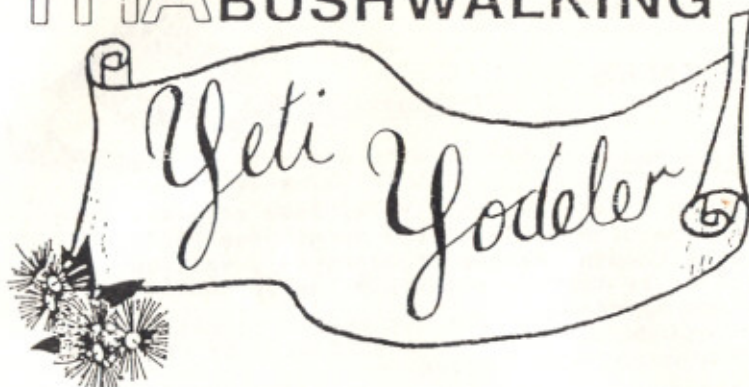


YHA BUSHWALKING

GPO BOX 25A, MELBOURNE, VICTORIA, 3001



REVIEW

Where are all you walkers? Last year was the best ever but the numbers for this year are only fair, it seems the day walks are the worst hit by lack of numbers. Well on to the good news! The highlights for the year to date. The formal dinner walk to Mt Feathertop was a great success with entertainment provided by Keryn on violin and Ewen on Ukulele. Mark outdid all in full dinner suit topped with a red beanie. James' walk the same weekend to Feathertop via Champion Spur was apparently one of the most challenging ever.

The March long weekend to Mt Speculation was another great walk. The thunderstorm on top of Mt Hovit was an experience, we could do without. We gained shelter at Vallejo Ganter Hut and in a few hours the rain cleared to a beautiful afternoon spent on the Crosscut Saw, with spectacular views, the best in Victoria!

Also in March the ascent of Mt Bogong a long climb but worth every step on that misty day. Camped at Cleve Cole Hut and were once again entertained by Ewen and his Ukulele around the fireside in the hut. A beautiful day on Sunday rewarded us with more unbelievable views of the valleys below, whilst we were the highest people in Victoria on Mt Bogong.

Easter was a great success 49 walkers went to Mt Jagungal in Kosciusko National Park. We were transported in comfort by coach to arrive at Round Mountain at approximately 3.30am. We divided into five groups in the morning Bruce Meincke leading a medium-hard, James Thomson, John Warrick and Colin McLaren leading medium walks and Brian Costa leading a easy-medium group. The weather was fantastic, with bright sunny days although a few frosty nights. The highlight of the trips was the climb of Mt Jagungal's rocky summit. We would like to thank all who came along, especially the many new faces who we hope to see again in the future.

FUTURE WALKS



APRIL 18: COPPINS TRACK

This track in Point Nepean National Park, runs from Sorrento to Gunnamatta on the Ocean side of the Mornington Peninsula. Named after George Coppin 'Father of Sorrento', walking along a track lined by teatree scrub and sand dunes.
 MAP REFERENCE: Rye special
 LEADER: Peter Alexander.
 GRADED: E&M

APRIL 23-25: THE BLUFF

John Siseman - "One of the more challenging peaks of the Victorian Alps, the huge bastions of The Bluff stand high above the valleys of the Howqua and Jamieson Rivers. On reaching the summit a windswept moorland, the effort of the climb is rewarded by spectacular views".
 MAP REFERENCE: Buller South
 LEADER: Stephen Lake
 GRADE: M,H

APRIL 25: GELLIBRAND HILL

Sandra Bardwell - "This is one of the most valuable and most interesting parks close to Melbourne. As a sizeable sample 645ha of bush and grassland close to the western suburbs. Woodlands homestead within the park is one of the oldest houses in Victoria and is listed on the Victorian Register of Historic Buildings".
 MAP REFERENCE: Melways 178
 LEADER: Dorothy Darling
 GRADE: Social Walk

MAY 1: WOMBAT STATE FOREST

Meet at the Blackwood Hotel at 9.30am for this Saturday walk to the northern area of Wombat State Forest.
 MAP REFERENCE: Trentham
 LEADER: Dana Jankovic
 GRADE: M

MAY 2: BUNYIP STATE FOREST

Situated on the Bunyip River north of the Princes Hwy near Longwarry North.
 MAP REFERENCE: Tonimbuc
 LEADER: Jeff Preston
 GRADE: E&M

MAY 7-9: VICTORIA RANGE

Situated on the western side of the Grampians.
 MAP REFERENCE: Grampians South
 LEADER: John Braakhuis
 GRADE: E&M

MAY 16: MT DISAPPOINTMENT

Situated north of Whittlesea.
 MAP REFERENCE: Kinglake
 LEADER: Colin McLaren
 GRADE: E&M

MAY 21-23: MT BULLER

Climb Mt Buller via the West Ridge from Sawmill Settlement.
 MAP REFERENCE: Buller Nth & Sth
 or Buller Stirling Outdoor Leisure Map
 LEADER: Colin Cody
 GRADE: M

MAY 30: LITTLE RIVER GORGE

In the Brisbane Ranges National Park
 MAP REFERENCE: Staughton Vale/Eclipse Creek
 LEADER:
 GRADE: E&M

MAY 30: NAVIGATION TRAINING

You must pre-book for navigation training, an excellent chance to begin or improve your navigation skills.
 LEADER: Ken Sussex

JUNE 5: RUSHWORTH STATE FOREST

This Saturday walk south of Rushworth, famous for the gold mining ghost town of Whroo. The Balaclava Mine was one of the few open cut gold mines in the state and you can see the early settlers' and miners' cemetery, mining relics and gemstone areas. There's an Aboriginal waterhole near the mine too. The forest is noted for its large stands of Ironbark trees. From the Goulburn brochure, Department of Tourism.
 MAP REFERENCE: Murchison
 LEADER:
 GRADE: E

JUNE 6: WERRIBEE GORGE

Situated south of Bacchus Marsh along the Werribee River. Sandra Bardwell - "Werribee Gorge State Park protects one of the most important and spectacular geological sites in Victoria. The central feature, the 200m deep gorge was formed relatively recently, about 1 million yrs ago. Some sections of boulder hopping and minor rock scramble in the gorge call for sure-footedness".
 MAP REFERENCE: Inglison
 LEADER:
 GRADE: E&M

4.

JUNE 11-14: WYPERFELD NATIONAL PARK

Once the whole of north-west Victoria was buried under the sea during the Miocene Period and in Wyperfeld you can still see a relic of the ancient lake and river system in the complex system of dry lakes and lagoons along what is now known as Outlet Creek. Within the park are many parrots, emus and kangaroos, also unusual desert plants and remarkable sand dunes. From Wimmera Brochure, Department of Tourism.

MAP REFERENCE: Wyperfeld Olgona

LEADER: Antony Braakuis

GRADE: E&M inc. Base camp.

JUNE 13: SUGARLOAF RESERVOIR

Melbourne Water reservoir and Parkland near Christmas Hills.

MAP REFERENCE: Melway 273

LEADER: Jeff Martin

GRADE: Social walk

JUNE 20: Mt HICKEY

Don Baker - "Pleasant walking in the Tallarook Forest with moderate climb. The Forest is a mixture of trees - many types and ages, after 600m you notice a change in the vegetation, shortly after which you reach Mt Hickey which is topped by fire towers and great views".

REFERENCE: Strath Creek

LEADER:

GRADE: E&M

JUNE 25-27: WOBONGA PLATEAU

Situated north of Mt Stirling.

MAP REFERENCE: Lake William Hovell

LEADER: James Thomson

GRADE: M

JUNE 27: TOOBORAC

Between Kilmore and Heathcote on the Northern Highway.

MAP REFERENCE: Tooborac

LEADER: Ken Sussex

GRADE: E&M

LEADERS you are more than welcome to present your walk in the newsletter!



SOCIAL REPORT

RESTAURANTS

At 'Fortune Cookies' we ate all we could for \$11.50, everyone was so generous shouting others entrees etc..... We all had a great time! Have a guess who came late? Henry Post or Mark Beyer.

'Lana Thai' 287 Exhibition Street on 16 April, Friday night, is one of the best restaurants we have been to. Vegetarians have raved about it. See you there \$21 set menu or less for individual.

Remember 'You be the Chef' night bring a plate of your favourite food. May 29 Saturday night in Mooribbin, see Keryn Lientschnig 5781117 or Antony Braakhals 5551914.

Pat Larkin's Stargazing was a cloud over but Pat will do another one in the future - Thanks Pat.

Phil Kennedy's Walk/ Party/ Walk/ Overnight stay was a great success. Curly the goat was not very happy to see all these bodies sleeping in his area and stopping him from eating the dog food. Not only that they threw Curly out! One guess who sang songs about Elvis.....P_____K_____? Who sleeps with their mouth open.....D_____D_____? Congratulations on your 40th Rowland the Committee thought you were so much older.

Who in navigation do you always do the opposite to his advice J_____M_____? Yours truly.

This is your newsletter please feel free to issue articles on stories, walks, hints - such as camp cooking, what to take and how. The newsletter will be issued bimonthly the next being available at the end of June. Please bring your articles into clubnight or post to GPO Box 25A Melbourne 3001.

WE LOOK FORWARD TO YOUR INPUT!

5.

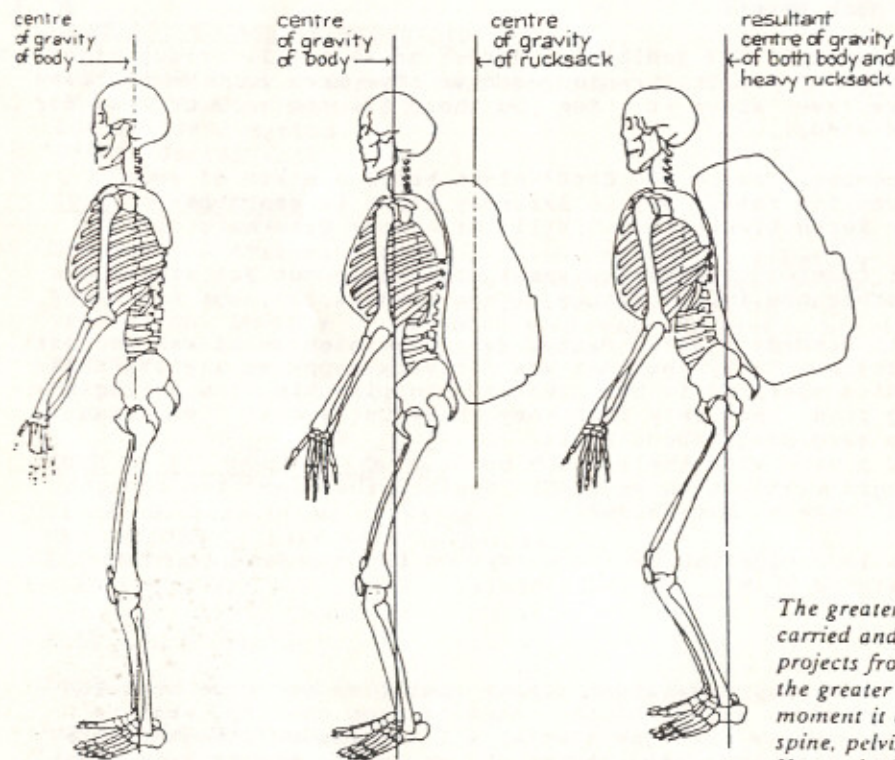
Mark Beyer
at
FORMAL DINNER
MR. FEATHERTOP



MECHANICS OF LOAD CARRYING

There is a simple mechanics to carrying a load. The human body, after all these centuries, is well balanced for walking. But with weight on the back the body has to bend forward to keep the resultant centre of gravity over the hips. The further the centre of gravity is behind the backbone the more the body must bend forward. The more the body bends forward the greater the strain on thigh, calf and neck muscles. Thus the aim in designing or choosing a rucksack should be to minimise weight and keep the weight as close to the spine as possible.

If some of the weight can be brought forward to the chest then the body can straighten up proportionally, and stresses on calf, thigh and neck decrease. But the weight brought forward must not hamper breathing or obscure vision of the ground. In addition it is helpful to keep the weight as low on the hips as possible, reducing stresses as the weight is transferred alternatively from one hip to the other.



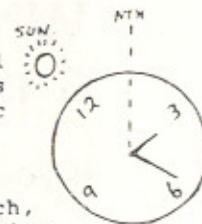
The greater the weight carried and the more it projects from the body the greater mechanical moment it exerts on the spine, pelvis and legs. Hence the importance of packing compactly with objects of greatest density as close to the spine as possible.

HANDY HINTS

MAKING A CLOCK COMPASS

After an embarrassing experience at Champion Hill lately, where the compass was reading 180 degrees out, due to iron in the ground causing a magnetic force, I thought of this handy hint.

To find north, point the 12 symbol on your watch towards the sun. North lies mid-way between the hour hand and the 12. If you have a digital watch, make a sketch on paper or on the ground with a stick.





Who wants to climb a mountain of rubbish?

If you can carry it in, you can carry it out!

- o LITTER is unsightly - It spoils the bush for you and others.
- o Carry a litter bag. A strong plastic bag will do.
- o Don't join the throwaway society. Bring your rubbish home, and dispose of it properly.
- o Carry in as little rubbish-producing material as possible. You'll have a lighter pack.
- o If you carry tin cans, the motto is CLEAN, CRUSH and CARRY. Wash the can, take out both ends, squash it and bring it home. Never leave cans in the remains of your camp fire.
- o Bottles are heavy, and if you carry them in, carry them back.
- o Don't drop anything along tracks. This includes orange peel, ring tops from cans, bottle tops, lolly wrappers, and so on. Put it in your pocket and bring it back.
- o Paper and some plastics can be burnt in your camp fire.
- o Contrary to popular opinion, aluminium foil packets (soup, dried vegetables, and so on.) do not burn away. Better to keep them clean and bring them back. (Some foil packets can be re-used for cooking.)
- o Don't leave any food in huts. It won't be of any use to anyone, and it only attracts vermin. Take it home.
- o Clean out hut fireplaces after using them.
- o Leave your campsite, fireplaces and tracks spotless. Pick up other people's rubbish if necessary, and don't be afraid to ask other people not to litter. They give bushwalking a bad name.

Dopes Rubbish Australia.