



Day Walk: Bushrangers Bay to Fingal Beach
 (Photo: Richard Wilson, visitor, Koonung Bushwalking Club)
 Koonung Walk Talk, Vol 26, No 1, February 2011

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:

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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.

Editor: Joslin Guest

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WALKING AND TALKING WITH YOUR PRESIDENT

I am pleased to announce that Sport and Recreation Victoria (SRV), a unit of the Department of Planning and Community Development, has advised us that applications for government funding that we submitted back in October have been approved, albeit with a catch.

Our applications were submitted under the previous Labour Government, and were to be for a period of 3½ years to July 2014. However, the new Coalition Government has, at this time, only approved funding for 2011 to, in the Minister's words '*provide the opportunity to further align the SSASG program to our community sport policy platform*' (about which I have not been able to find any information). I guess that means that we will have to apply again later this year!

Under SRV guidelines Bushwalking Victoria is classed as a State Sporting Association, which gives us the right to apply for two types of funding. The first is a State Sporting Association Support Grant (SSASG), a grant that we have been receiving for a number of years and which contributes to paying for our administration and office costs, and to the payment of first aid subsidies. The second type of funding is for what SRV calls Future Directions Projects (FDP). In 2007 Bushwalking Victoria was awarded FDP funding to undertake its Walking Communities Project. This project is now concluded.

Our new project, titled Future Walker, is designed to promote to the community the health and social benefits of walking in a natural environment; to improve communication between Bushwalking Victoria and clubs, between clubs and with individual members; and to assist bushwalking clubs to attract new members and retain existing members. A major component of the project is to obtain professional expertise to assist all bushwalking clubs to develop professionally designed and managed websites with content that conforms to an agreed standard, with access to easy-to-use software to maintain the websites, and the required training and support resources that would enable clubs to maintain their websites in the future as new members take on the responsibility for managing the sites.

However, as the project has not been fully funded, we are in the process of working with SRV to determine what is achievable this year and the options for achieving the remainder of the project. A project working group is also being established to manage the project. So if you have skills or experience in this area (or know of someone who does) and would be willing to contribute these, please let me know. Further details of the project will be provided directly to clubs as they become known.

Job Vacancy

In my October column I announced a joint Bushwalking Victoria-Heart Foundation project Green Walks in the Park with the aim of setting up a number of community Green Walks at a variety of regional and metropolitan locations.

Regrettably the establishment of this project hasn't progressed as quickly and as smoothly as we had hoped, though I am pleased to say that the final hurdles seem to have been overcome and the project should commence in the near future.

Bushwalking Victoria will be employing a paid part-time project officer to help develop and run this project. See the next page for details.

New Board Members Wanted

Bushwalking Victoria is looking for three new Board members to fill upcoming vacancies as current Bushwalking Victoria Board members Barbara Guerin, Carole Petchell and Catherine Guli have announced that they will not be seeking re-election at the AGM in June. All three have been Board members since 2007 and have made substantial contributions to the work undertaken by Bushwalking Victoria. Barbara has served several terms as Vice President and as a general board members for a year; Carole was Treasurer for three years and is currently a General board member; and Catherine has been a general Board member.

For further details about nominating for one of the vacancies, please see the next page.

Leadership Forum

To all club committees, please make sure that the inaugural Leadership Forum and Bushwalking Victoria AGM, to be held in Melbourne on Saturday 18 June 2011, is in your calendar. More details will be provided directly to clubs in coming months.

Chris Towers

RARE PLANTS ARE BLOSSOMING AFTER THE 2009 BUSHFIRES

Since the 2009 bushfires, many plants have set seed and regenerated in the Kinglake and Yarra Ranges NPs, including the endangered Swamp Bush Pea (*Pultenaea Weindorferi*) and the Shiny Nematolepis (*Nematolepis Wilsonii*). Discovering these and other special plants, has boosted the spirits of staff at the parks.

To read the full story, go to:

http://www.parkweb.vic.gov.au/resources/pr_1519.doc?utm_medium=email&utm_campaign=HHP+News+-+January&utm_content=HHP+News+-+January+CID_2463e9136a4bdf4dc86597f103671aaf&utm_source=HHP+Email+Newsletter&utm_term=Read+the+full+story

Parks Victoria newsletter, 27 January 2011

NEW BOARD MEMBERS WANTED

Make a Difference - Become Involved

As three current Board members have announced that they will not be seeking re-election at the AGM in June, Bushwalking Victoria is now looking for three new Board members to fill these upcoming vacancies .

The most important attributes for a Bushwalking Victoria Board member are:

- A passion for bushwalking
- A desire to make a difference
- Enthusiasm
- Ideas
- A willingness to devote time and energy to promoting bushwalking and representing the interests of all recreational bushwalkers.

While there are no specific skills, knowledge or experience required to become involved, people with significant experience in areas such as business, management, marketing, education, training, IT or conservation are encouraged to consider joining our dedicated and hard-working Board team.

If any of this appeals, or you know of someone in your club who you think fits the bill, I'd love to hear from you.

Bushwalking Victoria is also looking for a new Secretary as Val Wake, the current incumbent, must vacate the position at the 2011 AGM as she has served the maximum term of three years. See the *February Bushwalking News* for more details.

More information on the role of the Bushwalking Victoria Board of Management and details of the current Board are available on the following page of the Bushwalking Victoria website: <http://www.bushwalkingvictoria.org.au/governance.htm>

Chris Towers
President, Bushwalking Victoria

Job Vacancy

GREEN WALKS PROJECT OFFICER

- Green Walks - A natural pace in a natural place
- Help develop a new community focused outdoor walking program
- Fixed-term part-time position



Bushwalking Victoria is awaiting final approval for a new joint project with the Heart Foundation, funded by the State Government, that aims to reconnect people (especially identified at risk groups) with nature through providing Green Walks in parks and other natural settings. Walking in natural settings has been shown to have greater benefits for most individuals than walking in suburban areas.

Once final approval is obtained Bushwalking Victoria will be seeking to employ a part-time project officer to develop and implement the project.

Position Duties

This is a pilot project to set up a number of community Green Walks to take place each month at specific park spaces to encourage more people to experience the joy as well as the health and wellbeing benefits of walking in natural areas. These walks will provide led and free walking options in parks and on nature trails in metropolitan, regional and rural areas. Walks will be laid out to accommodate those requiring an easy walking experience and others who are looking for a little more challenge. This will also encourage participants to go further by progressing through a range of walk grades.

Employment Terms

The position will be located at the Bushwalking Victoria office at Westerfolds Park in Templestowe. The tenure is for two days a week, for a fixed term that is expected to be for up to 12 months. We are offering a salary of \$66,235pa pro-rata. Subject to the success of the project State Government funding will be sought to extend the program to December 2013.

To register interest in receiving a job description when the job vacancy is formally advertised, email jobs@bushwalkingvictoria.org.au

Chris Towers
President, Bushwalking Victoria

GRAMPIANS NATIONAL PARK—IMPACT OF THE RAINS

Grampians Before the Big Storm of 12-13 January 2011

After the first big rain on 10-11 January I drove to the Grampians to see what it was like. Apart from gum leaves all over the road there was not much evidence of the over 100mm of rain which had been reported to have fallen during the previous night.

My first stop was on the roadside near McKenzie Falls, and I bush-bashed my way down to the lookout part way to the falls and obtained the image 1. There was a very large flow even then, but nothing compared to the next day. I could see that it was not possible to get down the steps on the Cranages side, but went down as far as possible with Kai, a young German tourist I met on the way. As you can see from image 2, there was a lot of water about.



1 McKenzie Falls



2 Bob at McKenzie Falls

Kai and I moved on to Lake Wartook, where the water was close to overtopping the spillway. A considerable flow was being released from the Wartook Reservoir. It was clear that any appreciable rain would overflow the reservoir.

There were very few people anywhere. On returning to Cranages we met a Ranger who told us that more rain

was forecast that night and as there was to be a much increased release from the lake I should leave the area now if I intended to return via Zumsteins.

Kai was staying at the backpackers at Halls Gap, so I decided to return that way and show my new German friend Boroka Lookout, Dellys Dell and Silverbrand Falls on the way. The Dell was considerably damaged by water flows and fallen trees. I believe it was wiped out that night.

We found the usually benign Silverband Falls a miniature McKenzie (image 3).



3 Silverband Fall in flood

After a meal at the Halls Gap pub, I left Kai at his backpackers and returned to Horsham via Lake Lonsdale, where it looked like it would be only 300mm before the wall was overtopped. The evening was magical, with no hint of the impending rain apart from the humidity.

But on return to the lake on the following Friday, it was clear that Dadswell's Bridge was in for a beating. The 250m-long dam wall was being overtopped and sending a vast flow into Mount William Creek.

Kai was evacuated to Stawell, which he found very exciting, as he told me by email.

Bob Wynne

Wimmera Bushwalkers Newsletter. January-February 2011
(Photos: Bob Wynne)



4 Lake Lonsdale in flood

For pictures of the damage caused by subsequent storms and floods in the Grampians NP and other parks, visit the Parks Victoria website. To find information about the status of tracks in the Grampians and other parks, see the article on page 11.

AND NOW FOR SCIENTIFIC LOGGING?

Minister challenges logging advice

Victoria's new forestry minister has challenged scientific warnings that the timber industry is putting endangered species at risk of extinction, arguing that only a fraction of the State's forest habitat is logged. Agriculture Minister Peter Walsh, whose portfolio includes responsibility for state forests, denied claims the forest industry was in crisis, but said it was ailing, after years of gradual cuts to timber allocation from state forests stymied investment. The Coalition has promised to restore industry confidence by guaranteeing access to current levels of state forest timber for up to 20 years.

The commitment comes amid warnings from scientists led by David Lindenmayer, an Australian National University ecologist who has worked in Victorian forests since the 1980s, that the combination of bushfires and aggressive logging in the central highlands is putting threatened species such as Leadbeaters Possum, the State faunal emblem, at risk. But Mr Walsh said he was not persuaded the timber industry was a significant threat.

'I find it hard to understand how such a small area of logging can have such a big impact as some people are saying when you consider the totality of the forest area that's never ever touched,' he said. 'The Department of Sustainability and Environment has never carried out any survey work on threatened species outside of these small areas of production forest. It's difficult to quantify the impacts of the timber industry if you don't actually know against what you are making a comparison. We have asked the department to do this work.'

Professor Lindenmayer said Mr Walsh's comments were those of a minister still getting on top of his brief, and offered to give him a briefing and a tour of central highlands forests. He said dozens of books and hundreds of scientific papers

had been written showing the threat that clear-fell logging in the State's 171,000 hectares of mountain ash forest posed to endangered species. 'We're logging in a way that is very intense and sets back the forest many centuries,' he said.

Coalition support for state forests logging was a point of difference with Labor, which had promised to sponsor Tasmanian-style 'peace talks' between the industry, unions and environmental groups.

Environmentalists say logging in state forests is economically unviable and being propped up by government subsidies.

Mr Walsh said he had no problem with talks being held over the industry's future, but the Government should not be involved. 'If the unions and the industry and whatever want to sit down and have discussions I think that's appropriate that they do it, but by Government being in there when we've said what we want to do would not necessarily be the most productive thing,' he said. He said his office was considering results of a Treasury review into the State's logging agency VicForests, which received a multimillion dollar bailout from taxpayers last financial year. But he was dismissive of a Brumby Government plan to replace the agency with a body that had a broader remit also to allocate water and carbon rights. 'I really think they [Labor] were trying to be all things to all people and I really don't know how it was going to actually have a meaningful role - it just seems such a broad brush thing with no detail,' he said.

Adam Morton, Environment Reporter

The Age, 24 January 24, 2011, page 7

<http://www.theage.com.au/environment/conservation/minister-challenges-logging-advice-20110123-1a17y.html>



Great Ocean Walk

Talk to us when planning your next visit to the Great Ocean Walk. We specialise in the western leg of the walk i.e. from Cape Otway to Port Campbell.

We offer:

- 1 - 4 day all inclusive packages (transport, accommodation at Portside Motel Port Campbell, packed lunches and transfers)
- Transport from Melbourne for groups of 6 to 20
- Escorted tour of Twelve Apostles and historic Loch Ard Gorge with our senior guide who has worked in the Port Campbell National park for 15 years as a ranger and Ranger in Charge.

We are more than happy to assist you to plan your walking adventure on the Great Ocean Walk.
 T: (03) 5588 8324 / 0447 958 423 E: info@portcampbelltouring.com.au www.portcampbelltouring.com.au



TRACK MAINTENANCE PROGRAM

Sunday 27 March 2011 Goldfields Track	Contact Steve Robertson for details and if you want to attend. srob7859@bigpond.net.au or 9762 5367
Sunday 17 April 2011 Morleys Track	
Sunday 16th October 2011 Big Tree/Cora Lyn	

Maintenance Report

Benambra-Omeo Track Clearing, January 22-25

Leader: David Miller

An overgrown section of the Australian Alps Walking Track has been cleared and re-marked for about 5km from Buckwong Creek, thanks to the efforts of 12 volunteers. This section of the AAWT which winds its way from Walhalla to Canberra, is not far from the Cobberas and includes steep rocky sections and a few grassy flats.

Chainsaws, brushcutters and hand tools such as loppers, saws and hoes were wielded by members of five bushwalking clubs: VMTC, Catholic Walking Club, West Gippsland, Essendon, Maroondah and Bayside.

Participants were David and Lyn Miller. David and Fay Rimmer, David and Pamela McLaren, John and Monica Chapman, Tom Buykx, Megan Major, Davan West and David Davies. Constant reference was made to a bloke named Perce Pration, but I didn't see him. Maybe I was affected by the heat and the hard work.

It took all day to get there. On the way we stopped at Omeo to get a briefing from Parks Victoria Ranger Natasha, who then escorted us to the camp site and left us with the tools and materials required.

A creek gurgled beside a grassy flat on which we camped. On one night we were treated to barbecued sausages and spuds, then next night to roast lamb cooked in David Miller's famous camp oven. There was no shortage of conversation.

From our tents in the night we could hear feral animals, particularly brumbies,



Above: Handing out the equipment

Below: Lunch time (photos: David Miller)



whose persistent presence is a disappointing aspect of the alpine parks. Maybe cattle will chase them out? How about a scientific experiment?

Anyway, we were satisfied with our work and we all thanked each other for our parts in the exercise. A special thanks to David Miller who did so much work in planning and organising on behalf of Bushwalking Victoria.

David Davies, VMTC

Invitation to join the 5-day activity in the Baw Baw NP

Everyone is welcome to join local Parks Victoria staff over a five-day activity on the Baw Baw Plateau (Baw Baw NP) between Friday 4 March 2011 and Tuesday 8 March 2011.

The activity will focus on the remaining 3km section of the Australian Alps Walking Track (AAWT) between Whitelaw Hut ruins and Phillack Saddle and will involve construction of 'water-bars' and clearing scrub from the track verge. Parks Victoria will establish a base camp for this activity at Jeep Track Flat from early Friday 4 March 2011. Access to the base camp is via the St Gwinear car park or Baw Baw Village. Ample water, fresh fruit, general consumables and energy food will be available for all participants and people attending only need to bring camping gear and their own basic food requirements that they would normally take on an extended bushwalk.

Participants are welcome for whatever time they can spare and there will be a variety of tasks to complete from very easy to arduous. All safety gear will be provided by Parks Victoria.

For further information, please contact the Parks Victoria Latrobe Ranger in Charge, Andy Gillham on 5172 2186.

Andy Gillham
Ranger in Charge-Latrobe, West Gippsland District

BEC NEWS FROM AROUND THE STATE

Alpine Area—reported by Jim Harker

- Heavy rains over the last few months have caused damage to various roads and walking tracks. Before visiting the Alpine National Park visitors are urged to either check the Parks Victoria website for the latest information or to telephone on 13 1963.
- The State Government has allowed some cattle grazing back into the park as part of a study into how grazing affects bushfires. At the moment the number of cattle and the area affected is much smaller than when grazing was allowed previously. Bushwalking Victoria supports the VNPA campaign against alpine grazing. There is more information (including a map of the areas affected) on the DSE website at <http://www.dse.vic.gov.au/DSE/nrenpr.nsf/LinkView/96607BDB8D7C34A9CA257817000F427425944F18CBF38C964A2567BD002971B9>

Mornington Peninsula—reported by Margaret Madge

Now that the Point Nepean NP entry is free to the public, it opens up ideal opportunities to combine walks in the park with coastal walks on the Wilsons Folly and Farnsworth Walks. The Quarantine Station buildings are open to the public. Some new tracks have been developed within the park, including a 2km Range Area Walk connecting Cheviot Hill. For further information on the area go to www.parkweb.vic.gov.au

Otway Area—report by Bernard Jordan

Last year I told you about the map of the Great Ocean Walk. A second edition of the map was published a few months ago with the following changes:

- There is a track from Parkers Rd to The Gables car park.
- The new track from Devils Kitchen to Gellibrand River car park runs parallel to the Old Coach Rd and closer to the sea.

- A track which doesn't yet exist is marked on the map. It runs for approximately 1.5km from the GOR west end of the present walk near Glenample Homestead via Gibson Steps to the Twelve Apostles Visitor Centre.
- The map says that a future alignment somewhere between Johanna and Milanesia is planned. This will avoid the present largely vehicle route.

Wilson's Promontory—report by Ian McKellar

- The Advisory Group met on 7 February, with the relocation of the Johnny Souey campsite one of the subjects on the agenda.
- I have also received the following from the Ranger in Charge, Brett Mitchell:

The Tongue Point Walking Track has been re-opened and to date 250m of boardwalk have been constructed, with a further 150m (in two sections) planned for other sections of the track in late May to mitigate extensive erosion.

Parks Victoria is considering options and liaising with various stakeholders including the Wilsons Promontory Advisory Group, Bushwalking Victoria and Traditional Owners pertaining to the Johnny Souey Cove camp site which is currently located on a sensitive Aboriginal cultural site and closed to hikers and sea kayakers. Parks Victoria in consultation with stakeholders had planned to relocate the camping area further north to Lighthouse Point. However based on recent feedback they are considering other alternative sites including investigation of localities closer to Johnny Souey Cove which is also popular with sea kayakers.

Great Dividing Trail—report by Alison Lanigan

- Castlemaine - Chewton
- The Goldfields Track is closed between Happy Valley Rd and Colles Rd and bridge because of extensive washaways. The track has been lowered by 0.5-1m

Cont next page



**Friends of Leadbeaters Possum
Stag Watching Field Trips - Summer 2011**

Want to have an amazing experience quietly enjoying the magic sights and sounds of Victoria's tall forests going to sleep..... or waking up in the case of our nocturnal animals? Want to be a part of one of Australia's longest running forest monitoring programs?

Volunteers are needed to help observe wildlife activity around key stag trees: the big old, dead or dying trees with hollows. You will be required to walk in and out of dense forest or burnt forest and sit under a stag for approximately 1 hour as the sun goes down. Your observations of any wildlife activity that you hear or see will then be recorded.

All training and observations that might be expected will be provided on the evening at the site.

The Australian National University (ANU) is undertaking volunteer based nocturnal fauna monitoring trips as part of its Long Term Monitoring Program. The program has been running since the late 1980's, and focuses on the ecology of the Mountain Ash forests of the Central Highlands of Victoria. The key component of the monitoring program is the nocturnal fauna surveys. This provides invaluable information on population trends, occurrence, abundance, distribution and ecology of the gliders and possums of the mountain ash forests, with a focus on Leadbeater's Possum.

Without volunteer numbers, the surveys would simply not happen! On some sites there are over thirty 60m tall Mountain Ash trees to watch! Your help would be greatly appreciated to assist with stag watching at a number of sites throughout the tall forests of Victoria in areas such as Toolang, Marysville, Mt Margaret, Powelton and the O'Shannessy, Armstrong, Upper Yarra & Maroondah water catchments. We will be covering old growth sites, young stands with older remnant stags, burnt and unburnt areas. Each evening may also be an opportunity to spotlight after stag watching.

Car pooling will leave from the Coles carpark in Healesville (River St end) at 8.30pm sharp on the evenings listed in the below table. Or arrange an alternative meeting place if this suits better. ANU aim to be out most Wednesday, Thursday and Friday nights between late January and March 2011, with some possible weekend trips to be confirmed closer to the date.

Tuesdays	Thursdays	Fridays
	27.01.11	28.01.11
01.02.11	03.02.11	04.02.11
08.02.11	10.02.11	11.02.11
15.02.11	17.02.11	19.02.11
22.02.11	24.02.11	25.02.11
01.03.11	03.03.11	04.03.11
08.03.11	10.03.11	11.03.11
15.03.11	17.03.11	19.03.11



Meeting location
Melways 270 C12



BEC News from Around the State (cont)

along one section and there is one significant pit as well as other holes.

It has also been confirmed that there is damage along the Forest Creek area near Manchester Rd on the Goldfields Track linking Chewton and The Monk. This part of the track isn't closed and appears to be safe to walk.

➤ **Mount Alexander**

There is track slippage on the East side below the

towers. Parks Victoria will check and follow up when they have dealt with more urgent priorities.

Please keep away from this area.

Dave Rimmer
Manager Bushwalking Environ

Site locations will be confirmed once we know volunteer numbers for each night as there are sites with varying number of stags to be watched therefore volunteer numbers will dictate which sites will get visited. Sites may vary from 1 volunteer to 30 or so volunteers.

As there are large numbers of stags that need to be monitored over the summer if you have a group of 2 car loads or more volunteers you can book out one of the nights scheduled or select another night of the week if this suits your group better just get in touch with us. What a great way to get a group of volunteers together for a fun activity, maybe you can organise a group from your work, school, friends and/or family to enjoy a different evening out!

What you may see or hear:

- Nightly bird chorus as birds retire for the day
- Owls and other night birds
- Mammals; Leadbeater's, Greater Gliders, Yellow-bellied Gliders, Feathertail Gliders, Brushtails, Bobucks, Sugar Gliders, Ringtails, Antechinus.

What you may see or hear:

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What to bring:

- Clothing for warm and cold (or wet) weather and to protect against scratching from thick vegetation
- Sturdy boots
- Torch or headlamp to walk out of stag watching site
- Insect repellent or other clothing to help protect against mosquitoes
- Something to sit on (best view by lying back on the ground)
- Water and/or snacks

RSVP with your date of interest and details to:

Emma Campbell - Volunteer Field Work Coordinator
M: 0428 903 024
H: 5962 6174
E: info@leadbeaters.org.au



Contact details for the night:

Lachie McEurney – Senior Research Officer, A.N.U.
M: 0401 124 929
David Blair – Research Officer, A.N.U.
M: 0439 660 996



Note:

- Car pooling will be available. Some vehicles may be required to go into the forest and will need to be 4WD. Please advise of your location and willingness or availability to car pool, 2WD or 4WD.
- All volunteers must have the FLBP membership - including insurance cover. The website has more information on how you can become a member or update your membership to include fieldwork insurance. Please allow 2 weeks for FLBP to process your membership or insurance updates before you go into the field.
- **Cancellations** may occur due to rain as you can't look up. Keep an eye out on the forecast.
- The stag watch itself is from sunset for one hour. Depending on the varied travel times to sites, it may be up to 2 hours after dark before we return to Healesville.

For more information on volunteering or other ways to assist the ongoing survival of Victoria's faunal emblem visit: www.leadbeaters.org.au



BUSHWALKING TIPS

Lost

Myths:

1. Experienced walkers have an innate ability not to get lost.
2. The most vocal/smartest/fittest etc. person in the group knows where they are.
3. Clever people don't panic or walk in circles.

The facts:

1. Competent people use competent techniques to ensure they know where they are, where they are going and how long it will take to get there, not guesswork.
2. Brains, bluster and fitness are no substitute for trip management and navigational skills.
3. In thick bush, handicapped by injury, cold or exhaustion, it could take 40-50hrs of non-stop walking to cover 30km.
4. In wind or bush, a safety whistle has a range of less than 100m.
5. In the bush, it is just too easy to spin around and get disorientated.

The solution—don't get lost in the first place:

1. Know your ability. Don't delude yourself about having skills you don't really have.
2. Practise your skills so that you know they work, particularly under stress.
3. On difficult trips, have a backup: a second compass, spare maps, a second navigator, a second strategy if you miss your primary objective. Use other people's skills.
4. Always tell someone guaranteed to be reliable where you are going, by what route, when you are due back and—most importantly—what to do if you don't return. For difficult trips put instructions into writing. Most clubs have an overdue procedure—use it.
5. If you have minimal skills only, go with someone who genuinely has adequate skills.
6. Never leave your party without telling someone where you are going. This includes toilet stops. Get the group to wait.
7. If you have a map and compass, always carry them.
8. Never be clothed in such a way that you could not survive a delay in getting back to civilisation. Cold will kill long before hunger. Three days or less of exposure to cold will kill most people not protected against cold conditions such as snow. In difficult

country you may not be able to light a fire that might keep you warm.

If you do get lost:

1. Don't panic. Sit and evaluate your position. If you have a map and compass and a genuine ability to find your way out safely, do so.
2. If you were separated from your group, once out advise your leader of your safe return as soon as possible.
3. If you are part of a group or you've told someone of your route, a search will start once the walk's overdue time has passed from where you were last seen. While waiting for rescue set yourself up, if possible, with access to water, shelter, warmth and food. Advertise your position well. Stay on a track.
4. If you are by yourself and have told no-one, curse your stupidity, pray and pick the best option.

Behind the Log

Newsletter of Bush Search and Rescue

Safe Walking

- It is up to **you** to make sure you are safe in the bush and on walks:
- Always stay with the group. Each group, particularly large groups, should have a leader and a whip/'Tail end Charlie'. Larger groups may need to be divided into two smaller groups, one of faster and one of slower walkers.
- Do not go ahead of the leader or behind the whip.
- If you think the group is becoming separated, ask the people in front of you to slow down or wait for stragglers.
- Stay on the track. Apart from any ecological damage you may do, many areas around Victoria were heavily mined and you may fall into a shaft. (Not to mention possibly spreading Cinnamon fungus (Ed))
- If you need a rest, say so; chances are others will be ready for a rest.
- If you leave the track for toilet purposes or if you have spotted a rare wildflower, tell another member where you are going and leave your pack on the track.
- If the group needs to walk along a road, use your road sense, walk on the right and be alert to approaching traffic. (Also be alert to traffic from behind (Ed)).

Rat Tales, Feb 2011

Ballarat Bushwalking and Outdoor Club

WALKING BRISKLY, WALKING BETTER

We know that all walking is good for us. Well, it might be that walking briskly is even better. Walking should be an aerobic exercise. Aerobic means that exercise is carried out at a comfortable pace to ensure that the muscles have sufficient oxygen available. Comfort is the operative word! There is no need to be gasping for breath. A little panting and deep breathing is sufficient. Physical activity does not need to be done for long periods in order to improve your health. Regular aerobic exercise done three times a week for 30 minutes or more will result in increased levels of fitness and aerobic capacity.

The health benefits of walking include:

- Increased cardiovascular and pulmonary (heart and lung) fitness
- Reduced risk of cardiovascular disease such as heart attack and stroke
- Improved management of conditions such as hypertension (high blood pressure), high cholesterol, joint and muscular pain or stiffness, and diabetes
- Increased bone density which lessens your risk of osteoporosis
- Increased muscle strength and endurance
- Help with overall flexibility
- Reduced body fat
- Weight loss and maintenance
- Increase mental well being.

Your walking speed might also be a good way of monitoring how healthy you are. Dr. Stephanie Studenski, a professor of medicine at the University of Pittsburgh in a recently published study of walking speeds and the longevity of over 65-year olds, showed that a person's capacity to move strongly reflects their vitality and health.

Sources: <http://jama.ama-assn.org/content/305/1/50.short>;
<http://www.themedicalplus.com/2011/02/01/walking-briskly-to-live-long-and-healthy-life/>;
<http://www.healthtree.com/news/fitness-and-nutrition/walk-faster-live-longer/>;
<http://iphone.theaustralian.com.au/stories/70773>

SUNRISE & SUNSET—MELBOURNE GPO

Fri 25 Feb 0600 1907 EDST	Fri 12 Mar 0615 1845 EDST
Fri 26 Mar 0628 1824 EDST	EDST ends Sunday 3 April
Fri 9 Apr 0741 1903 EST	Fri 23 Apr 0753 1844 EST
Fri 6 May 0805 1828 EST	Fri 20 May 0817 1816 EST
Fri 3 Jun 0827 1809 EST	Fri 17 Jun 0834 1807 EST
Fri 1 Jul 0836 1811 EST	Fri 15 Jul 0833 1819 EST
Fri 29 Jul 0824 1811 EST	Fri 12 Aug 0809 1841 EST
Fri 26 Aug 0751 1853 EST	Fri 8 Sep 0730 1905 EST

Full Moons

Sun 20 Mar, Mon 18 Apr, Tues 17 May, Thur 16 June,
 Fri 15 July, Sun 14 Aug, Mon 12 Sept, Wed 12 Oct,
 Fri 11 Nov, Sun 11 Dec

Source:

www.ga.gov.au

OPEN AND CLOSED TRACKS DURING EXTREME WEATHER

From Parks Victoria

Extreme weather may cause the closure of some parks and forests.

Floods

Recent flooding has seen large areas of western and northern Victoria inundated, restricting access and causing damage in many parks.

The Grampians, Pyrenees, Goldfields and River Red Gum areas have been particularly affected.

Works are underway in the affected parks but the damage has been extensive. It will be some time before all the damaged areas can be assessed and reopened. So it is more important than ever to check the latest conditions in parks and forests before setting off on a bushwalk.

List of flood closures:

http://www.parkweb.vic.gov.au/1process_content.cfm?main=9&page=2&utm_medium=email&utm_campaign=H P H P + N e w s + - + J a n u a r y & u t m _ c o n t e n t = H P H P + N e w s + - + J a n u a r y + C I D _ 2 4 6 3 e 9 1 3 6 a 4 b d f 4 d c 8 6 5 9 7 f 1 0 3 6 7 1 a a f & u t m _ s o u r c e = H P H P + E m a i l + N e w s l e t t e r & u t m _ t e r m = c o n d i t i o n s # l a t e

➤ Fire danger

You may not receive a personal warning or see signage that a park or forest is closed. Bushfire safety is a personal responsibility and anyone entering parks and forests during the bushfire season needs to stay aware of forecast weather conditions and alert to signs of fire such as smoke or emergency vehicles.

List of tracks closed on days of total fire ban:

http://www.parkweb.vic.gov.au/1process_content.cfm?main=9&page=2#Tot

List of parks closed on days of forecast as having a Code Red Fire Danger Rating:

<http://www.parkweb.vic.gov.au/fire/fire-bom-districts.cfm>

Code Red Fire Danger Rating factsheet:

<http://www.parkweb.vic.gov.au/fire/code-red-park-factsheet.pdf>

Victorian Bushfire Information Line (VBIL):
 freecall 1800 240 667

Bushwalking News Victoria Advertising Rates

1/6 page advertisement	\$26.25	* Advertiser to supply 300 printed inserts each edition.
1/4 page advertisement	\$42.00	
1/3 page advertisement	\$52.50	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.
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Full page advertisement	\$157.50	
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Insert for Newsletter*	\$52.50	

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Who's Who at Bushwalking Victoria

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Representatives on Other Organisations

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 Victorian Deputy Delegate: David Reid
 Please contact via the office

Organisations where BWV Members Provide a Bushwalking Perspective

Walking Trails Classification Project Control Board: David Reid
 Metropolitan Melbourne Reference Group: Phil Brotchie
 Outdoor Recreation Centre Committee of Management:
 Chris Towers
 Adventure Activity Standards (AAS) Technical committee:
 Paul Chamings
 Living Links Steering Committee: Tony Walker



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