



Crosscut Saw, Benalla Bushwalking Club newsletter, May-July 2011 (photo Ian Barry)

## 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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### NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting for Bushwalking Victoria Inc. will be held at 3pm on Saturday 18 June 2011. The meeting will be held at the Parks Victoria office situated in Westerfolds Park, Templestowe.

The AGM will take place shortly after the conclusion of the Leadership Forum which will be held on the same day at the same venue.

**Val Wake**  
Secretary

## WALKING AND TALKING WITH YOUR PRESIDENT

### New Board Members Wanted

Over the past few years Bushwalking Victoria (and before that VicWalk) has earned a well-deserved reputation as the 'go to' organisation on recreational walking matters, and has done much great work to promote bushwalking and represent the interests of bushwalkers. All this great work doesn't 'just happen', and the three retiring Board members played an important part in this process. To ensure that this great work continues we require a full board of management of ten members, each with enthusiasm and a passion for walking.

While my columns in the last three issues of *Bushwalking News Victoria* seeking nominations have elicited a small number of responses, we still need more nominations, including for the positions of secretary and vice-president. It would also be fantastic if more women would nominate, as we currently have nominations from only two women. As women outnumber men in most of our clubs, we don't want a situation where women are under-represented on the Board.

### Leadership Forum

A final reminder that the Bushwalking Victoria Leadership Forum will take place from 9.00am on Saturday 18 June 2011 in the conference room adjacent to the Bushwalking Victoria office at Westerfolds Park, Fitzsimons Lane, Templestowe. Attendance is open to members of the club leadership team—ie. the president, vice president, secretary and treasurer—with each club able to nominate up to three members to attend. I hope to see many of our clubs represented.

### Damage from Severe Weather Events

I am sure all Bushwalking Victoria members and the wider bushwalking community were horrified at the massive damage done to a number of our national and state parks by the severe weather events of the summer and early autumn. Wilsons Promontory and the Grampians have received plenty of publicity, but other parks were also badly affected, including the Brisbane Ranges and the You Yangs. As the impact of these events is likely to be felt for months and even years in some cases, it is more important than ever that when planning a visit to a park you check the *Check Before You Go* section of the Parks Victoria website for the latest information affecting your chosen destination. The National Parks Service of each

state also provides similar information for their parks; so when planning an interstate visit, check there as well.

On page 5 in this issue of *Bushwalking News Victoria* there is an item from Brett Mitchell, Range-in-Charge at Wilsons Promontory NP, providing an overview of the extent of damage to the park from the storm in early March that in 24 hours dumped 500mm of rain on the slopes surrounding Tidal River. Brett and his troops have a mammoth task in front of them to repair and reconstruct tracks and other facilities so that walkers and other visitors can again enjoy the attractions of The Prom.

The Friends of The Prom are keen to get to work to assist Brett and his team where they can. There is already a tentative plan for a *Hands On the Prom* campaign (many will remember the *Hands Off the Prom* campaign from the Kennett Government years) to mobilise community support and involvement in getting The Prom back on its feet. I am sure there will be many Bushwalking Victoria clubs and members keen to become involved at the appropriate time. Brett and The Friends have undertaken to keep me informed of developments, which I will pass on.

### Bushwalking Australia—Training Survey

At the Bushwalking Australia Conference held in Melbourne last November, John Marshall, my counterpart in Queensland, and I both raised concerns about the capacity and capability of many of our clubs to deliver skills and leadership training for their members. While there is some anecdotal evidence of a decline in standards and plenty of feedback from clubs on the difficulties of attracting and training leaders, there is a lack of data on the training that clubs currently provide and whether there is a need or demand for training in general bushwalking and leadership skills.

As a first step, Bushwalking Australia is developing a survey to be distributed to clubs Australia-wide seeking information on training currently provided and what if any training clubs want or need. The data provided by the survey will inform and assist Bushwalking Australia and each state to determine training needs and develop training programs. The survey is expected to be distributed during June.

Chris Towers

## CLUB ANNIVERSARIES

Congratulations to Wangaratta Out and About bushwalking club which is celebrating 70 years.



### Bushwalking News Victoria Advertising Rates

1/6 page advertisement	\$26.25	* Advertiser to supply 300 printed inserts each edition. 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.
1/4 page advertisement	\$42.00	
1/3 page advertisement	\$52.50	
1/2 page advertisement	\$78.75	
Full page advertisement	\$157.50	
Address list of affiliate clubs	\$52.50	
Insert for Newsletter*	\$52.50	
<b>Note:</b> Advertisements must be artwork ready		

**TRACK MAINTENANCE PROGRAM**

Sunday 14 August 2011 <b>Yarra Ranges NP</b>	<b>Yarra Ranges NP</b> <b>WE NEED YOU. PLEASE OFFER YOUR SUPPORT TO COMPLETE THE PROJECT</b> (see also article in May edition of <i>Bushwalking News Victoria</i> )  For all activities Contact Steve Robertson for details and if you want to attend <a href="mailto:srob7859@bigpond.net.au">srob7859@bigpond.net.au</a> or 9762 5367
Sunday 16th October 2011 <b>Big Tree/Cora Lyn</b>	
Friday 1 July - Sunday 3 July 2011- <b>Snake Island re-vegetation</b> (Fully booked from last year's waiting list)	
Dates to be determined <b>Wilsons Promontory</b> <b>Freemans Mill and East Alps</b>	

**Maintenance Activity Report**

**2nd Grampians Work Day on Tunnel Track and Mt Staplyton**

Our second attempt to get Tunnel Track ready for Easter tourists was a hard slog. We had to carry our tools (and lunch) to the end of the track and then work back towards the start – over the top of the Mt Williams Range. We needed all of our crew of 13 from Ballarat plus three locals from Halls Gap and Phil Brotchie to complete the western end of this bridle trail. The short remaining middle section was completed by another group the following week.



Well done to all those bods involved in both October and April. Grampians Paradise was again a great venue for camp and caravans.

Our plans for a first club ascent of Redman's Bluff were thwarted by the closure of that part of the park because of numerous land slips. That peak looked very interesting and the challenge will no doubt be taken up on another occasion. So for our Sunday climb we headed for the Northern Grampians and did a full circle of Mt Staplyton (not the ridge circuit). This was a first for most. It was very nice, wild and quiet on the eastern side. After lunch near the top we headed down the main route—rather busy, but with lovely views of The Amphitheatre and of some rock-climbers on Taipan Wall in the afternoon sun.

Once again, all your work is much appreciated by the club and no doubt Parks Victoria.

**John Petheram**, Ballarat Bushwalking and Outdoor Club  
Rat Tales, May 2011



## THE BUSHWALKING ENVIRONMENT

### BEC News—Field Reports

#### Baw Baw NP

The Walhalla Tramway Bridge (also known as the Old Steel Bridge and Poverty Point Bridge), which is located near Walhalla in the Baw Baw NP, is now fully restored and is open for visitors to enjoy on the great walks from either Walhalla or Thomson River stations. (See picture on page 10.)

The Australian Alps Walking Track (AAWT) is open from the Walhalla Village along the historic Tramway Track to the Thomson Valley Rd (Baw Baw NP).

#### Dandenong Ranges

The following tracks remain closed until further notice due to flood damage

- Avards Track
- Ramblers Track
- Tobruk Track
- Sassafras/Menzies Creek Walking Track south of Butterfield Reserve
- Dandenong Creek Track.

All other tracks in the Dandenong Ranges are now open. However, walkers are urged to use caution because of the continuing impact of flood damage in many areas.

#### Lysterfield Park

Visitor sites now open:

- Lysterfield Lake picnic area. Open 8.00am to 5.00pm. Access via Horswood Rd only.

Walking tracks and management vehicle-only tracks now open:

- Snipe Track
- Lake Circuit
- Casuarina Track
- Lake Track
- Logan Park Drive
- Lamberts Track
- Wallaby Track
- Lysterfield Hills Track (Wallaby Track to Trig Point)

#### Grampians NP—report by Phil Brotchie

Walks open:

- Northern Grampians: Hollow Mountain, Gulgurn Manja Shelter, Mt Zero, Flat Rock to Mt Staplyton, Mt Staplyton Loop, Ngamadjidj Shelter, Beehive Falls, Briggs Bluff, Mount Difficult, Heatherlie Quarry, the long-distance walk from Troopers Creek camping ground over Mt Difficult to Briggs Bluff hiker camp site (overnight) and then down to Beehive Falls car park
- Central Grampians: Boronia Peak, Chatauqua Peak (east side only), Clematis Falls, Fyans Creek Loop, Tunnel Track

- Southern Grampians:
  - Mt Sturgeon, The Piccaninny
- Camping grounds open:
  - Plantation, Troopers Creek, Staplyton within the park
  - Private camping grounds surrounding the park

Roads open:

- Mt Zero Rd (Halls Gap to Mt Zero), Plantation Rd, Flat Rock Rd, Roses Gap Rd, Pohlner Link Track (Pohlner Rd to Mt Zero Picnic Area), Pohlner Rd, Coppermine Track

Walking track and site closures:

- All Wonderland walks (including Venus Baths and the Pinnacle), McKenzie Falls walks and Zumstein area, Balconies and Reeds Lookouts, all walks in the Victoria Valley, Victoria Range (western Grampians), Mt William Range, Mafeking and Mt Abrupt, Golton Gorge Picnic Area, Golton Gorge Loop and the Tilwilda Falls walking tracks, Major Mitchell Plateau tracks and Wonderland remote overnight hikes

#### Wilson's Promontory NP—report by Ian McKellar

Government announcements:

- On Thursday 31 March, Premier Ted Baillieu, announced immediate funding of more than \$8.8m for urgent works to ensure the popular tourist destination will be safe and accessible for families to visit. The works include more than \$2.8m for Parks Victoria to undertake immediate repair work to restore facilities and infrastructure to reopen the park and the approval for VicRoads to spend \$6m to repair roads and the Darby River Bridge.

*In this issue, Ian's report on track and camping conditions has been replaced by a detailed report by Brett Mitchell, Ranger-in-Charge at Wilson's Prom. (See next page.)* (Ed)

#### Mornington Peninsula—report by Margaret Madge

Peninsula Bushwalking Club has been working with Parks Victoria on the newly created ocean walk, a 35km walking track from Cape Schanck to London Bridge near Portsea. This walk along with the Two Bays Track, runs from Dromana through Greens Bush to Cape Schanck. when completed track will enable you to experience the spectacular and varied natural landscapes of the Peninsula.

#### State forest walking track upgrade—report by David Rimmer

I took part in a recent exploration and survey of a proposed walking track from the Ada Tree to the New Ada Mill (distance 2.6km, time 5.5 hrs). In this area are some of the tallest trees I've ever seen before, estimated to be taller than the Ada Tree. Parts of this area are zoned special protection which may be a issue in developing a new track. (See photos on next page.)

Compiled by **Dave Rimmer, Manager Bushwalking Environment**



**State Forest Walking Track**

Above: Somewhere between the Ada Tree and Ada Mill  
 Below: Wally Notman at the Ada Tree  
 (Photos: Dave Rimmer)



**SUNRISE & SUNSET—MELBOURNE GPO**

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 9 Sep	0730	1905	EST
Fri 23 Sep	0709	1916	EST	<b>EDST starts Sunday 2 October</b>			
Fri 7 Oct	0647	1929	EDST	Fri 21 Oct	0627	1942	EDST
Fri 4 Nov	0610	1957	EDST	Fri 18 Nov	0558	2012	EDST
Fri 3 Dec	0552	2026	EDST	Fri 17 Dec	0553	2038	EDST
Fri 31 Dec	0600	2045	EDST				

**Full Moons**

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](http://www.ga.gov.au)

**Wilson's Promontory Damage Report**

*Below is an overview from Brett Mitchell, Ranger in Charge of the flood impacts on Wilson's Promontory NP Walking Tracks.*

Detailed asset/impact assessments will be undertaken by engineers in conjunction with Parks Victoria staff in coming weeks, which will give a more detailed knowledge of the impacts.

➤ Northern section:

- Millers Landing and the Vereker Outlook Track have been repaired post flood and are open for visitor use. The Millers Landing Track has been reformed, drainage re-instated and fully resurfaced.
- The Northern Wilderness Walks are yet to be assessed. The Five Mile Rd has sustained major damage with a number of culvert crossings damaged, and the track surface has been badly eroded. It is not known whether the Five Mile camping area has sustained damage as the Miranda Creek had very high flows. Parks Victoria is continuing to work through options for the Johnny Souey camp site with the Traditional Owners.
- Tongue Point Walking Track—Parks Victoria staff are currently working on this track, undertaking slashing, drainage and reforming where minor slips have occurred. It is also planned to construct further sections of boardwalk on the badly eroded sections. Works on this track should be completed by the end of June.

➤ Beach access tracks:

- The Darby Beach access track has sustained damage with sections having slumped into the river. This track will have to be re-aligned.
- The Squeaky Beach access track has suffered major damage: a 100m section of track just above the toilet has now become a gully system (3-4m deep and 5-6m wide). The track will have to be re-aligned
- Whisky Bay—Like Squeaky Beach, the track has incurred major damage and is now a gully system. This track will have to be re-aligned.
- Picnic Beach—The track has had minor impacts and requires minimal works to re-open. There is however a major landslip on the northern side of the car park which will require geotechnical assessment.
- Squeaky Beach to Picnic Beach—Initial reports suggest this track only requires minor works.

➤ Tidal River precinct

- Pillar Point Track—Three major slips have impacted on the track, taking out whole sections of track. This track will have to be re-aligned. The Tidal River Bridge requires structural engineering assessment.
- Tidal Overlook Circuit (including Squeaky Beach access track)—Minor slips and erosion have

occurred and a more detailed assessment is required.

- Lilly Pilly & Mt Bishop—Major slips have occurred in numerous locations; 2 bridges have been lost as well as culverts. The boardwalk sustained only minor damage, but has a lot of debris and silt over it. The bottom track could be open relatively quickly; however major works will be required on the upper sections and Mount Bishop Track.
- South Norman or Biddi's Track—Works to re-open this track were undertaken prior to Easter, but further surfacing and drainage works are required.
- 1st Ramp and Tidal River will be closed indefinitely. At high tide the river is now more estuarine. For those that have not seen this area, it has changed dramatically and it is likely that access cannot be provided until nature deposits sand back in the system.

➤ Southern walks

- The Mount Oberon Rd, Telegraph Track and the Mt Oberon Summit Walk have sustained significant damage and major works will be required.
- South Norman to Little Oberon Bay, including Oberon Bay—Aerial assessment has shown multiple land slips of a very serious nature. Further field assessments are required.
- Sealers Cove Track—Major damage with up to 7 major slips from Telegraph Saddle car park to Ferny Glade. Ferny Glade itself is now more like a ravine. This track requires further geotechnical engineering advice and is likely to be closed long-term and is likely to require re-alignment. The boardwalk suffered minor damage and the bridge survived the flood.
- Sealers to Refuge—Initial assessment indicates

minimal damage. Further assessment is required.

- Refuge to Waterloo—Initial assessments indicates minimal damage. Further assessment is required.
- Waterloo to Telegraph Track—Badly eroded in sections and also requires further assessment.
- South East Track, South Point Track, Roaring Meg—Unknown. But it seems this section of the park did not experience the same amount of rain. Further assessment is required.
- Camping areas in the southern section of the park all have been impacted with varying levels of damage. Oberon Bay and Waterloo seem to be the worst affected.

Where tracks require re-alignment, Parks Victoria will follow the process below:

1. A suitable alignment for the track will be investigated by staff and suitably qualified engineers.
2. Under the Aboriginal Heritage Act, a Cultural Heritage Management Plan, along with other relevant Environmental Assessments, will be developed and implemented where a new alignment is to be constructed.

These processes can be time consuming, so, in advance, I would appreciate your patience while we work through the processes.

A volunteer program will be developed with the Friends of the Prom to assist with the recovery effort. Detail will be provided in the near future.

It is also likely, given the major erosion, slips, tree risk and other environmental impacts, that off track hiking permits will undergo a very rigorous assessment process and in some instances are unlikely to be approved until areas stabilise.

**Brett Mitchell**, Ranger in Charge, Wilsons Promontory

## BUSHWALKING TIPS

### River Crossings

Before leaving, you should find out all you can about the area you intend to visit. If a river crossing is necessary, it's important that the group knows this. Enquiries should include the swimming ability of each member of the group, likely river levels in the area you intend to walk in, the likely changes in different weather conditions, possible crossing locations, and escape routes if the crossing cannot be made.

Once you decide that a river crossing is necessary and that your group is capable of completing it safely, you should continually assess the group's progress during the walk. Factors that could influence the decision whether or not to attempt a crossing include the:

- Mental state of the group
- Physical state of individuals in the group
- How long it will take to reach the intended crossing site (crossings should not be attempted in the dark).

When assessing the potential crossing site, the following should be considered:

- Depth
- Water velocity—even ankle deep water can knock a person off their feet
- Channel bottom—eg. slippery rocks or an uneven, boulder-strewn bottom
- Any factor obscuring the view of the bottom—eg. muddy water or floating matter such as algae—poses an additional hazard
- Number of walkers—there are more options if more than one person is making the crossing.

### Assessing a river

Current is the most basic feature of a river. In a straight stretch of the river, the current will be strongest in the deeper, centre section of the river. The strongest current sweeps around the outside of a river bend.

Strainers are extremely dangerous. They are fixed objects

that allow the current to pass through them, such as a fallen tree with many branches in the water. The danger is that you could be pinned against the strainer on the upstream side.

**Assessing the site for crossing**

- Choose the area where current is slowest.
- Look for suitable entry and exit points.
- Consider what mishaps could occur during the crossing and assess what response could be made—eg. where would a swept-away person end up. If possible position a party member at this location to act as a safety person.
- Make sure there are no immediate dangers downstream.

**Clothing and equipment**

Fasten or remove personal items such as glasses. It is important that boots are worn to limit the possibility of ankle and foot injuries.

**River crossing methods**

For all river crossings, keep your pack hip-belt done up if it is a quick release type. Chest straps should be undone, and shoulder straps loosened.

**Individual without aid**

Knee deep is generally the limit. Choose a clear route at 45° to the current. Move into the current and walk across and downstream, with the side of your body to the current. Small steps and sure foot placement is necessary.

**Individual with a pole**

If stability is required, a pole may be used. The pole needs to be sufficiently long and sturdy.

This method is suitable for rivers that are not swift flowing and are no more than waist deep. It requires the river bed to be relatively flat and snag free. The route taken is directly across the stream at 90° to the bank. Position the pole so it is upstream of your body, press it against the bottom and walk forward leaning on the pole.

**Group mutual support**

This method is recommended for groups, with each individual being held twice at each loin, providing excellent back-up if one should let go.

The group stands in a line, parallel to the river bank and the current. Everyone leaves their pack on and the hip belt done up (unless the hip belt is not quick release). Shoulder straps should be loosened and sternum straps undone. Each person puts their arms behind the next person's back, between the pack and the back. They then grasp the base of the shoulder strap on the opposite side, or the hip belt in the same position. If no packs are used, the arms go behind the backs and grasp clothing at waist level. Connected this way the whole group crosses the river together. Should the group need to retreat from the river without completing the crossing, the whole group should walk backwards all the way into safe, knee-deep water.

**Line-abreast using a pole**

Three or more people stand in a line, parallel to the river bank with arms interlocked and holding onto a long pole. Everyone moves together, giving each other support, with the strongest person on the upstream end.

**Rules and precautions**

- If in doubt, don't cross.
- No matter which method is used, the following rules and precautions should be observed:
  - Maintain multiple points of contact with the bottom
  - Move one point of contact at a time
  - Swim if you fall. **Do not** put your feet back down **until** you have reached calm shallow water.
- If you do lose your footing while attempting a river crossing, your best chance of rescue is saving yourself. The following approaches are recommended:
  - Don't panic. Try to assess the situation and seek the best alternative.
  - Assume the white-water safety position. This is, on your back, position your feet downstream, and feet up with your toes out of the water to avoid foot entrapment.
  - Keep your heels slightly lower than your buttocks.
  - Watch for obstacles.
  - As your feet contact rocks, either flatten out to slide over shallow rocks, or use your feet to fend them off, then use your hands to turn around and point your feet down river.
  - Place your thumbs in the lower part of your pack straps and push down. This should keep your shoulders up in the top of the straps and your head above water.
  - Don't try to stand up until in shallower, slow moving water.

Reference: Summarised from Bushwalking & Ski Touring Leadership: Handbook of the Bushwalking & Mountain craft Training Advisory Board Inc 3rd edition 2000, pp 163-167

**Echuca Moama Bushwalkers' newsletter, May 2011**

**First Aid—Lightning Strike**

Stormy weather? You never know whether lightning may strike when you are out walking in the bush. What would you do?

**Tutorial**

The body is made up of about 60% water. We conduct electricity quickly throughout the body if struck by lightning. It may cause instant death. It is therefore important to get yourself into a safe place if a bad storm erupts while out walking in the bush.

**What to do**

Lie flat on the ground in an open space. If you are in a forest, lie flat under a small bush. The lightning is likely to earth through the biggest tree, or even a dead hollow tree

**continued on page 9**

## AROUND THE TRACKS

### Australian Walking Track Grading System

Under the new Australian Walking Track Grading System, walking trails are graded on a difficulty scale from grades one to five. The aim of the new system is to encourage people who are not regular or confident bushwalkers to get out there and give it a go. It is specifically designed to reassure entry-level walkers, particularly the disabled or people walking with children, that a particular track is suitable for their skill level.

- **Grade One** is suitable for the disabled with assistance
- **Grade Two** is suitable for families with young children
- **Grade Three** is recommended for people with some bushwalking experience
- **Grade Four** is recommended for experienced bushwalkers
- **Grade Five** is recommended for very experienced bushwalkers

DSE is currently re-grading its state forest walking track network, consistent with the new grading system. They expect that the re-grading and re-signing of the track network, as well as the updating of its internet content and *Forests Note* information sheets will take five or more years. Over the next four years, they will focus on their more highly used and accessible tracks and expect to have the first 100 walking tracks re-signed with updated brochures by the end of 2014.

The first walking track to have been re-graded is the Whipstick Loop Walk.

### Information on the DSE Website

The DSE provides a lot of useful information on their website at [www.dse.vic.gov.au](http://www.dse.vic.gov.au) The information includes

- Walking Tracks
- Forest Recreation  
The *Forest Recreation Notes* series provides information on places to visit, minimal impact use and recreational activities in Victoria's forests.
- Forest Explorer Online (Online Services > Interactive Maps > Forest Explorer Online)  
Provides access to Victorian forest information and allows you to become familiar with the data used in forest management decision-making. Forest Explorer provides an important basis for engagement between the DSE and individuals and communities in relation to forest management issues. At this location there is a guide to using Forest Explorer.
- Interactive Maps (right-hand menu: Online Services > Interactive Maps)  
Allows you to find a property or place (by street address, suburb or town, lot on plan, coordinates or street directory) and get a Property Report with location details, planning information and more. You can also search and view street directories (Melway and VicRoads) by page number and grid reference.

I can't say I found the information intuitive to find or use. However, Richard Wadsworth from DSE was a guest speaker at Koonung Bushwalking Club where he demonstrated the site. For more information, you can contact him at [Richard.Wadsworth@dse.vic.gov.au](mailto:Richard.Wadsworth@dse.vic.gov.au) (Ed)

## Federation Day Walk 2011

**Sunday 23 October 2011**

The 2011 Federation Day Walk will be held on the Mornington Peninsula with headquarters located at the Rosebud Memorial Hall on the foreshore at Rosebud. A variety of walks are planned including both coastal and bushland tracks with walk gradings ranging from easy to medium/hard so there should be something to meet all tastes.

For more information, go to <http://www.catholicwalkingclubvic.org.au/FedDayWalk.htm>



**HOSTED BY THE CATHOLIC WALKING CLUB OF VICTORIA AND  
PENINSULA BUSHWALKING CLUB**

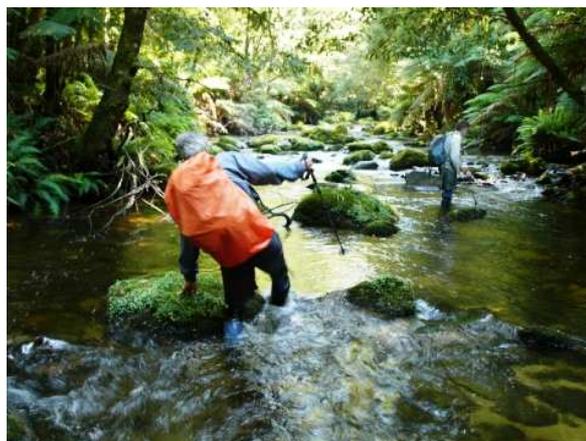
FROM THE CLUB NEWSLETTERS

Summer Challenge—River Walk

Leader: Jim Dhaeze.

Walkers: John Sheridan, Nick Osborne and Steve Brown.

Our intention was to walk up the West Tyers River from its junction with Christmas Creek, going as far as possible in the water then taking to the bank to reach the Baw Baw summit ridge near Mt Talbot: a total of 10-12km. It turned out we walked in the river for some 3km before taking to the bank and a further 2km to the South Face Rd where a car was waiting to pick us up. The river had much more water than we expected and the big boulders started much earlier. It turned out to be a tough, but enjoyable, walk.



From our first sight of the river it was clear there was enough water in the West Tyers to make the walk a challenge. We put in near the inlet of Christmas Creek and were immediately struck by the beauty of the river in the still, early morning light. The overwhelming impression was a sense of peacefulness, which lulled at least some members of the party into a loss of concentration so that they completed the immersive experience quite early in the day!

Granite boulders were impressive in scale, but were also of varying degrees of slipperiness and all of us had our own minor adventures. In some cases this led to a chain reaction: as someone got wet, so did the next walker in their attempts to help (or, more deservedly, in laughing at their fellow walker's misfortune).

It was a solid day's walking in the river from 10am to 2pm, with water levels varying between ankle depth (rare) to thigh level (common) to chest level (thankfully rare and usually due to taking the wrong line through the river).

Given the steepness of the banks and the dense bush our lunch spot was a bit crowded as we perched on some rocks in the river. However, lunch was brief—by this stage

the leeches were showing signs of being fully awake and very interested in our party. However, the overall feeling was one of exciting, hard walking in a still, peaceful environment, plus the feeling of being fortunate in having the opportunity to experience something so rare.

Eventually, with a more rapid increase in elevation the river ran stronger and the boulders became larger, so it was time to take to the bank. This resulted in a challenging, but less attractive, 2 hours of bush bashing through the fairly dense scrub up the slope until we reached the ridge-line, road and car.

This was followed by a very welcome meal at a friend's place and enjoyable conversation before taking off into the sunset for home.

A true challenge and great fun, with a terrific group very ably led by Jim Dhaeze. You have to do it to experience it. You may not want to do another one, but at least you can say 'I've done a Jim Dhaeze summer challenge'.

John Sheridan & Steve Brown, Boroondara Bushwalkers  
The Vagabond, May 2011 Vol 22 Iss 4  
(Photo: Steve Brown)

Bushwalking Tips—Lightening Strike (cont)

which may have water pooled in the top of the hollow trunk. In this way the electrical activity is not as likely to find you to conduct the electricity to the earth.

Effects of lightning on the body

Likely results of a lightning strike are: breathing stops; the heart stops or fibrillates; and severe burns. So remember your DRSABCD. If you are lucky you may only be stunned.

Koonung Walk Talk, Vol 26, No 24  
May 21001

Graphic: St Johns Ambulance  
<http://www.stjohnsa.com.au/assets/Uploads/News-Pages/DRSABCD>

RESUSCITATION CHANGES EFFECTIVE FROM JANUARY 1, 2011

## DRSABCD ACTION PLAN

<p><b>DANGER</b></p> <p>Check for danger</p> <ul style="list-style-type: none"> <li>To yourself</li> <li>To others</li> <li>And casualty</li> </ul>	<p><b>RESPONSE</b></p> <p>Check for response</p> <ul style="list-style-type: none"> <li>Ask casualty's name</li> <li>Gently squeeze shoulders</li> </ul> <p><b>No response</b></p> <ul style="list-style-type: none"> <li>Send for help</li> </ul> <p><b>Response</b></p> <ul style="list-style-type: none"> <li>Make comfortable</li> <li>Monitor response</li> <li>Check for any injuries</li> </ul>	<p><b>SEND FOR HELP</b></p> <p>Call 000 for an ambulance or ask another person if they are close by</p>	<p><b>AIRWAY</b></p> <p>No foreign material</p> <ul style="list-style-type: none"> <li>Leave on back</li> <li>Open airway by tilting head back</li> </ul> <p>Foreign material in mouth</p> <ul style="list-style-type: none"> <li>Place in recovery position</li> <li>Open mouth</li> <li>Clear foreign material with finger</li> <li>Open airway by tilting head back</li> </ul>	<p><b>BREATHING</b></p> <p>Check for breathing</p> <ul style="list-style-type: none"> <li>Look, listen, feel for breathing</li> </ul> <p><b>Not breathing normally</b></p> <ul style="list-style-type: none"> <li>Start CPR</li> </ul> <p><b>Breathing normally</b></p> <ul style="list-style-type: none"> <li>Place in recovery position</li> <li>Monitor breathing</li> </ul>	<p><b>CPR</b></p> <ul style="list-style-type: none"> <li>Start CPR</li> <li>30 compressions</li> <li>2 breaths</li> </ul> <p><b>Continue CPR</b></p> <ul style="list-style-type: none"> <li>(30:2) until help arrives or casualty recovers</li> </ul> <p><b>DEFIBRILLATION</b></p> <ul style="list-style-type: none"> <li>Apply defibrillator (if available)</li> </ul>
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For more information:  
**1300 360 455**  
[www.stjohnsa.com.au](http://www.stjohnsa.com.au)

**PURCHASE A PAIR OF GABEL WALKING POLES FOR \$49.95**

**Special Offer—Members Only**

Bushwalking Victoria has a limited stock of genuine Gabel walking poles to offer for sale at a never to be repeated price bargain price of \$49.95 per pair.

The benefits of high-quality walking poles is well known. They offer walkers support, reduce fatigue and provide more points of contact with the ground. Gabel walking poles are made in Italy from the same high quality aluminium as aircraft. Gabel poles are world renowned for their lightweight yet sturdy construction. All Gabel poles offered are telescopic so that they can be adjusted not only to your optimum height, but also to suit the walking terrain.

The poles available for sale are

- Gabel X Lander – Weight 223 grams – Length 63-143cms
- Gabel Explorer – Weight 241 grams – Length 66-141cms
- Gabel New Art – Weight 240 grams – Length 64-143cms (prominent butterfly or alpine design.)
- Gabel Mont Blanc – Weight 260 grams – Length 66-145cms

Colours or design styles may vary from those pictured due to stock availability.

Proceeds from this special fundraising offer will go to supporting the activities of Bushwalking Victoria.



**\*\*\* Conditions**

Orders can only be made using the order form available from the Bushwalking Victoria website at [www.bushwalkingvictoria.org.au/forms/gabelpoles.doc](http://www.bushwalkingvictoria.org.au/forms/gabelpoles.doc)

As stocks of some pole types are limited, indicate your second or third preference or state whether you wish to have your order cancelled if you cannot get your preference.

All poles will be sold on a strictly first come first served basis.

Poles must be collected from Bushwalking Victoria. Additional charges will apply where orders cannot be collected.

This offer expires on 30/06/2011

**From the club newsletters (cont)—photos**

Right: Marysville, Echuca Moama newsletter, May 21001 (photo Anne-Maree Crosby)

Bottom: Walhalla—Poverty Point Bridge, Boots'n'All, May 2011 (photo Kaye Douch)



**Wonderful New Book**  
**250 VICTORIAN WATERFALLS**

I go quite frequently to the Melbourne Map Shop in Waverley Rd. This is almost invariably an expensive exercise because I usually come away with a book when I went only to get a map. My latest purchase is an absolute beauty—a wonderful new book on waterfalls: *250 Victorian Waterfalls* by Ray Barber and Ian Wacey.

The book achieves several aims at once. Beautiful photography of the waterfalls. Detailed guide. Good production qualities.

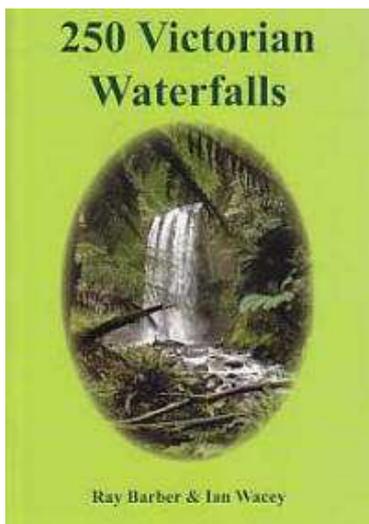
The authors spent more than six years researching and visiting Victorian waterfalls. How they manage to take such wonderful photos of water actually falling, given the drought in the period they were working, is amazing. The book is a testament to their dedication and achievement. Some of the photos are of falls rarely photographed.

The waterfalls documented range from waterfalls where the water falls from a great height, cascades, rapids to what I call 'drop over rocks'. Are the Moleside Creek Falls the smallest falls in Victoria or Australia? Some waterfalls are easy to get to; others can be accessed only by experienced bushwalkers.

The falls are grouped alphabetically by municipality. At the front of the book is a map showing the location of the municipalities and a table listing the falls in the municipality. I would have liked the municipality map to indicate the location of the each fall.

Each entry in this book has a standard format;

- Name of the falls
- Origin of the name
- Source of the water
- GPS coordinates
- At least one image of the falls and its surrounds
- Municipality
- Closest town
- Distance and direction from Melbourne
- Approximate travel time from Melbourne (car)
- Vehicle access
- Facilities
- Walking access
- Other points of interest (if relevant).



Source of images:  
<http://www.abcmaps.com.au/Image%20Pages/250vw.htm>

Missing information, which I would have liked, includes:

- More information about the falls themselves, eg. categorisation of the type of waterfall and height of the falls
- Name of the range or park where the falls are located
- Whether there is another waterfall within walking distance.

The back of the book includes important Helpful *Hints and Safety Tips* (whimsically listed alphabetically with a waterfall name), a detailed list of references and a very useful alphabetic listing of waterfalls. (I wish walk books also included an alphabetical list of walks.)

Editor

### Ngalquan Falls

**Source**  
 Marwell River (West Branch), which rises in the State Forest near Garyah and flows generally north to join the La Trobe River in the north of Marwell.

**Co-ordinates**

Time	55
Easting	441186
Northing	5740216

**Closest Town**  
 Bostonia

**Distance and Direction from Melbourne**  
 177 kilometres southeast

**Approximate Time from Melbourne by Car**  
 2.5 hours

**Vehicle Access**  
 Take the Prince's Hwy/Fwy to Trudalgoo. Turn right onto Milson North/Trudalgoo Road and after approximately 12 kilometres turn left onto Marwell/Thompson Road. Continue for 13.5 kilometres and turn right onto the Strathelyke Hwy. After 250 metres turn left onto Yinnac/Duffield Road. Continue through Yinnac and turn right onto Bostonia/Churchill Road. Continue towards Bostonia before turning left onto Marwell River Road and proceed for approximately 17 kilometres until Olsons Bridge is reached. Continue on Olsons Road for a short distance to the bridge opposite the river-dropped Marwell River Drive. Vehicles should be parked at this point.

**Facilities**  
 Nil

**Walking Access**  
 The waterfall is directly below the bridge over the Marwell River (West Branch), opposite the picnic. Access to river level can be gained by tracking a short distance through the undergrowth down the bank from Olsons Road, just downstream from the bridge.

**Origin of Name**  
 Ngalquan Falls is a name suggested by the authors for this waterfall. Ngalquan (pronounced "Un-gal-ku-an") means "alone" in the language of the Kurnai tribes of East Gippsland. As the location of the falls is directly below the old prison entrance, it would not be hard to imagine that the thoughts of the inmates of the prison would easily have turned to loneliness. No doubt many prisoners would have reflected on their own predicament while listening to the soothing sound of the water descending over the rock face.



Latrobe City 141

Authors: Ray Barber & Ian Wacey  
 Title: 250 Victorian Waterfalls  
 Publisher: Ian Wacey, 2011  
 Format: Paperback, laminated cover, full colour, 252mm x 178mm,  
 No of pages: 320  
 ISBN: 9780646543314  
 RRP \$49.95

A list of retailers from whom you can obtain the book is at <http://www.abcmaps.com.au/Image%20Pages/250vw.htm>  
 You can also obtain it from the author at [i.wacey@cea.net.au](mailto:i.wacey@cea.net.au)

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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



## Bushwalking News Victoria

If undeliverable  
 please return to

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 Templestowe 3106  
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