



Community Planting Weekend and Box-Ironbark Forest Tour, August 9 & 10

YHA Bushwalkers will share a weekend planting with others and enjoy some healthy bushland near Benalla. We will meet Ray Thomas, Project Co-ordinator, and others at Benalla Post Office 9.00am or the old Winton Roadhouse 9.30am. We'll travel in convoy to the planting site and planting will kick off at 10.00am.

Free Accommodation: We will stay at Benalla Scout and Guide Halls. Small kitchen facilities and mattresses supplied. BYO sleeping bag and pillow. Free hot showers at Benalla Aquatic Centre.

Free BBQ: BYO lunch for Saturday, as we will be out in the field all day. Hot cuppa supplied for morning and afternoon tea. Sumptuous meal supplied on Saturday evening. BYO breakfast for Sunday. Eating gear supplied at mess hall. Free BBQ lunch in the bush on Sunday after planting.

Free Bush Dance: Bush dance on Saturday night for the energetic or potlighting evening for a view of possums and gliders. Wildflower walk after lunch on Sunday. Experience the bird life with a quiet walk and some binoculars.

Please let me know in advance if you wish to join us, so we can arrange transport and cater for bedding and meals.

Contact: Dzung Nguyen, 9578 0627 home, bushwng@jeack.com.au email

Winter Accommodated Weekends

A common misconception is that winter isn't a good time for bushwalking. Sure, a cold, wet day isn't much fun, however rainy days can occur at any time of the year. Fine, sunny days are common during the winter months, and unless you are above 1000m, temperature-wise there is unlikely to be anything encountered that can't be easily dealt with by a fleece and perhaps a beanie. The low-angle sun makes for better photography during the day, whilst the glory of spring flowers actually begins with wattle blooming from late July.

The only downsides to winter are the early sunsets and frosty nights, which tend to limit the evenings on camping trips. Unfortunately this results in some otherwise normal adults retiring at the sort of bedtimes not seen since they clutched a teddy bear. This problem is easily solved on an accommodated weekend, staying somewhere with a roof over your head and a cosy fire. This winter there are three trips to choose from.

Starting with the **Queen's Birthday long weekend (June 7-9th) at "Trekkers" hostel near Benalla**, with walks in nearby state parks such as Warby Range and Mt Samaria. For further details about this trip, contact David Sisson on 9380 8126.

July 18th-20th, spend a weekend walking in the Grampians and staying at the Halls Gap eco-hostel. The Grampians is one of the highlights of bushwalking in Victoria; even if you've been there a few times already, there are so many walks available there is bound to be a new one to try. The grading is "easy-medium" – marked routes are generally followed, but be prepared for climbs of a few hundred metres and the occasional bit of rock scrambling. Cost=\$47 (members), to book or for more details contact Andrew on 9484 5273.

On August 22-24th, visit the Port Campbell hostel, in the first trip by the club to this region in quite some time. Options for "medium" day walks include the spectacular Bay of Islands coastline along with the beaches and forests of the Western Otways. And of course staying in the area affords an excellent opportunity to observe a sunset or sunrise over the Twelve Apostles. Cost= \$44 (members). For bookings or more information, contact Stephen on 9387 6481.

Early bookings are advisable on hostel trips, as they generally prove popular and have limited numbers which often need to be finalised a couple of weeks beforehand.

YHA BUSHWALKING COMMITTEE 2003/04

| | | |
|--------------------|----------------|--------------|
| Chairman | Simon Walliss | 9867 6902 |
| Secretary | Jean Braakhuis | 9598 8619 |
| Treasurer | Rowland Kelly | 9714 8737 |
| Walks Sec. | David Sisson | 9380 8126 |
| Social Sec. | Ron Bell | 9338 4057 |
| S & R Committee | Ken Sussex | 9495 1350 |
| Equipment | Stephen Smith | 9387 6481 |
| | Andrew Brown | 9484 5273 |
| | Robert Yuen | 0422 329 063 |
| | Andres Vidovic | 9386 1583 |
| | Greg Shepherd | 9639 5522 |
| | Dzung Nquyen | 9578 0627 |

Newsletter vacant

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 neiljane@bigpond.com (jane harding). If you do not have the time to write, please contact Jane 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 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 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

In my first report I would first like to thank David Ford for the fantastic job he did as chairman over the past two years. I would like to also thank Linda Butcher who has done very well, probably the toughest job on the committee: that of Treasurer, for the past few years and has now retired. A big thanks also to retiring committee members, Rob Adams, who has served over a number of years, Jeff James, David Pawley and Neil Warden.

This edition of YETI is the last that Jane Harding will edit. Thank you very much for doing this time-consuming task over the past couple of years. Best wishes to Jane and Neil on the birth of your second child later in the year.

Welcome to the new committee. I hope you enjoy putting something back into the club as much as we all enjoy going on walks! Congratulations to Rowland Kelly on taking up the Treasurer position and David Sisson for taking up the Walks Secretary post.

In the past few months the club has continued to offer a vast range of trips ranging from the popular Sunday day walks to multi-day interstate trips. The recent trip to remote Flinders Island in Bass Strait that 17 of us went on over Easter was very enjoyable. We were lucky with the weather with three fine days and one overcast day for such a late Easter. I particularly enjoyed the rugged coast on the northern end of the island near Killiecrankie. We had fine weather and the different types of terrain were spectacular!

The other trip over Easter to Wandiligong, led by Ron Bell, was extremely popular with close to 50 people attending. With such successful trips I feel the club can be more adventurous and offer trips to more distant locations. Stephen Smith is running a trip to the Gammon Ranges in the Northern Flinders Ranges in September and I hope a number of people think about doing this spectacular walk. New Zealand is another area the club should think about running a trip to in the summer months.

The club has had a number of interesting speakers over the last few months. Highlights have included renowned bushwalking author Tyrone Thomas's talk and Ron Bell's question of "Are you married?", Lonely Planet author Greg Caire's slides and talk, Tibetan traveller Terry William's talk and Peregrines Rod Griffiths's high tech presentation. If you have any ideas for further interesting talks or know speakers, please contact the committee as we are always looking for presentation ideas.

Simon Walliss, Chairman

Food - The Great Bushwalking Debate

Food is one of the three F's, which comprise the topics of most campfire conversations. Are there correct and incorrect foods to take on a walk? If something makes you feel good, does it matter if it's a nutritionist's nightmare? At Clubnight June 2nd "Mangoes versus BBQ Shapes", hear a few speakers give their views on what constitutes good food for walking. A sample of some of the products currently in vogue will be available to nibble on afterwards. Come along, listen, have your say, then vote with your tastebuds. No matter which camp "wins", it's bound to be a lot of fun.

Flinders Ranges walk - September 2003



The Flinders Ranges are the jewel of South Australian bushwalking. Their rugged mountain ridges and gorges have scenery nothing like anything found in Victoria; for anyone seriously interested in bushwalking or wishing to experience the outback, these are a must. Unfortunately during the main Christmas-New Year holiday period the region is too hot, and it is slightly too far to visit over a 4-5 day Easter period. To see them needs at least a week, with the best time being early spring.

An extended trip is planned from Sept 6-14th, concentrating on the far northern Gammon Ranges section, based around Arkaroola. The trip will be mostly base camping, with the option of a single-night's pack carry, and walks generally planned to be "medium" grade. Explore highlights of the region such as Acacia Ridge, Italowie Gorge and Bunyip Chasm. Some short walks in the Mt Remarkable (Southern Flinders) region are planned as well, to break the journey to Arkaroola.

An information session will be held at clubnight on June 23rd, along with some slides of the best-known central section of the Flinders Ranges around Wilpena Pound. Enquiries: Stephen 9387 6481

In Profile - Robert Yuen *A few quick questions to one of this year's new Bushwalking Committee members.*

When did you start walking with YHA?

About four years ago, April 1999.

You've obviously stuck with it since, what has been your favourite walk so far?

It's a tie between a Sunday walk up Mt Juliet – short but very steep - and a 50km marathon walk Colin Cody organised on French Island.

...and one you'd rather forget? My first pack-carry; I bit off a bit more than I could chew. We started out along the Alpine walking track between the Twins and Mt Murray, attempted to head down towards the Wongungarra river, realised we weren't going to get there and had to scrub bash all the way uphill again, only just making it back to camp by sunset. My pack was brand new. I hadn't worked out how to adjust it properly, wasn't used to the weight and so ended up with very sore shoulders.

What are some of the ideas you'd like to achieve while on committee? I'd like to market the club in a way that encourages a higher number of regular walkers. A more professional looking (and durable) trip card, even things like a personalised Bushwalking Club diary, something people could keep a record of where and how far they've walked.

What's your greatest fear? Not building up enough good karma in this life, so I end up being reborn somewhere like Iraq under Saddam Hussein's rule.

And any regrets? I've lost a lot of friends through eating garlic. Fortunately I've eased off a bit lately.

Where would you go to avoid this? "Chinese steamboat" cooking is very healthy, and a great group experience. You get a simmering pot of stock on the table. Everybody helps themselves to pieces of meat, seafood and vegetables then puts them in the pot to cook. They give you a little net to fish everything out afterwards. Low-fat, low-garlic, you can eat as much as you like for less than \$15 at this place in the city. Look out on the winter programme for a social evening there in July.

Answers to Dr T's Quick Winter Quiz

1,c 2,a 3,a,c 4,b,d (The leader will always welcome a piece of cake) 5,a 6,d 7,b 8,d
9,b,d 10,c (snow from the roof could be contaminated by fire ash)



Dr T's Quick Winter Quiz

With winter rapidly approaching test your knowledge with Dr T's quick quiz. There may be more than one correct answer to each question. See bottom of page 3 for the answers.

1. If a strong cold wind is blowing you may wear a hat because -
 - a. Your hair is getting messed up in the wind
 - b. Your balding head would get windburn
 - c. As much as 1/3rd of body heat is lost from your head
 - d. You read in the paper that hats are a fashion item this winter
2. When walking in the snow you would wear sunglasses because –
 - a. Sunlight reflected from the snow will cause snowblindness
 - b. Your style guru told you that sunglasses would be a fashion item this winter
 - c. The person in front might poke you in the eye with an ice axe
 - d. You wanted to return to the office on Monday looking like a panda
3. Layering is –
 - a. A method of propagating plants
 - b. A squashed hard boiled egg
 - c. A method of wearing clothes whereby multiple *layers* are worn, rather than one heavy item
 - d. A term used by the fashion industry when referring to the type of fabric used to line hats
4. On a mid winter day walk to Trentham you would carry -
 - a. A spare pair of thongs and a T shirt because the sun was shining when you left Melbourne
 - b. Spare warm clothing because Trentham is much colder than Melbourne
 - c. A trendy scarf because you are visiting Daylesford for coffee after the walk
 - d. An extra bit of chocolate cake for the leader
5. If on a cold day you noticed that one of your fellow walkers has started to act erratically
 - a. You would check for signs of hypothermia
 - b. Offer her/him your new Fcuk jacket
 - c. Assume they have been drinking
 - d. Blame the leader for walking too fast
6. A crevasse is –
 - a. The bit at the front of a Russian Ice Breaker that opens up the ice
 - b. A type of donkey
 - c. The view you get when looking at the rear of a young lady wearing hipster jeans
 - d. A bloody big crack in an ice flow
7. Cotton jeans -
 - a. Look great and would make you the best dressed walker in the group
 - b. Are cold and clammy when wet and should not be worn on winter walks
 - c. Should be carried on extended walks for evening wear
 - d. Are useful to use as a tourniquet in case you have to chop your arm off
8. Wind chill –
 - a. Is a cool new alcoholic milk drink
 - b. Is what you get after smoking a big scoober on Mt Boogoong
 - c. Is the fashion label of the latest cool chill out gear
 - d. Is the chilling effect of wind on the body which can be exacerbated when clothing is wet
9. If you lost your sunglasses when in the snow you could –
 - a. Steal the leader's pair
 - b. Cut a strip of fabric and tie over your eyes leaving only a small aperture for vision
 - c. Spend hours looking for them because they cost you \$250
 - d. Squint
10. When obtaining water by melting snow you would -
 - a. Throw Metho over it, light it then collect the resultant liquid
 - b. Take the snow from the roof of a hut
 - c. Scout around and find the freshest snow that has been undisturbed
 - d. Use your trendy hat as a filter