



Wellington Plateau - Julia Doughty, VMTC. (see story page 8)

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@bushwalkingvictoria.org.au
 or
 24 Moorhouse Street
 Camberwell Victoria 3124

Deadline for the September edition:
Monday, 13 August 2012

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

Inside this issue...

Walking and Talking with the Bushwalking Victoria President.....	Reader Contribution - a walk to Mt Margaret 8
New BWV web site 2	Bushwalking Tips - Calling 000..... 9
Help Needed 4	Bushwalking Whimsy - Naked Bushwalking..... 9
Around the Tracks.....	Checklist for Cold Weather Bushwalking..... 10
Grampians 4	Sun & Moon 10
Grand Strzelecki Track 4	Federation Day Walk 11
Wilsons Prom..... 5	Energy Drinks 11
Bunyip State Park 5	Who's Who at BWV 12
State Government Funding for Bushwalking Victoria 5	
Regent Honeyeater Planting Weekends for 2012 5	
Reducing Pack Weight..... 6	

WALKING AND TALKING WITH THE BUSHWALKING VICTORIA PRESIDENT

Coming Soon - New Bushwalking Victoria Website

In April I wrote that Bushwalking Victoria was working on a new web site. Development of the new site is now well advanced and is expected to be live by around mid-August.



Two features of the new site that I am quite excited about are a much improved club directory and *where2walk*, a walk directory.

Club Directory

The Club Directory will be a significant improvement to the club lists on our current site, and should make it much easier for prospective members to find and contact a club that meets their specific interests. As can be seen in the following images of sample pages, the directory provides more extensive information on each member club and what it has to offer to potential members.

Fig 2: Club Directory detailed entry

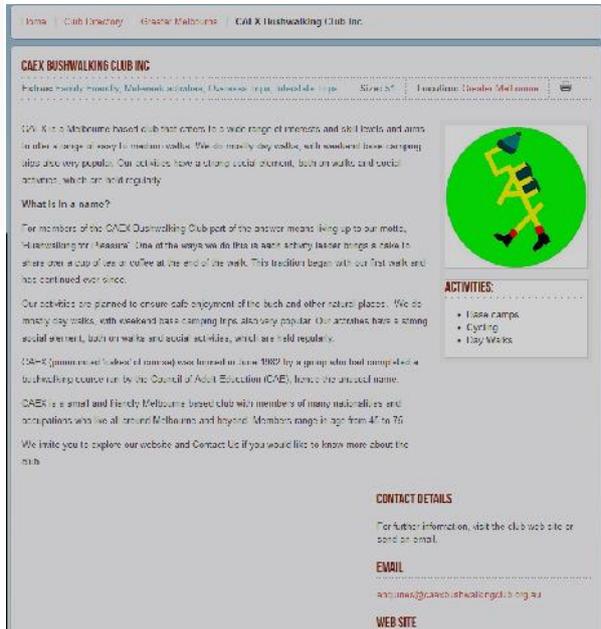


Fig 1: Club Directory 'teaser' entry.



Where2Walk

where2walk will provide detailed information on walks all around Victoria and, possibly, the border areas of NSW and South Australia. Initially we hope to have around 100 walks on the site (from recent Federation Walks), with additional walks being added as time goes on.

The directory will allow users to locate walks by geographic location, type of walk, grade or to find walks of interest using a simple or advanced search. Each walk will contain a detailed walk description, information such as distance, duration, a map and references, precautions, how to get to the start of the walk, and links to nearby walks.

Over time and with the support of clubs we can build an extensive library of walks that will benefit our member clubs and all people who want to enjoy the wide and diverse range of walking opportunities our state has to offer.

At least initially, access to all the details in the directory will be available free to all users, though in the future we may decide to charge a fee to access the full walk details.

Fig 3: where2walk home page

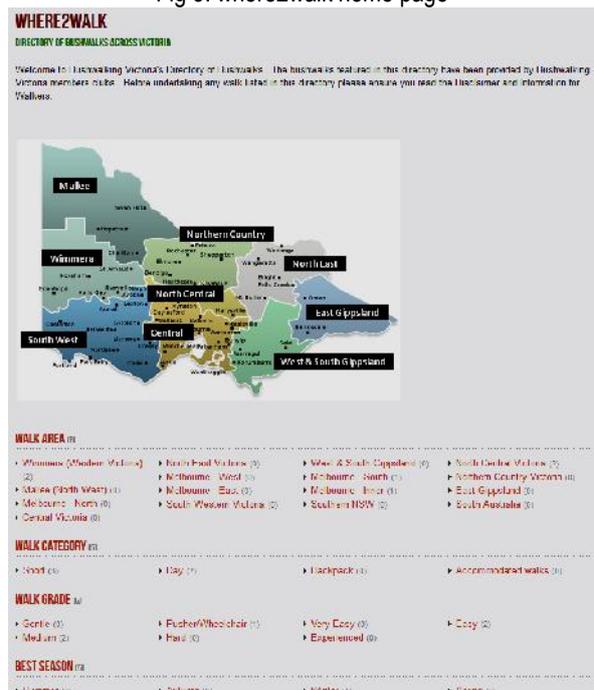


Fig 4: Example of a walk district summary page



The images show the *where2walk* home page, 'teaser' page and a sample walk.

Fig 3 shows the *where2walk* home page. The walk areas are based on the CFA/BoM Total Fire Ban Districts.

Fig 4 shows the 'teaser' page, in this case displaying introductory information about the available walks for North Central Victoria.

(Continued on page 4)

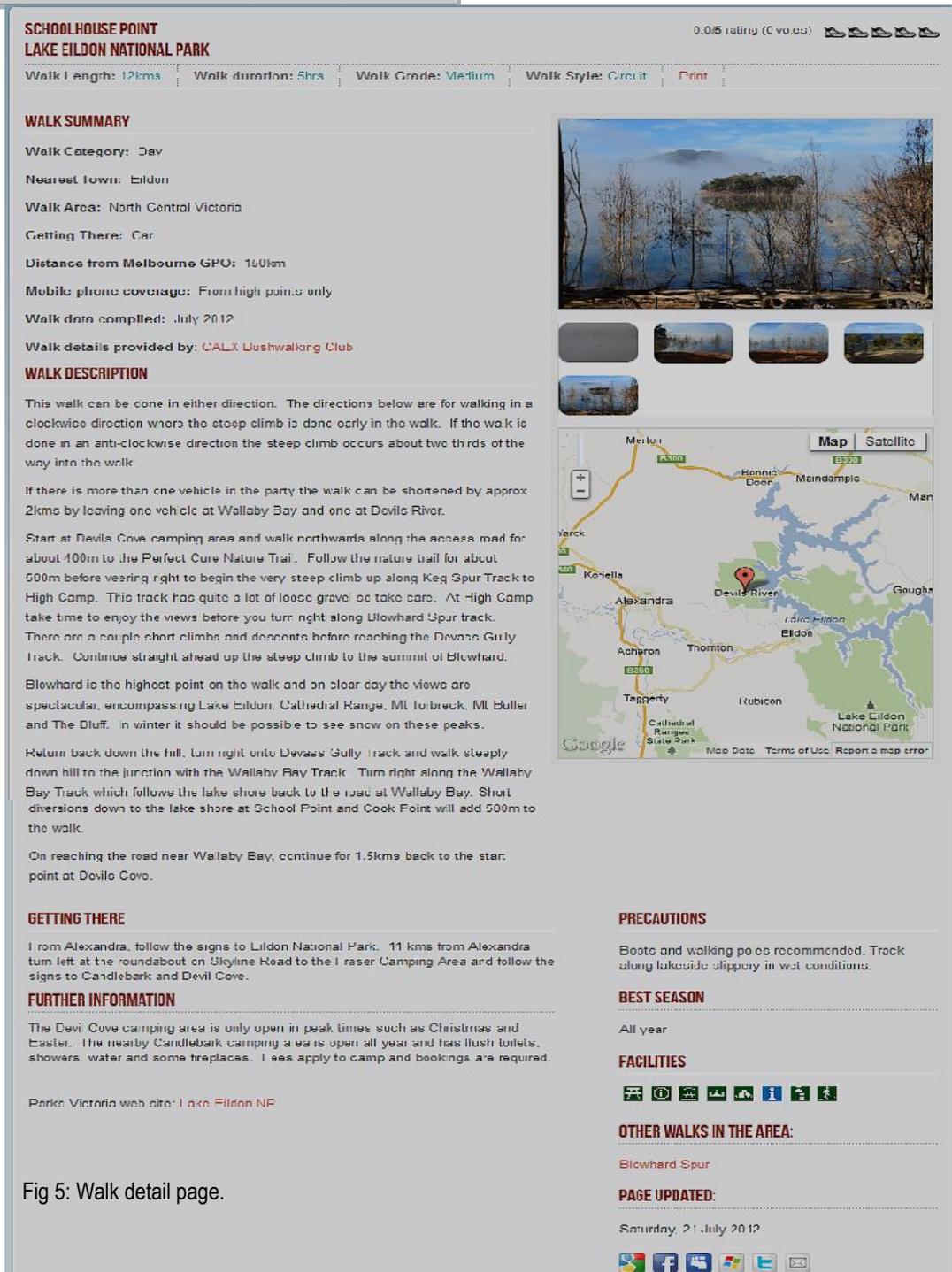


Fig 5: Walk detail page.

(Continued from page 3 - new BWV web site)

Next Steps

where2walk

The initial walks on the site have been sourced from the walks booklets from recent Federation Walk events. The clubs that ran the events have been contacted and asked to assist in reviewing and updating the walk details.

In the coming weeks, all clubs will be contacted and invited to provide details of some of their favourite walks so they can be added to the site. We particularly encourage our regionally based clubs to provide details of favourite local walks that may not be as well known to non-locals.

In all cases, where a club provides details of a walk that is included on the site, the name of the club will be prominently displayed on the walk details page.

Club Directory

Details that have been entered to date have been taken from sources such as club websites, newsletters and information already held by Bushwalking Victoria.

All clubs will be contacted shortly and asked to review their details on the directory and advise any required changes.

Help Needed - where2walk coordinator/s

Bushwalking Victoria is seeking assistance to help with managing and updating *where2walk*. No previous web experience is necessary, only an ability to use a personal computer and web browser and a willingness to learn. A good knowledge bushwalking areas, either across the state or of a specific region, is more important than the technical knowledge. The site will be managed and maintained using Joomla, a Web Content Management System (WCMS) designed to simplify the publication of web content to websites without requiring technical knowledge.

Additional walks for the directory will be provided through clubs, and will be submitted using a standard template to ensure that all relevant details are supplied. The role of a coordinator will be to check the information provided by clubs, copy the details into the Joomla database (essentially copying and pasting text) and publish the walk.

For further information, or if interested in becoming a coordinator, please contact me by email or on 9802 4449.

Chris Towers

president@bushwalkingvictoria.org.au

AROUND THE TRACKS

Grampians

New site plans for the Zumsteins historic area in the Grampians National Park were unveiled at a public information session on Friday, 29 June 2012 at the Wander Inn in Wartook. The plans are the result of 12 months consultation between members of the Zumsteins Restoration Community Working Group, Grampians National Park Advisory Group and Parks Victoria.

Below is an information update on road recovery works in Grampians National Park after landslip damage to arterial roads, bridges and drainage systems. This information was current as at 25 June 2012.

- Silverband Road - closed between Silverband Falls car park and Sundial Road turnoff.
This road has sustained serious damage and is expected to be closed until at least the end of November, 2012.
- Reconstruction works on three major sites are complete.
- Reconstruction works on a further two sites (including the installation of culverts and end walls and road reinstatement) are 50% complete.
- Works on the remaining four sites will get underway when the works at other sites are completed.
- Grampians Road
Drainage works at four sites along the road, including two sites at Mt Abrupt, are expected to begin in July, 2012, weather dependant.

Phil Brotchie

Grand Strzelecki Track

The past year has seen many achievements. On 25 November construction was launched at the Tarra Valley Picnic Area by Hon Peter Ryan, Deputy Premier of Victoria. The previously existing parts of the track have been inspected and cleared, and the new portions of the track created. The marker posts are installed and signage has been largely completed. The Grand Strzelecki Track web page has been greatly enhanced, and a Facebook page created and maintained. Some interpretive signs have been sponsored and installed, and there are opportunities for others to be similarly involved.

The weekend of the track opening was very well attended and about 230 people walked parts of the track while others were involved in a variety of cultural events. The venue on Saturday 5 May was at Billys Creek in Morwell National Park. The official opening was on Sunday 6 May at Tarra Bulga National Park Visitor's Centre where the track was officially opened there at midday by Hon Peter Ryan.

There has been some damage to sections of the track by the recent severe weather and by heavy use, and this needs to be inspected and rectified.

(Continued on page 5)

STATE GOVERNMENT FUNDING FOR BUSHWALKING VICTORIA

For many years Bushwalking Victoria has received grant funding from the State Government, administered by Sport and Recreation Victoria. In recent years we have received the following two grants:

- An Organisational Support Grant that contributes to the cost of BWV maintaining its office and servicing its members. The first aid subsidies paid to club members who successfully complete a first aid course were supported by this grant
- Project Funding, that BWV used to develop the Walking Communities and Green Walks concepts and fund the Future Walker web sites for clubs and new BWV web site.

In the past 18 months each of these grants have been worth \$22,500 to BWV (i.e. \$45,000 in total).

Early this year the government announced the latest version of funding for the three years to June 2015. Called the Victorians More Active Program the funding aims to assist State Sporting Associations such as BWV to provide more opportunities to Victorians to get involved in sport and recreation activities.

BWV submitted a detailed and comprehensive proposal seeking \$50,000pa (the maximum available) to promote bushwalking, undertake a marketing and recruitment campaign for BWV and clubs, undertake a club training survey and develop bushwalking and leader skills training packages for use by clubs and review and develop products for members.

In mid-July we received "confirmation" that our application had been "successful" with \$25,000 being approved for a period of one year. Unfortunately the letter advising us of this made out that this was exactly what we had applied for and it took a couple of emails and a phone call to be advised that due to the current budgetary situation not all applications were approved, or approved in full and that our situation would be reviewed after the 2013 state budget is handed down in May next year. At that time we may receive the same amount, more or less!!!

The BWV board will now have to review what we proposed and determine what is now feasible given the uncertainty that this decision generates.

Chris Towers
President

(Continued from page 4 Around the tracks)

Some additional marker posts and signs are needed, and a number of interpretive signs are still to be installed – hopefully with sponsorship

The rest areas have to be completed with appropriate facilities.

Alliances and partnerships with, and sponsorships by, local businesses and organisations must be sought, and all possible sources of assistance must be pursued. Financial resources will be critical.

Northern Wilsons Prom

The Track Maintenance Group returned on 21-22 July with the aim of completing the clearing and re-marking of the

route from Chinamans Long Beach to Lighthouse Point Track that was commenced in May.

Eight volunteers worked in near perfect winter conditions, but couldn't quite complete the task. The entire route was marked and 3.5km of the 5km distance cleared.

Bunyip State Park

Charlie Ablitt, the new Track Maintenance Convener, and I met with Andy Musgrove, Tracks Ranger at Gembrook to discuss future track maintenance priorities in the park.

Dave Rimmer, Manager BEC

REGENT HONEYEATER PROJECT PLANTING WEEKENDS

Bushwalking Victoria and many of its member clubs support the Regent Honeyeater Project in the Lurg Hills near Benalla. The aim of the project is to plant wildlife corridors made up of local plants for endangered species of birds and other animals. The project has been going for more than 15 years, with an inspiring 95% plant survival success rate. Local farmers give up some of their most productive land for the project. For volunteer planters, it is a weekend of fun as well as work. Go to it! For more information, visit the website: <http://regenthoneyeater.org.au/index.php>

Let Ray Thomas, the organiser know at <http://regenthoneyeater.org.au/emailray.html> or ray@regenthoneyeater.org.au

Planting weekends for this year are scheduled for:

- 11-12 August
- 25-26 August
- 8-9 September
- 22-23 September

REDUCING PACK WEIGHT

After Bob's Great Ocean Walk in June, we were having coffee and cake and some people expressed an interest in learning how to reduce pack weight. This is what was in the pack for the three day trip:

	\$AU	Grams	Website
Tent – Terra Nova Laserlite	N/A	1210	Terra-nova.co.uk
Pack – Terra Nova Ultra 20	\$186	140	Terra-nova.co.uk
Sleeping Bag – Rab Top Bag	N/A	480	Rab.uk.com
Sleeping Mat – Pacific Outdoor	N/A	480	--
Insulating layer – Buffalo Mountain Shirt	\$146	670	Buffalosystems.co.uk
Insulating trousers – Buffalo Mountain Trousers	\$147	530	Buffalosystems.co.uk
Gloves – Buffalo	\$33	40	Buffalosystems.co.uk
Stove, pot, screen, pot lifters	--	425	--
Cup	--	55	--
Spoon	--	10	--
Knife	--	10	--
Toilet paper	--	15	--
First aid kit	--	90	--
Torch	--	30	--
Spare battery	--	5	--
Matches	--	25	--
Puritabs	--	5	--
Match safe	--	30	--
Compass	--	25	--
Toilet gear	--	50	--
Water bottles	--	120	--
Fuel bottle (meths)	--	60	--
SUBTOTAL	--	4505	--
Fuel	--	500	--
Food	--	2400	--
TOTAL	--	7405	--

For those who are interested in lightweight bushwalking, and it is not for everyone, there are a few things to note.

- Firstly, everything has been weighed. The idea is to treat the list like an expenditure account. You wouldn't leave out items of expenditure just because they were small.
- Secondly, a lot of things have been left at home. Consider what is not on the list: spare groundsheet, spare

clothes, sleeping bag liner, camp shoes, down jacket and camp chair.

- Thirdly, the weight of the pack, sleeping bag, lilo and tent have been reduced to 2280 grams. Some packs alone weigh up to 2000 grams. This is the key: focus on those four items.

(Continued on page 7)

The weights can be further reduced. Here's a list for two day off-road trail running events from Gear Zone:

	\$AU	Grams	Website
Tent – Terra Nova Laser Ultra 1	1008	560	Terra-nova.co.uk
Pack – Terra Nova Ultra 20	186	140	Terra-nova.co.uk
Sleeping Bag – Rab Neutrino	279	580	Rab.uk.com
Sleeping Mat – Thermarest Neo Air	140	260	Cascadedesigns.com
Insulating layer – Patagonia R1 Pullover	140	328	Patagonia.com
Waterproof trousers – Kamleika Race Pants	147	190	Theomm.com
Waterproof – Haglofs Pullover	294	175	Haglofs.com
Plastic spoon	0	6	
Cooking pan – Optimus Terra Solo	31	166	Optimusstoves.com
Stove – Optimus Cruk Lite	62	72	Optimusstoves.com
Gas bottle	--	100	--
Water bottle – DMM Ultra Bottle500 ml	16	75	Theomm.com
TOTAL	2303	2652	

The items can be bought from dealers listed on the makers' websites.

The Terra Nova tent is just out and is a record low weight for a double skin tent. The cost of this list is high, nearly a dollar a gram, but then quality equipment has never been cheap. And Terra Nova and Rab are the very finest quality available. While camped under Mt Fitzroy a storm came from the ice plateau. I walked round the base camp where about 50 tents were being tested to the limit. Some were being demolished. Only the legendary Terra Nova Quasar was motionless.

If you want to know more, then all you need to know can be found in the books of Ray Jardine, who began the lightweight movement with his publication of the *Pacific Crest Trail Hiker's Handbook*. Ray is an original thinker who has walked the Pacific Crest Trail three times and has 50 years of achievement in outdoor pursuits. He designed

the original equipment for the Golite Company before it went heavyweight. His latest book is *'Trail Life: Ray Jardine's Lightweight Backpacking: 25,000 miles of trail tested know how'*, USD 21.95 at <http://www.rayjardine.com/ray-way/Trail-Life/index.htm>

Some club members have been buying lightweight equipment, but their packs are still heavy. You notice this on hills. They slow right down. With a light pack, an unfit walker can climb away from a fit heavyweight walker. However, going lightweight means a change in thinking. It is not enough to just buy equipment. You also have to leave things at home, including those things that you love having in camp.

Ian Longford

The News of the Melbourne Bushwalkers, July 2012

ACTING EDITOR AT WORK

Joslin, our regular editor of Bushwalking News has sustained a fractured right shoulder in a fall (not while bushwalking). Of course she is right handed and despite her mind being keen to continue with this issue of BNV, her body, well her shoulder at least, had other ideas.

Consequently I had to take over at short notice so if this edition isn't up to the usual standards, Joslin isn't to blame

Chris Towers
President

A CONTRIBUTION FROM OUR READERS

The Victorian Mountain Tramping Club's spirit of adventure came to the fore during an early winter (16-17 June) overnight club trip to the Mount Margaret area. The first section of the Mount Margaret Walking Track has lost its definition, whether due to lack of use, or heavy rainfalls (or both) so the going was slow and involved braving a series of chilly river crossings. But I felt that the more rivers we crossed, the warmer the water felt!

The party's efforts were also rewarded with some stunning views including this one of Wellington Plateau and Gable End viewed from the Mount Margaret Track.

However, the track improved as we skirted Mount Margaret, but by then too much time was lost and an ascent of Mount Margaret was left for another occasion.

We camped near the junction of Thieles Creek and Dolodrook River. Next morning, in intermittent drizzle, we checked out the Chromite Mine before getting our boots full during our first river crossing.

After that a pleasant stroll (with a few ups and downs) saw us arrive at the Wellington River and the track to Tali Karng. Turning left, we headed away from Tali Karng and started the first of a series of river crossings (I counted 10). This was what we had really come for! And, surprisingly, the more one crossed, the warmer the water felt!

Peter Shave
Victorian Mountain Tramping Club



Crossing the Wellington River are, pictured from left, Peter Burridge, Chris Sewell, Julia Doughty, Liz and Peter Shave and Alan Wilson. Photograph: Gary Gray.

BUSHWALKING TIPS

Calling 000 if you are lost—when you should do it and what happens

Being lost is not necessarily a reason to call 000, but I want to qualify this to avoid the possibility that someone may wait too long to call for help. A member of the Police Rescue Squad commented that early is better than late notification of a problem. So if you are in a position of not seeing a way out of your situation without external help, do not wait until the situation is life threatening.

Some of the things to consider in making that decision are impending weather, light, food, water, medical, equipment and, importantly, the time before help may arrive.

It may be useful to know the typical process followed for a search.

When the Police Search and Rescue are notified of a problem, they first gather and assess the situation, usually conducting initial searches via vehicle tracks. If a bush search is required they will then consider calling out the volunteer Bush Search and Rescue members. This involves a message being sent out to all members, organisers being available, time for members to get ready and travel to the departure point, arrange transport, equipment, transport searchers to the search area, plan search

patterns and search groups. A typical callout is sent in the evening for an early morning departure to arrive at the search location in the morning. If the evening callout is missed (due to late notification) members may not know about the callout till the morning necessitating a mid/late morning departure with arrival mid/late afternoon. Thus virtually a day lost.

A note on 000. Previously the mobile emergency number in Australia was 112 which would work over any available network, independent of the network your phone is registered to. 000 initially only worked on your registered network. This has now changed and 000 should work the same as 112. But it is not absolutely guaranteed. I am advised that you should use 000 first but if no success try 112.

David Laing
BSAR Delegate, Melbourne Bushwalkers

Note: When contacting 000 in an emergency situation in the bush, ask to be connected to the Police, even if it a medical emergency as Victoria Police have the resources and expertise required to respond. Ed

A BIT OF BUSHWALKING WHIMSY—NAKED BUSHWALKING

The article in The Age on Friday 20 July about the antics of a naked bushwalker in the UK reminded me that there was a Naked Bushwalking Movement in Australia in the 1920s and 1930s.

Famous naked bushwalkers included the ‘bush sensualists’, Havelock Ellis, John Le Gay Brereton and Percy Grainger, who felt that only a dose of nude bushwalking could be relied on to reinvigorate the life force.

At least one Victorian club had a go at it a few years ago. Naked bushwalker groups are being set up in various states. I find the whole idea a hoot—the mind boggles at the image of someone adorned only by boots, hat and a backpack.

Joslin Guest, Editor

Bushwalking News Victoria Advertising Rates

1/6 page advertisement	\$26.25
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

Note: Advertisements must be artwork ready.
* 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.

CHECKLIST FOR COLD WEATHER BUSHWALKING

Winter is here. It seems appropriate to mention useful handy hints to avoid hypothermia on a day walk.

Wear:

1. Wear wool or thermals, and a hat, scarf, gloves and thick socks. Cover the extremities.
2. Wear layers: singlet, skivvy/shirt, jumper, tights/leggings.
3. **Remember:** You can always remove layers, even tie jumpers or a raincoat around your waist while walking. Pockets are also handy to keep smaller items like gloves in.
4. Take a good quality hooded rain coat that doesn't leak at the seams.
5. Wear waterproof boots.
6. Handkerchief is better than tissues for that dribbly nose!

Day Pack – include:

1. Something waterproof to sit on when resting, e.g. bubble wrap, plastic bag
2. Space blanket – mine doubles up as emergency treatment blanket as well as something to sit on
3. Consider taking an umbrella; it may also protect you from the wind (provided it doesn't turn inside out!)
4. High calorie foods which are quickly digested to provide energy, e.g. chocolate, sweets, nuts, banana.
5. Consider taking a small thermos of tea, coffee or chocolate-type drink.
6. Waterproof cover for your day pack. Alternatively put a plastic bin liner in your pack and then put your

pack's contents into that to keep them dry. Or put the stuff in your day pack into separate plastic bags to keep them dry.

Walking poles:

Take walking poles for slippery tracks.

Spares – What to leave in the car while you are walking:

Items are to change into or use on return to the cars:

1. Set of dry clothes, i.e. pants, shirt / skivvy, jumper, socks etc.
2. Clean foot wear to avoid tramping mud into your driver's car.
3. Possibly a thermos, tea, coffee, milk etc. to make a warm drink.
4. Plastic bags—e.g. one for muddy boots and another for wet clothes.

Extra home handy hints:

When you get home:

1. Don't dry your boots by direct heat. This may damage the glue causing your boots to fall apart.
2. Take your poles apart. Clean and dry thoroughly with a clean cloth to avoid them seizing up.

Elvie McInerney (First Aid Trainer, 23 yrs, M.Sc. (Physiol).Dip.Ed. Cert. IV in Wkplace Assess & Train)
Koonung Walk Talk, Vol 27 No. 6, 9 July 2012

SUNRISE & SUNSET - MELB GPO

Fri 27 Jul 0725 1729 EST Fri 10 Aug 0711 1740 EST

Fri 24 Aug 0653 1752 EST Fri 7 Sep 0632 1804 EST

Fri 21 Sep 0611 1826 EST Fri 5 Oct 0549 1828 EST

EDST starts Sunday 7 October

Fri 19 Oct 0629 1941 EDST Fri 2 Nov 1612 1956 EDST

Fri 16 Nov 0559 2012 EDST Fri 30 Nov 0552 2025 EDST

Fri 14 Dec 0552 2037 EDST Fri 21 Dec 0554 2042 EDST

Full Moons

Thu 2 Aug, Fri 31 Aug, Sun 30 Sep, Tue 30 Oct, Thu 29 Nov, Fri 28 Dec

Source: www.ga.gov.au

FEDERATION WALKS 2012, SUNDAY 14TH OCTOBER



Don't forget, the 2012 Federation Walks to be hosted by the Maroondah Bushwalking Club and held in the Marysville area on Sunday 14th October 2012.

A variety of walks will be available with gradings from easy to medium-hard, including walks for those interested in geocache and photography. All registrants will receive a walk booklet containing the 21 walks that will include a map and detailed walk description, providing a useful reference for the future.

Afternoon tea will be provided. A BBQ on the Saturday evening will be available for those staying in the area, the cost of this should be paid on the Saturday evening.

LOCATION

Registration will be at the Community Centre located adjacent to the town centre at the sports oval. Directions and parking will be provided by the local SES. Some walks will commence from the Centre and other walks will require car pooling.

REGISTRATION AND BOOKING PROCEDURES

Registrations open on 1 August and close on 14 September 2012. The registration fee for the event is \$22, which includes the walk booklet and afternoon tea. A BBQ will be provided on Saturday evening at an additional \$10 per person with proceeds to be donated to the Marysville SES.

Clubs are requested to appoint a Coordinator. Their role will be to coordinate all registrations for their club and to be responsible for sending the forms and payment to the Maroondah Bushwalking Club. Club members are requested to direct their registration through their club coordinator. To avoid delaying registration, bookings will be accepted in two batches if necessary.

Key Dates

- 1 August Registration opens
- 14 September Registrations close
- 1 October club coordinators advised allocation of walks

For more information, go to the Maroondah Bushwalking Club web site at <http://www.mbw.org.au>

ENERGY DRINKS

Sports drinks may not be as crucial to rehydration and recovery as their manufacturers claim. A study by the Centre for Evidence Based Medicine at Oxford University assessed the evidence behind 431 performance-enhancing claims in advertisements for 104 different sports products, including sports drinks, protein shakes and trainers. The Oxford researchers said only three of the 176 studies provided were reliable. They contacted companies for more information but only the Lucozade maker, GlaxoSmithKline, provided studies to underpin their claims.

The study concluded that the quality of the evidence provided by proponents is poor, the size of the effect is often minuscule and whatever beneficial effects there are do not apply to the population at large who are buying these products.

Among the claims 'mythbusted' included advice from some sports drinks companies that their product should be consumed before and after sport, as well as during. Dr Rosemary Stanton, an Australian nutritionist, agrees saying it was about time the myth was dispelled that people should drink even when they're not thirsty. 'Thirst is the body's normal method of telling you need a drink. To say you must drink before you get thirsty is as

ridiculous as saying you must eat so you never get hungry. It's just been a way to sell drinks.' A NZ sports dietician, Ian McCubbin, says sports drinks only need to be used by people exercising for longer than 90 minutes or at an incredibly high intensity and need to get maximum performance out of their exercise session.

The research also raised concerns that the high number of calories in the drinks. Sports drinks have so many calories they may cancel out the benefits of exercise. Dr McMubbin says 'if you are doing exercise to lose weight, then if you suddenly replace your sweat loss with a drink that contains a whole lot of calories, you're potentially negating your exercise in terms of weight loss.'

The study also exposed financial links between companies producing the sports drinks and supplements and institutes of sports and sports medicine journals.

Sources

- <http://www.news.com.au/news/sports-drinks-claims-debunked-report/story-fnelnuip-1226431346871>
- <http://www.bbc.co.uk/news/health-18863293>
- <http://health.msn.co.nz/healthnews/8502365/calorie-count-in-sports-drinks-could-undo-exercise-gain>

Who's Who at Bushwalking Victoria

Reg No A0002548Y ABN 88 344 633 037

Office

Administration Officer: Jenny Sykes
 PO Box 1007 Templestowe Vic 3106
 Phone: 8846 4131 Fax: 9846 7473
admin@bushwalkingvictoria.org.au
www.bushwalkingvictoria.org.au
 Office Hours: 9.30-3.30
 Tuesday, Thursday & Friday

Office Bearers

President: Chris Towers
president@bushwalkingvictoria.org.au 9802 4449
 Skype: ec.towers
 Vice President: Tony Walker
vp@bushwalkingvictoria.org.au
 Secretary: Fred Bover
secretary@bushwalkingvictoria.org.au
 Assistant Secretary: (Vacant)
as@bushwalkingvictoria.org.au
 Treasurer: Val Wake
treasurer@bushwalkingvictoria.org.au

General Board Members

Megan Major megan@bushwalkingvictoria.org.au
 David Reid david@bushwalkingvictoria.org.au
 Terry Sydes terry@bushwalkingvictoria.org.au
 John Creaser john@bushwalkingvictoria.org.au

Standing Committees

Bush Search and Rescue Victoria: Peter Campbell
convener@bsar.org
 Manager Bushwalking Environment: Dave Rimmer
tracks@bushwalkingvictoria.org.au 0458 998 872

Standing committees (cont)

Conservation and Track Maintenance Project Officer:
 Charlie Ablitt
conservation@bushwalkingvictoria.org.au

Specialist Officers

Insurance:
insurance@bushwalkingvictoria.org.au
 Publications and News Editor: Joslin Guest
editor@bushwalkingvictoria.org.au
 Federation Walks Coordinator: Sylvia McLean
sylvia@bushwalkingvictoria.org.au

Consultants

Strategy Consultant: Elaine Towers
strategy@bushwalkingvictoria.org.au
 Honorary Auditor and Accounting Consultant:
 Stephen Skaleskog
 Land Management Submissions: Phil Brotchie
land@bushwalkingvictoria.org.au 5356 2459

Representatives on Other Organisations

Bushwalking Australia:
 Victorian Delegate: Chris Towers
 Victorian Deputy Delegate: David Reid
 Please contact via the office

Organisations where BWV Members Provide a Bushwalking Perspective

Grampians Peak Trail Task Force: Phil Brotchie
 Outdoor Recreation Centre Committee of Management:
 Chris Towers
 Living Links Steering Committee: Tony Walker



Bushwalking News Victoria

If undeliverable
 please return to

Bushwalking Victoria Inc.
 PO Box 1007
 Templestowe 3106
 Victoria