survey it - and to accompany you on the walk to give you confidence in your decision making.
- Emphasis on navigation training - you will see, from time to time, 'navigation training' on the programme. These are directed towards people of *all* levels of navigation skill, unless otherwise stated - and that includes beginners! An interest, a compass and a map are often all that is required! We can't ever be too good at finding our way in the bush. In the future we will be liaising more with Rogaining Victoria to help us train people to navigate. A Rogaining Victoria newsletter is often at the desk at clubnight - please ask for it if you are interested.
- Purchasing 10 copies of the new edition of "Bushwalking and Mountaineering Leadership" put out by the BMLC Training Board, the gold standard in leadership books which can be borrowed by leaders or participants - talk to Stephen Smith, equipment coordinator if you would like to borrow a copy.
- Improving our armoury of helpful tools - we have two comprehensive first aid kits, one of which should be on any given walk, a GPS, an EPIRB, a club mobile phone and walkie talkies, most useful on the large day walks for the front and the back to keep in contact.

The committee also critically analyses things that go wrong on walks, or areas where things could have been better. We then put in place strategies aimed at avoiding the occurrence of similar situations in the future. If you have any suggestions for improvement or areas you think were particularly good, we welcome feedback so just let any of the committee know.

Of course we rely on YHA Bushwalking participants to take care of their own personal preparation. This is critical, because it is impossible to check in the packs of all walkers to ensure everyone has the right gear - we rely on you for that. On some of the larger day walks it is enough for the leader to just keep everyone together. While we can aim to be prepared for events we cannot always prevent them. We cannot prevent weather - heat or cold is a large cause of distress for walkers. The old sprained ankle is not uncommon, blisters can be debilitating, all things over which we, as a committee, or leaders, have no control! We always encourage people to update the equipment they need - for the bad times, as well as the hoped for smooth run! Please refresh yourself by referring to the section on equipment on our website. The back of the programme also has some great advice. If in doubt, please feel free to call a committee member to discuss your equipment requirements.

Please also bear in mind that YHA Bushwalking is a volunteer run organisation without, necessarily, formal skills; just lots of experience, enthusiasm and motivation to learn!

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Having said all that.....

Would you Like to Lead a Trip?

The club is always on the lookout for new leaders, particularly for Sunday walks. The success of YHA Bushwalking depends not just on attracting people to the variety of trips offered but finding volunteers to organise them in the first place. If you've become a regular walker with us, how about getting your own name onto the programme? Leading for the first time can be very daunting - no disagreements there - but is also rewarding. There is satisfaction in planning a walk which you believe to be interesting, scenic, maybe a bit unusual and then finding that 30-40 people come along and agree with you. New leaders aren't thrown in at the deep end; there are guide notes available on organising day walks, regular opportunities to hone your navigation skills, and you can always arrange for an experienced leader to come along for support. So, if you are interested, talk to the Walks Secretary or anyone else on committee about how we can help you to help us.

Food for Bushwalkers part 4

by John Braakhuis

In this YETI exclusive, we are finally about to reveal our hidden food secrets. Years and years of experimentation over hundreds of walks on thousands of trips have been distilled into one final concise guide to food on the move. In this fourth article on food we reveal our secret techniques used by experienced bushwalkers for their evening meal.

So here it is, the best, most favourite, secret bushwalking food recipe of all time.

Recipe for 1 (Double for 2 people)

- 1 Open one packet of Continental "Rices of the World"
- 2 Follow Instructions on the pack.

The real trick to this meal is learning to open the packet. Please don't use your teeth as this only results in packet food going everywhere and expensive dental bills. Old timers never use packet food because they don't have any teeth left. In the old days all they had were tins and they ruined their teeth opening the tins. These days it is almost as difficult to open the foil packet with your teeth so it is definitely not recommended. The real trick is to rip the packet open with incredible bravado without spilling the contents. This step takes years of practice.

Other variations on this recipe include:

- 1 Open one packet of Continental "Pasta and Sauce"
- 2 Follow Instructions on the pack.

So you get the general picture

More experienced cooks may wish to add a packet of Surprise peas and corn for extra nutrition. I can attest to this being a real surprise, because when I served this meal to my wife she pointed at the little yellow bits and asked "what are these things?" I said they are surprise corn and she said "great, I like a surprise". So there you have it.

So in summary we have great easy meal that satisfies our main points mentioned in earlier articles. That is:

- The food is inexpensive and available off the supermarket shelf
- They are light and tasty and don't get crushed in the pack
- They are easy to prepare because the whole meal including flavouring is in the packet.
- They cook quickly - Once the water is boiled it only takes 10- 15 minutes.
- They are mostly carbohydrate with moderate amounts of fat for most varieties
- One packet is usually the right quantity for one person (i.e. about 100g dry weight)

Stay tuned to later editions of YETI for further secrets on recipes for dessert. We may even cover lunch if my sponsorship from Continental Foods comes through.

So happy bushwalking. Enjoy