

VicWalk News

May 2007

Issue No. 171

\$1.20



Tree Fern in the Dandenongs (photo by Beatrice Head, Waverley Bushwalking Club)

Contributions

Email or post news, views, club profiles, articles, photographs, sketches and letters on any subject of interest to bushwalkers (subject to editorial approval) to: editor@vicwalk.org.au

or
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The statements and opinions expressed in articles are those of the author and do not necessarily represent the views or position of Bushwalking Victoria.

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VicWalk



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WALKING & TALKING WITH YOUR PRESIDENT

Influencing the Future for Bushwalkers—Conference

On 17 March 2007, we held our first conference and workshop of club presidents, board members and conveners. Presidents or their representatives from 22 clubs attended. The main theme was 'What actions can we take to exert more influence on behalf of bushwalkers?' Some excellent brainstorming was followed by discussions groups to prioritise actions. Actions were identified for both clubs and Bushwalking Victoria. The ideas for clubs will be considered by their committees. Those for Bushwalking Victoria will be considered as we finalise our 2007/2008 business plan.

Communication

There was also a session about more effective communication. Those present unanimously agreed that communication to club committees from Bushwalking Victoria should be electronic direct to club presidents and secretaries. In the very near future we will be initiating the process with a regular 'e-News'. This will contain details of important matters for action by clubs as well as significant matters of interest to all bushwalkers. The 'e-News' will be in addition to our flagship publication (currently VicWalk News) which will undergo some significant changes in the next few months. There were also some good ideas for external communication.

Sharing ideas

A session where attendees raised specific issues affecting their club was a great opportunity to share ideas and solutions.

Outcomes

A full report on the conference proceedings has been sent to all club presidents. Any club member who would like a copy can request one from the office
admin@vicwalk.org.au
 All attendees thought the conference was useful and agreed it should be

an annual event.

Some interesting outcomes from my own perspective were that:

- We have a wonderful state wide network through our clubs
- There is a wealth of knowledge and experience to be shared that enables us to help each other to be stronger and more influential
- Bushwalking has a very wide definition, from simple day walks in urban areas or urban forest, through the full spectrum of harder day walks, base camps, weekend pack carries to extended multi-day trips in remote areas, not to mention cross-country skiing and canoeing.

The nature of programs in clubs varies enormously, with some catering for the full range of activities and others providing for one section only. That again is one of the strengths of our network.

It's all bushwalking and the team at Bushwalking Victoria is fully committed to represent the diverse needs of such a varied constituency.

Annual General Meeting

Another reminder about this important meeting on 5th June 2007. I ask all clubs to consider nominating candidates for election to office, as general members of the Board or as standing committee conveners. Our current Secretary, Wayne Rice, after five years on executive is stepping down and this important position needs to be filled. Officer and convener positions are listed in the 'who's who' section of this magazine. In addition we need up to five general Board members. If you would like details of the various roles contact me directly.

Please give this matter some serious thought and take the opportunity to be directly involved in shaping bushwalking for the future. It's challenging but always interesting. Why not give it a go?

David Reid

VICWALK TRACK MAINTENANCE GROUP

Track Maintenance Event	Date	Contact
Riggalls Spur – Lake Tarli Karng	POSTPONED DUE TO FIRES	Jim Harker on 9547 1152 or email jnharker@netspace.net.au
Grampians (Boronia Peak)	Saturday 26 and Sunday 27 May 2007	Rod Novak on 9561 2407 or email rod-novak@ozemail.com.au
Otways	Thursday 31 May to Sunday 3 June 2007	Jim Harker on 9547 1152 or email jnharker@netspace.net.au or contact Geelong BWC

ADVANCE NOTICE

FEDERATION WALK – HEALESVILLE 2007 SUNDAY 21 OCTOBER 2007



HOSTED BY DIAMOND VALLEY AND KOONUNG CLUBS

Healesville is located to the northeast of Melbourne. It is 60 km by road from central Melbourne. It is situated on the Watts River, a tributary of the Yarra River. It is well known for the Healesville Sanctuary, a nature park with hundreds of native Australian animals displayed in a semi-open natural setting and an active platypus breeding program. Much of what is now Healesville lies on the ancestral land of the Wurundjeri people.

Healesville has long been considered as the gateway to the Victorian Alps and as such it provides a great base for this year's Federation Walk. We are planning to have around 25 walks ranging right through from easy to hard. Many of the walks will be within the Yarra Ranges National Park and the Cathedral Range State Park.

To help in your club's participation please:

- List this event in your club calendar
- Have your club's Federation Walk Coordinator contact Fred Bover (fbover@ozemail.com.au or 94397092).

Further information will be provided to your club's Federation Walk Coordinator and in each VicWalk News during 2007.

MT BOGONG 2007 – CENTENARY OF SCOUTING HIGHEST PEAK



To mark the centenary of the world-wide Scouting Movement, Rovers are planning to climb Mount Bogong on 1 August 2007 and join scouts around the world who are hiking to their state's highest peaks. The aim is also to repeat the original expedition

in 1928 led by previous Branch Commissioner for Rovers Bill Waters, following the same route, using the same equipment and food and using the same navigation technique of the first winter ascent.

A team of Rover Scouts will research the journey, make or borrow the equipment and plan the trip. They will have a backup team follow behind and record the journey, and invite other organisations to participate.

Please contact me at the following for further information or suggestions.



Yours in Scouting
Chris Young
Assistant Branch Commissioner
– Rover Development

H (03) 9870 4482
M 0419 33 385
E-mail abc.rover-dev@vicscouts.asn.au

VicWalk News
Advertising Rates

1/6 page advertisement	\$25.00	Full page advertisement	\$150.00	Note: Advertisements must be artwork ready. * Advertiser to supply 300 printed inserts each edition.
1/4 page advertisement	\$40.00	Address list of affiliate clubs	\$50.00	
1/3 page advertisement	\$50.00	Insert for Newsletter*	\$50.00	
1/2 page advertisement	\$75.00			

Advertising is welcome but insertion is subject to the Editor's discretion. Products or services advertised in this publication are not endorsed or recommended in any way by Bushwalking Victoria.

2007

Full Moons

Wed 2 May, Fri 1 June,
Sat 30 June, Mon 30 July,
Tue 28 August, Thur 27 September,
Fri 26 October, Sun 25 November,
Mon 24 December

Sunrise & Sunset

Friday 20 Apr 6.50am 5.47pm
Friday 4 May 7.03am 5.30pm
Friday 18 May 7.15am 5.17pm
Friday 1 Jun 7.26am 5.09pm
Friday 15 Jun 7.33am 5.06pm
Friday 29 Jun 7.36am 5.10pm
Friday 13 Jul 7.33am 5.17pm
Friday 27 Jul 7.25am 17.27pm
Friday 10 Aug 7.11am 7.39pm
Friday 24 Aug 6.53am 5.51pm
Friday 7 Sep 6.33am 6.02am
Friday 21 Sep 6.11am 6.14pm
Friday 5 Oct 5.50am 6.27pm
Friday 19 Oct 5.29am 6.40pm

Source:
www.ga.gov.au (Geoscience Australia)

COMMUNITY PARTICIPATION FUNDING

Last month we received news from the Minister for Sport, Recreation and Youth Affairs, James Merlino, that he has approved funding to Bushwalking Victoria of \$40,000 under the Supporting Grassroots Sport grants program. The \$1.5m program arose from saved funds after the Melbourne 2006 Commonwealth Games, and is to 'support state sporting association's affiliated clubs...to build membership, create new partnerships and connect more Victorians to local sporting activities'.

Our submission proposed that we develop and implement a plan to engage with local community walking groups to provide support and expertise; and to encourage them to 'go further', to increase bushwalking participation by the community.

Walking is currently being promoted by government and non-government sport, recreation and health agencies as an activity that improves general health and well-being, can help in addressing the obesity problem, and provides beneficial social contact in a non-competitive and non-threatening way. Local walking groups have been set up in recent times by various government and community agencies. Many of these may be the product of a 'one-off' funded project. We saw a need to engage with these groups for two reasons.

- To provide support and expertise, thereby ensuring they continue to operate when other support ceases
- To provide the opportunity and support for participants to 'go further', that is, to extend their walking into bushwalking. The beneficial outcome would be increased community participation in bushwalking, especially club-based bushwalking with its attendant social and well-being benefits. Local tourism would also benefit.

At this stage we are waiting to finalise the funding agreement with Sport & Recreation. We will set up a steering committee to oversee the project which includes employing a part time project officer for one year. The Board would be very happy to hear from any individuals or clubs who would like to get involved in this project.

Barbara Guerin

Assistant Secretary, Bushwalking Victoria



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EXPLORANGES

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Calendar

BUSHWALKING SEARCH & RESCUE MEETING

Monday 21 May 2007
at 6pm at
Community Room
Powlett Reserve, East Melbourne
Melway 2G F2 (44 C7)
23 July & 10 September 2007
Venue to be confirmed

BUSHWALKING ENVIRONMENT COMMITTEE MEETING

4th Wednesday of each month
except December at 7.30pm
St Martins Anglican Church
27 Cromwell Rd (cnr Wilson St)
South Yarra
Melway Map 58 F4

BSAR SEARCH REPORT — SABINE FALLS

Sixteen BSAR members responded to the search for a Scottish tourist, William Bliss, 19, who become lost in the Sabine Falls area north of Apollo Bay in the Otway Ranges. He became lost on the afternoon of Tuesday 3 April 2007.

A search of more than 40 Police, SES, Parks and other volunteers was organised on the Wednesday. As he was not found during that day, BSAR was placed on standby and a called out initiated later in the evening ready for a 0430 transport to the search area on the Thursday morning.

Upon arrival five three-person BSAR groups were tasked to search rough terrain along Smythe Ck approximately 4.5km south of the Place Last Seen (PLS). Groups were transported to their search areas by 4WD.

The lost person was found within 30mins of the BSAR deployment into the field. Groups were recalled and, after 'lunch' at 1030hrs and an operational debrief, the BSAR Team arrived back in Melbourne at 1530hrs.

Rik Head
Field Organiser, BSAR

FAIR DINKUM BUSHWALKING – WHERE TO NOW?

In an article called 'Fair Dinkum Bushwalking' on BWV's MC2 website and in VicWalk News (March edition), I have been asking for ideas to help overcome the difficulty many clubs have at satisfying their members who wish to go on serious forays into the bush.

Responses received since January have been:

- Just over 40 individual responses from 26 people/couples
- 4 people responded more than twice
- 7 responses came from Bushwalking Victoria Board or conveners (current or recent)
- Half came via MC2 Forum and half via VicWalk News article
- 21 male and 5 female
- 3 from club 'executives'
- 4 from country clubs.

These responses and my replies when cut and pasted into a single document came to some 38 pages – a significant amount of 'chat'. I thank everyone for putting thoughts in print.

The responses could be categorised into various opinions.

Major agreement:

- The concept of setting up a fair dinkum bushwalking program shared amongst several clubs – 50% of respondents actively supported

- The concept of forming a separate club – almost zero support.

Agreement by several respondents:

- Booking should be via modern technology – ie. not by having to attend meetings
- There are enough serious bushwalkers – we just need to communicate with them better
- It is too much of a hassle going on fair dinkum bushwalks 'if I have to organize them myself'
- Older people (50+??) are frustrated at not being able to get enough companions to do fair dinkum bushwalks at their level. Many are retired and can go on longer trips – including mid week.

A Google search located three formal web-based clubs – one each in Victoria, NSW and South Australia.

One particularly interesting response related to internet bushwalking clubs in China. With these, a 'leader' publishes a walk plan, you register and go walking. People get lost because there are no binding rules, no insurance, and nobody is responsible.

The next step – I ask clubs that want to participate in a shared overnight program to email me ASAP – jimmclaughlin58@hotmail.com. This will need to come from a club executive – eg, a Walks Coordinator. When I get some volunteers I will set up a discussion group to get some ideas re the structure.

Jim McLaughlin



Sabine Falls BSAR search team (Source: www.bsar.org)

WALHALLA WEEKEND—100TH ANNIVERSARY OF BAW BAW TOURIST TRACK

The 100th anniversary of the Baw Baw Tourist track was celebrated at Walhalla on the March long weekend. Friends of Baw Baw and the Strzelecki Bushwalking Club combined to hold a very successful celebration.

The track opened in 1907 and ran from Warburton to Walhalla, a distance of 51 miles. During this time it attracted tourists from all over Australia. Many people accomplished the full distance, although the track was also popular with day trippers especially after the Moe-Walhalla railway line opened. The decline of Walhalla, World War 2 and opening of the Upper Yarra Dam contributed to closing of the track.



Photos: Warburton to Walhalla Centenary Exhibition

[See also Baw Baw Tourist Track—Discovering its Past on page 9.]

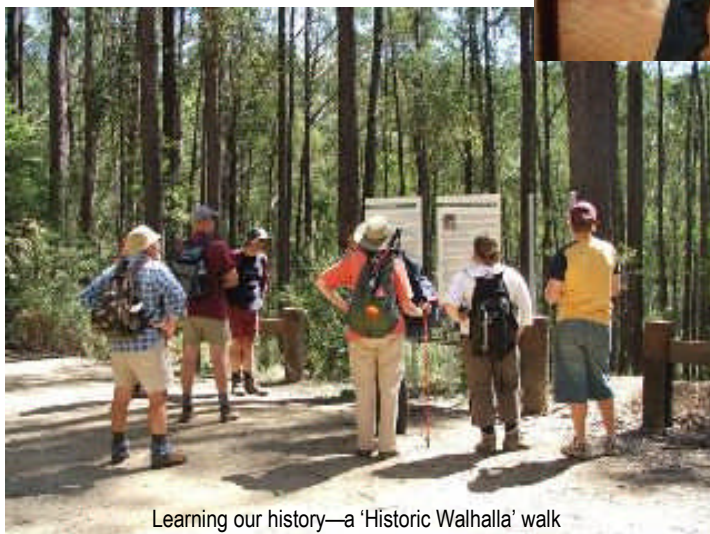


had walked the miles. Photographs of .current events in Baw Baw National Park were also on display.

The event was based in the Mechanics Hall where the photographic exhibition was displayed and walks headed off from here. Much interest in the walking trail and walks in the area was generated. Perfect weather and planning ensured a very successful weekend. Thanks to all involved.

Today a portion remains as part of the Australian Alps track, from Mt Whitelaw to Mt. Erica.

An informative and diverse display by Friends of Baw Baw showed the history of the walking track from its inception to present status. The display included written accounts and photographs from those who



Learning our history—a 'Historic Walhalla' walk

Strzelecki Bushwalking Club conducted a number of free guided walks throughout the three days, which proved very popular. The best attended was the 'Historic Walhalla' walk, conducted at different times by John Aldersea, Rae Moore and Harvey Hutchison. Horseshoe Tunnel and Poverty Point Bridge walks are not difficult and the story behind them is worth the effort of getting there.

For further information please contact:

- FOBB
Denis Nagel 5127 1525
- Strzelecki Bushwalking Club
Ron Cann 5623 5358

THE EFFECTS OF HIKING DOWNHILL USING TWO TREKKING POLES WHILE CARRYING DIFFERENT EXTERNAL LOADS IN A BACKPACK

Below is an edited version of the article by Michael Bohne, Julianne Abendroth-Smith and Gary Heise
University of Northern Colorado, Greeley, CO; email: M-Bohne@wiu.edu; gary.heise@unco.edu
Willamette University, Salem, OR; email: jabendro@willamette.edu

Introduction

Hiking is commonly known as a recreational activity shown to offer significant positive effects on the human body. However, this often involves carrying external loads using a backpack. Walking downhill while carrying an external load has been shown to increase the risk of musculoskeletal pain and injury. (1).

Using trekking poles is a popular way of alleviating some of the loading placed on legs, knees, ankles, feet and hips.

The effectiveness of poles in reducing forces placed on legs and hips etc in downhill walking without packs has been demonstrated (2,3). They are also successful in reducing muscle activity in uphill backpacking (4).

It was hypothesised that using trekking poles would help reduce joint moments and net joint power for ankle, knee and hip for all load conditions.

Method

Fifteen men (ages 20-49; height 1.36 m–1.68 m and weight: 600 N-1063N) were selected from hiking clubs in the Salem, Oregon, area. All were experienced hikers who said they were comfortable using trekking poles.

All participants were required to walk with and without using the poles on three backpack conditions (no pack, day pack and large expedition pack). The day pack was loaded with 15% of body weight while the expedition pack was loaded with 30% of body weight. Ten trials were completed for each condition, for a total of 60 trials for each participant. All conditions were in random order for each participant.

An average of each of the six conditions was used for analysis. The net joint moments and power at the ankle, knee and hip, as well as the net joint forces at the knee were examined statistically using a 2 X 3 (poles X packs) repeated measures ANOVA, with a family-wise alpha level of 0.05, using a Bonferonni adjustment, to protect against the running of multiple tests.

Results and Discussion

A significant reduction was observed for the dominant moment at each of the joints in hips, legs, knees and ankles and feet. See Figure 1. These results may be due to a reduction in the muscle activity, which may help the muscle stabilise the joint, and, thereby, reduce the risk of injury.

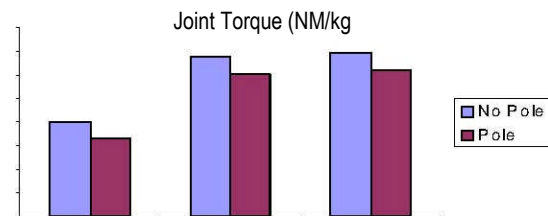


Figure 1: Changes in net joint moment for the ankle, knee and hip with pole use

Reductions were also observed in the peak power absorption (see Figure 2) for the ankle and knee. These reductions are believed to result in a lessening of eccentric muscle actions, which may have reduced the post exercise pain felt by participants. These results held true across all the pack conditions.

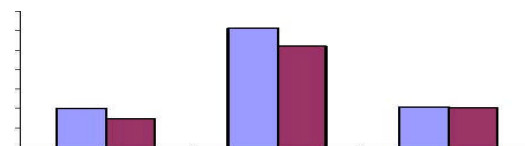


Figure 2: Changes in net joint power for the ankle, knee and hip with pole use

Conclusions

[By using two trekking poles when carrying heavy backpacks, bushwalkers will reduce dangerous loading on the joints of hips, legs, knees, ankles and feet.]

[If they use poles, more people might be able to partake in bushwalking or more strenuous bushwalking.]

References

- Laursen, B., Ekner, D., Simonsen, E. B., Voigt, M., & Sjogaard, G. (2000). *Applied Ergonomics*, 31(2), 159-166.
- Abendroth-Smith, J., Benson, A., & Bohne, M. (2003). *Med Sci Sport and Exercise*, 34(5), pp. s98.
- Schwameder, H., Roithner, R., Müller, W., & Raschner, C. (1999). *Journal of Sports Sciences*, 17, 969-978.
- Knight, C., & Caldwell, G. (2000). *Med Sci Sport Exercise*, 32, 2093-2101.

Acknowledgements

Special thanks to the International Society of Biomechanics for helping fund the current project through their Student Dissertation Grant program.

BUSHWALKING VICTORIA ENVIRONMENT COMMITTEE REPORT

1. Times are changing and everyone's support is encouraging. At the March meeting of the newly renamed Bushwalking Victoria Environment Committee, it was agreed to restructure the roles / positions of the committee to realise and advance in our pro-active response on how we approach issues that concern us all. The positions that have since been agreed upon by the Board of Bushwalking Victoria are:

- Convener: Steven Robertson
- Deputy Convener: Position not confirmed
- Track Development Coordinator: Dave Rimmer
- Track Maintenance Coordinator: Jim Harker
- Management Plan Coordinator: Phil Brotchie
- Secretary: Leora Robertson

The new positions of Conservation Coordinator, Project Officer Coordinator and Club Liaison Policy Development Coordinator have not been allocated as yet and will be at the appropriate time.

I do however point out that the current members of our committee, being approximately 26 in total, will continue. I value their (and their clubs) support.

Any new clubs / members willing to be involved close up or at a distance are encouraged.

2. An extremely pleasing aspect over the last few weeks is the increase in communication from members clubs on concerns to them on their walking environment. These issues are being followed through by us. I encourage communication from you all on any of your concerns that you notice when walking.

3. Mossbed Rehabilitation Weekend - as detailed in an article below. This was a great weekend, doing something for our environment, with free accommodation, a Parks Victoria BBQ thrown in and then even fuel money handed out. WOW - we are appreciated as volunteers. The BBQ night was not without the customary speeches where we heard from David Reid, President of Bushwalking Victoria; Ross Grant, Ranger in Charge of Parks Victoria at Mt Beauty; and Ross Passalacqua - CEO of Falls Creek Alpine Resort Management.

Again thanks to all participants. I again encourage for clubs to enquire with me on how they can be involved in the mossbed recovery program.

4. In recent weeks we have made submissions to Parks Victoria in relation to their Draft Management Plans on the Yarra Valley Parklands and also the Environment Protection Authority in connection with their ongoing Forest Audits on Timber Harvesting. Other submissions are currently being prepared.

Steven Robertson

Convener—Bushwalking Victoria Environment Committee

MOSSBED REHABILITATION WEEKEND — 24-25 MARCH 2007

Over 20 volunteers from several Bushwalking Victoria member clubs arrived at the Alpha Ski Lodge, Falls Creek on the afternoon or evening of Friday 23 March to engage in mossbed rehabilitation work over the weekend in the Pretty Valley/Damsite Hill vicinity.

The weekend was organised by the irrepressible Steve Robertson in collaboration with other Parks Victoria (PV) staff and was led by Ranger-In-Charge, Ross Grant.

Proceedings kicked off late on Saturday morning after we had pretty-much vainly waited for the weather to clear a bit, with those present breaking into three groups of about seven people and disappearing in different vehicles into the pelting rain and low mist then afflicting the mountains. It had been decided by PV that in view of the weather, which was not favourable to mossbed rehabilitation, we would instead pull pussy-willow plants, an introduced species that has established itself here and there in the Pretty Valley/Damsite Hill area, mainly, but not without exception, along the courses of rivulets and other small streams in the vicinity.

The PV Ranger in charge of each team showed group members pictures of the willows so that we wouldn't pull out juvenile snow gums or other native plants by mistake, then let us loose on the landscape. The ranger in charge of the group I was in went looking for an example so he

could show us the real thing, but a team member found one before him, took a twig to the Ranger to identify, and promptly lost the bush it came off! However, thanks to him we all now knew what the plants looked like in the flesh, and began to identify and pull considerable numbers of them, filling close to four large bags before we closed down for the day mid-afternoon. The other groups pulled four or five bags as well. So we took over a dozen bags of these introduced weeds off the mountains that day. Thankfully the weather had improved as the day progressed, so we weren't supersaturated by the time we got back to the lodge.

After a terrific BBQ meal provided by PV staff, followed by lashings of our own soft drink, beer or wine, depending upon our personal predilections, we retired to bed to recharge our batteries for the morrow.

The morrow fortunately dawned better than the day before, albeit with howling winds and a temperature of -1°C, which with the wind-chill factor felt a darned sight colder. There was virtually no rain, although there was some swirling mist. We set out for our respective work areas just after 8.00am. The group I was in was again occupied in the Pretty Valley vicinity, this time modifying mossbed barriers that had been erected a year before which PV had now determined had either already fulfilled their purpose

Mossbed Rehabilitation Weekend — 24-25 March 2007 (cont)

(siltation and commencement of regrowth on the silt), or were too high and needed to be lowered, with a central spillover point to be created to obviate lateral erosion. The task was therefore to remove barriers altogether or take a layer off the top and put a 'V' in the middle of the bottom layer. The layers consisted of long tubular bags filled with woodchips, secured with 30cm-long steel staples. Pulling out the now somewhat rusty staples was sometimes hard enough, but lugging a waterlogged bag on each shoulder up the hill to the PV ute in a strong headwind at an altitude of 1500 metres was even tougher. We earned our keep

We had morning tea in the lee of a rock, out of the wind, and finished up at about 12.30pm, which gave drivers time after lunch to get back to Melbourne for the evening meal.

Thanks to Steve and PV for the enjoyable weekend, to the drivers who ferried other Bushwalking Victoria members to and from Falls Creek in their cars, and to all who pulled willows and refashioned dams on the Saturday and Sunday to assist in the conservation of the impressive high country around Falls Creek.

Phil Brochie

Bushwalking Victoria Environment Adviser

VICTORIAN HUTS BURNT IN THE 2006-2007 BUSHFIRES

I recently spent a night at Keppel Hut, below Lake Mountain. It is a small hut in a small clearing next to a small creek. The surrounding trees, though, are massive. This hut is a replacement for an even smaller hut that, I have heard, was burned down as the result of too big a fire in its small fireplace.

The day after I came back I received the Autumn 2007 Newsletter of the Kosciuszko Huts Association. Various articles in this magazine deal with the bushfires of late 2006 and early 2007 and the huts that were burned down.

It seems that in the NSW-ACT high country no huts were lost during these fires. In Victoria, however, several huts were destroyed in these fires, and they are listed below.

Licola Area:

- Traralgon High School Camp
- Snowy Range airfield huts
- Horseyard Flat hut.

Howqua Area:

- Bluff hut
- Craig's hut
- Mt. No. 3 hut
- Ritchie's hut

Barry Mountains Area:

- Cropper Creek hut
- Ryan's hut

Bogong/Hotham Area:

- Weston's hut

All but one (Ryan's) of these huts come under the management of either Parks Victoria or the Department of Sustainability and Environment.

I do not know if and when any of these huts is likely to be replaced. In planning any trips in these areas you should be aware that you may not find the shelter you were counting on.

Tom Buykx

BAW BAW TOURIST TRACK—DISCOVERING ITS PAST

An article in the Weekly Times, 16 March 2007, inspired Beryl Haile of the Melbourne Women's Walking Club to do some research in early women bushwalkers. At the beginning of last century three women walked the track. Below are some extracts of their account which appears in the MWWC history "Uphill after lunch".

Introduction:

"In the first decades of the twentieth century, the lack of a walking club open to women did not deter some enterprising and independent women from walking long distances. One such woman was Ethel Luth, and her account of a fortnight's walk with two friends in 1909 from Warburton to Alexandra gives a vivid picture of travelling on foot in the days of horses and unsealed roads."

The account:

"Our preparations were different from what they would be today." [this was written in 1936]. We planned our walk so that we should have accommodation each night and this was assured before we left. Sleeping out for girls was "not done" in those days.

We carried on our backs small leather knapsacks containing a few necessary articles for day and night, and also our midday meal dress basket into which each put extra clothing and which we dispatched from Melbourne before we left; it was to be picked up at intervals". [This was the days when women walked in angle length skirts, which they pinned up, and in button up boots].

"We set off from Warburton on a Saturday afternoon towards the end of April". [The account then goes on to describe walking through snow and mud, the bitter cold, being caught in an awe-inspiring thunderstorm, the kindness of people who dried their clothes for them, the distress when the dress basket didn't arrive, being grateful for a old bath, people doing their best to dissuade them from going on as it was hardly safe.] "As girls on a walking trip, we were a decided novelty in those days and we attracted a good deal of interest all along our route, the news of our coming usually travelling ahead of us."

The last paragraph:

"It was a lovely walk of 140 miles with always mountain or river quite close to us, and often both. We had some rain and very much mud, but this did not spoil our walk. Indeed the rain often enhanced the vivid colours of the autumn foliage which was such a feature of this delightful trip."

BOROONDARA BUSHWALKERS AND THE MELBOURNE OXFAM 100KM TRAILWALK, FRIDAY 23 MARCH-SATURDAY 24 MARCH 2007

Nine members of Boroondara Bushwalkers took part in this year's Oxfam 100 km Trailwalk. The aim of the Trailwalk is for teams of four to walk 100km in under 48 hours.

This is the third year Boroondara Bushwalkers have participated in the event. In 2005, Rosemary West, one of our members brought the trailwalk to the attention of Lynne Yeaman, the BBI's Publicity Officer. Lynne, who is always ready for a challenge, organised a team consisting of her, Stephen Stockdale, Jim Dhaeze and Nick Osborne. The next year, Jim, Nick, Steven Brown and David Markham did the walk. I was most impressed. Could I ever do something as grueling as that? I had seen their feet!



*Jells Park 9.55 am Friday—A fresh looking Team 429 waiting at the start line
Temperature already in the 30s*

The Trailwalk event began in 1981 as a military exercise for the elite Queen's Gurkha Signals Regiment in Hong Kong, and has since grown into one of the world's leading sporting challenges. Oxfam Trailwalker has been held in Sydney since 1999 and in Melbourne since 2003. This year's Melbourne event has raised \$1.3million, and donations are still coming in, for Oxfam's poverty alleviation and social justice programs around the world.

I decided I would do it. Jim was going to do it for the third time, but already had a team: the Bushwalking A-Team, made up of him, Michael Hunt, Neil Clough and Richard Hume. So I set about organising a team: me, Dorothy Dhaeze, Lorraine Lloyd and Nick Osborne, who like Jim would be doing it for the third time. The extended Dhaeze family of boundless energy was also represented in a third team, made up of David Markham, a BBI member, and three non-members—Dorothy's daughter, Jan, and two of Jan's friends.

This year's trail was: Jells Park-Churchill Park-Lysterfield Lake-Ferntree Gully Picnic

Area-Olinda Reserve-Silvan Reservoir-Mt Evelyn Reserve-Walburton Rail trail to Milgrove-over Mt Little Joe to Wesburn Park (Warburton).

The two BBI teams started training together in October. I blenched when I was told that Michael aimed to do the first training walk of 20km in 3 hours. Including breaks it actually took only 5 minutes longer. We walked every section the trail in 20km or 35-40km at least twice.

We did a night walk from Ferntree Gully to Silvan on a warm night when there was a full moon. Olinda forest is magical in moonlight. Two members of our support team were to pick us up at Silvan and took us back to Ferntree Gully. But there they were beside a lit-up telephone box at Olinda with coffee and cake to sustain us half way along. It was a delightful surprise. And two hours later, there they were again at Silvan.

The physical training was a thrill. The camaraderie was wonderful.

Then the walk itself. An excited crowd were at Jells Park. Even the weather forecast for Friday was 38°C with northerly winds did not deflate spirits. My team started walking at 10am. The first 35km were like walking in a brightly lit, very dirty fan-forced oven. Just before 7pm as we approached Ferntree Gully it started to rain. Heaven. Fifteen minutes later when we got to Ferntree Gully we had gone from overheated to drenched and cold. No longer Heaven. It rained on and off during the night. It got cold. It was Melbourne weather! Somewhere between Olinda and Silvan I looked behind me. Through misty rain, other trailwalkers' were coming down the slope; all one could see were their headlamps glowing in the dark like a candle-lit procession. Very beautiful.



*Not nearly so fresh looking, 31 hours and 30 minutes later—but still smiling
—Team 429 cross the finish line at Wesburn Park 7.30pm Saturday*

At Silvan we took a sleep break. Revived, we set off again at first light Saturday morning and the long plod in cool weather and rain along the Warburton Rail Trail. Then over

Then the end at Wesburn Park, with people cheering and clapping us in. And our wonderful support team and other friends from BBI jumping for joy and laughing and crying their congratulations. Tiredness evaporated. We were exhilarated.



Team 429 with their wonderful support team at Milgrove—
 Back row L to R: Jan Clark, Dianne Robb, Sam & Irene Wong, Marita Ryan (inset)
 Front row L to R: Nick Osborne, Joslin Guest, Dorothy Dhaeze, Lorraine Lloyd (Oxfam trailwalkers) Ros & Peter Holmes. Not shown: Tony Fisk & Betty Weeks

I cannot praise of my team members too highly—supportive, good company, good tempered and amusing all the way through.

Our support team—all BBI members—was wonderful. The support team is as important as training and a spirit of mutual respect to a successful team. During our training, they collected us at the end if needed. During a night training walk, they met us in the middle of the night with coffee and cakes. On the day of the walk, they pampered us at every checkpoint. Their food plans were thrown into disarray by the total fire ban on Friday, but that did not phase them—delicious cold food and icy-cold drinks were substituted without fuss. There was ice for footbaths. Most were only supposed to do 1 or 2 checkpoints, but

Mt Little Joe. The rain turned the track over Mt Little Joe into a quagmire. We sank ankle deep in mud. In places we hauled ourselves up the track using ropes. I was the last of my team to the top of Mt Little Joe. When I got there Lorraine told me that a young man from another team had been toiling up the slope near us, but doubted whether he would make it. 'But if that boiler can do it, so can I' and he made an extra effort and passed me.

they stayed throughout to be with us at the end.

The Bushwalking A-Team finished in a time of 22hrs and 56mins; the BBI VP team in 31hrs and 30 minutes; Ghic Intl in 34hrs 22min. The three teams raised over \$13,000. Many BBI members made generous donations, for which we thank them.

The A-Team walked through the night. Jim Dhaeze, who had already completed the walk by 7am on Saturday morning, came back in the late afternoon to walk the last section from Milgrove to Wesburn Park again, to be with Dorothy. Two other club members got up at 2am on Saturday morning to walk to the end with Jim's team and then came back to be there to greet my team at the end. How's that for friendship and a supportive club!

On Saturday night, I said I would never do anything like that again. On Sunday and Monday, all I could talk about was Friday's heat and my blisters, interspersed with self-congratulations and praise for my fellow team members and the support team. By Tuesday, I had forgotten all about the discomfort and was thinking perhaps I would do it again next year, but without the blisters...

Joslin Guest
 Vice President, Boroondara Bushwalkers



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BSAR TRAINING—PRELIMINARY NOTICES**WINTER SEARCH PRACTICE—21 & 22 JULY 2007****Venue**

Mt St Gwinear in the Baw Baw National Park.

Who Should Attend

- Bushwalking Victoria club members interested in joining BSAR
- New and experienced BSAR members.

Prerequisite Skills

A good standard of bushwalking is required together with snow camping skills. Participants will benefit from attending the Dryland Training Day in June. You will have the opportunity to use your skills on the weekend.

Transport

The bus will depart from the Mt Waverley Police Training Academy on Saturday morning promptly at 0545hrs and is expected to return to Mt Waverley at about 1800hrs Sunday. Pickups en route can be arranged with the organisers.

What to Bring

Bring normal equipment and food for snow camping. A number of bushwhacker skis and snowshoes will be available. Bring your copy of the Search & Rescue manual and map of the area if you have one. Map copies will be supplied. Bring your skis or snowshoes if you have them. Please note that that no gear can be left on the bus and therefore all gear will need to be carried (hopefully on snow) to the eventual camp site.

Activities

Attendees will be snow camping and will be either cross country skiing or snow walking using snowshoes. The activities will provide an opportunity to build on your existing skills whether you are new or experienced. A more detailed program will be released closer to the time.

Attendance Confirmation

A registration form will be available shortly on the web or by request. The last day for registration will be Friday 13th July. Keep your delegate informed of your intention to attend.

DRY LAND TRAINING DAY – SAT 2 JUNE 2007**Venue**

Police Academy Mt Waverley 0900 to 1700. There is plenty of parking.

Who Should Attend

- Bushwalking Victoria club members interested in joining BSAR or who have recently joined and need to reinforce their basic skills
- Experienced BSAR members who want to enhance their skills.

What to Bring

- Your copy of the Search & Rescue manual. Copies will be available on the day
- Comfortable clothing suitable for indoor and outdoor activities
- Pen and paper.

Activities

Training sessions will suit new and experienced members and will cover a host of skills including GPS and navigation techniques as well as missing person behaviour and search strategies. The full program will be available closer to the training day. Morning tea and afternoon tea will be provided. You will need to bring your own lunch as there are no nearby shops.

Attendance Confirmation

A registration form will be available shortly on the web or by request. The last day for registration will be Friday 25th May. Keep your delegate informed of your intention to attend.

Inquiries

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