



Above: Chasm in the Grampians. Photo by Damien Walters, Victorian Mountain Tramping Club. Trampalong, Feb 2013, Iss 685
 Left: Growth of a cairn, Mt St Phillack Dec 2012 and Jan 2013. Photos by Dorothy Dhaeze, Boroondara Bushwalkers

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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Deadline for the March edition:
Monday, 18 February 2013

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 THE BUSHWALKING VICTORIA PRESIDENT

Exciting Developments for 2013

Bushwalking Victoria's Strategic Review, which has now been running for 12 months, is entering its critical final stages that will result in the production of our new Strategic Plan covering the next five years.

The Strategic Review Working Group, chaired by Tony Walker, with David Reid, John Creaser and Elaine Towers, has already contributed hundreds of hours of effort into this most important project. They all enjoyed a couple of weeks of well-earned rest and time away from keyboards and screens over the Christmas/New Year period, but are again hard at work.



its behalf by KAR Market Research. The research project, which represents the most significant investment ever made by Bushwalking Victoria, comprised 14 focus groups of people who bushwalk but do not belong to any bushwalking club. Its purpose was to gather and analyse information to be used by Bushwalking Victoria to develop appropriate strategies to develop its long-term viability and sustainability.

The findings from the research will also greatly assist Bushwalking Victoria to develop marketing and promotional strategies to improve the awareness

and image of bushwalking, increase support for bushwalking and attract new members to bushwalking clubs.

In the next couple of months Bushwalking Victoria will be considering how best to use information and findings from the surveys and the market research and its implications for Bushwalking Victoria and clubs. Further information will be sent directly to clubs and will be included in future issues of *Bushwalking News Victoria*.

Club Committee and Club Member Surveys

The immediate task being worked on by the working group is analysing the Club Committee and Club Member surveys conducted in October and November, and writing up detailed reports on their findings.

The Club Committee Survey attracted responses from 28 (44%) of our 63 affiliate clubs, representing 3175 club members (49.7% of total Bushwalking Victoria membership). As surveys go, a response rate of 44% is very satisfactory. However, given that this survey provided the opportunity to contribute directly to the development of Bushwalking Victoria and its strategic direction for the next five years I had hoped to see a higher level of interest. What was somewhat surprising and disappointing was the low response rate from regional clubs. Given the difficulty that regional members have in attending Melbourne-based events such as our Leadership Forum, I expected the opportunity afforded by the survey to have a say would have attracted more interest.

The Club Member Survey attracted 277 responses, i.e. 4.3% of all club members. Of the 63 affiliate clubs, responses were received from members of 40 (63.5% of all clubs). However, 64% of all responses came from five clubs. Again, as surveys go a response rate of 4% could be considered satisfactory, but is it difficult to accept that there are only 277 people out of a total membership of more than 6,500 interested and motivated enough to contribute to the development of the bushwalking peak body.

I would like to publicly thank Sally Warner, a member of Diamond Valley Bushwalking Club, for her work on the advanced analysis of the responses to the club member survey.

Market Research

A few days before Christmas, Bushwalking Victoria received the report on the market research undertaken on

Important Dates for your 2013 Calendar

Leadership Forum and AGM - Saturday 15 June

The 2013 Leadership Forum and AGM will be held in Melbourne on Saturday 15 June 2013. The day provides a fantastic opportunity to contribute ideas and opinions that will help build a stronger and more successful Bushwalking Victoria and club network and learn first hand about the work undertaken by Bushwalking Victoria and member clubs.

The leadership team (i.e.. the president, vice president, secretary and treasurer) of each club is invited to attend. All club committees should pencil this date into their calendars now. More details will be provided directly to clubs in coming months. Suggestions for topics to covered are welcome any time.

2013 Federation Walk - Sunday, 13 October

Boroondara Bushwalkers will be hosting the 2013 Federation Day Walk on Sunday 13 October, based in the small township of Mymiong near Bacchus Marsh. Between 20 and 25 walks will be offered, of grades ranging from easy to medium-hard. Walks will be in the western gorges region, west of Melbourne, including Lerderderg State Park, Werribee Gorge State Park, Brisbane Ranges National Park and Wombat State Forest. More information will be provided to clubs in the coming months. Please put the date in your club calendar NOW!

Chris Towers, President

**BUSHWALKING NEEDS YOU
BECOME A BUSHWALKING VICTORIA BOARD MEMBER**

Make a Difference - Become Involved

Bushwalking Victoria needs more members interested in joining its dedicated and hard-working Board team. Vacancies are available now or at the AGM that will be held on Saturday 15 June.

While there are no specific skills, knowledge or experience required, people with experience and skills in areas such as business, management, marketing, education, training, IT or conservation are encouraged to consider.

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

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

The Board meets on the second Tuesday of each month from 5pm at Westerfolds Park in Templestowe. Anyone considering nominating is encouraged to attend a Board meeting or two before committing themselves.

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.html>

If any of this appeals, or you know of someone with the skills and experience we are seeking, I'd love to hear from you. Email president@bushwalkingvictoria.org.au or phone 9802 4449.

Chris Towers
President, Bushwalking Victoria

COPING DURING HEAT WAVES

Sport and Recreation Victoria has recently received information from the Department of Health regarding Victoria's Heatwave framework.

There are a range of communication resources available online and by order at no cost at

<http://www.health.vic.gov.au/environment/heatwaves.htm>

Whilst some of this information is directed at those most at risk, there are some good tips in preparing for and coping with the heat that apply to everyone.

In addition, remember that Sports Medicine Australia (Victorian branch) also has a range of resources/guidelines and the UV Exposure and Heat Illness Guide available at <http://sma.org.au/resources/policies/hot-weather/>

Grant Cosgriff,
Manager, Sport Programs
Sport and Recreation Victoria
Department of Planning and Community Development

**Bushwalking News Victoria
Advertising Rates**

1/6 page advertisement	\$27.50	1/2 page advertisement	\$82.50
1/4 page advertisement	\$42.00	1/3 page advertisement	\$55.00
Full page advertisement	\$165.00		

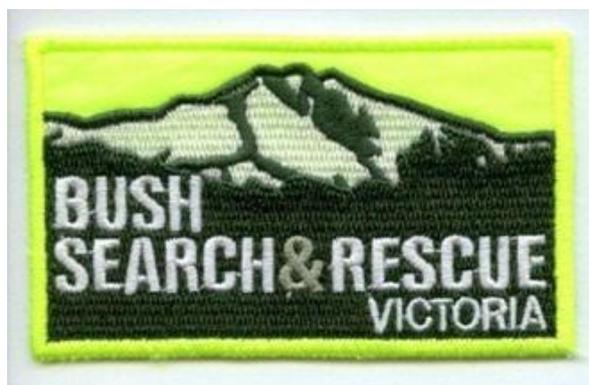
Note: Advertisements must be artwork ready.
* Advertiser to supply 300 printed inserts each edition.
Advertising is welcome but insertion is subject to the editor's discretion.
Products or services advertised in this publication are not endorsed or recommended in any way by Bushwalking Victoria.

**BUSH SEARCH AND RESCUE
CLOTH BADGE**

A BSAR cloth badge in the distinctive BSAR colours is now available.

BSAR members and supporters can purchase a badge for \$12, posted.

Alternatively, club BSAR delegates can obtain badges at BSAR committee meetings for \$10 each.



To order a badge, go to the BSAR website: www.bsar.org

On the left side of the home page, select **Orders**. Use the link to the badge order form.

Any questions? Contact orders@bsar.org

Bushwalking Victoria Profile

ROB CARSELDINE, WHERE2WALK COORDINATOR

What bushwalking club(s) do you belong to? Bayside Bushwalking Club (BBC)

How long have you been a member? 15 years

Do you or have you held a committee position in your club(s)? Yes, a past committee member, and currently I help out with the club newsletter production and distribution.

How long have you been bushwalking? 15 years with a club. Prior to that, occasionally for about 15 years

What got you started bushwalking? A desire to get out and experience the sights, sounds and smells of the bush, enjoy the physical and navigational challenges and escape the stresses of a busy life.

How often do you manage to bushwalk? Rarely now, due to family commitments. However, I frequently walk in the bay-side coastal reserves, which includes a regular Monday morning walk with BBC members.

What sort of bushwalking do you like best? I enjoy finding or going on new or different walks in interesting areas.

Do you have a favourite walk? Not really, but two of my favourite areas are the old timber tramways and forestry tracks around Powelltown and the Lerderderg State Park.

Are you a member of a conservation or friends group? Beaumaris Conservation Society.

Do you participate in conservation activities? If so what, where and how often? Weeding in Beaumaris cliffs foreshore reserve two to three times a year. Weed spotting in the coastal reserves for Bayside City Council.



What do you do when you are not bushwalking? Enjoy my family and friends, reading and odd jobs with my bushwalking club and Bushwalking Victoria.

How long have you been on the Bushwalking Victoria committee/been an office holder/been involved with Bushwalking Victoria? Just the last four months or so, assisting with Where2Walk on the Bushwalking Victoria website.

What do you bring to this position? Some bushwalking leadership knowledge along with experience in the planning and production of two books of walks for Bayside Bushwalking Club, including map production, and some knowledge and experience of website development.

What do you get from your contribution? I find that using my time and experience to help with bushwalking related activities is very satisfying. Hopefully other bushwalkers will benefit from my contribution.

INVITATION TO GO CANOEING

Have you ever wondered what canoeing or kayaking was like? Have the kids just returned from camp raving about how much fun they had? Had your curiosity piqued by watching how successful our Olympic Kayak Team was? Has the Murray Marathon ever interested you?

If so, join us at Canoeing Victoria's FREE COME & TRY DAY on Sunday 10th February 2013 with a 45 min paddling sessions, starting at 9.00am and finishing at 4.00pm.

Bookings essential.

Ring the Canoeing Victoria office to secure your spot, or have a look at the website:

Tel : 8846 4120
<http://www.vic.canoe.org.au/>

Prerequisites:

- Footwear to be worn in the canoe/kayak
- Average fitness/flexibility
- Be able to swim wearing a Personal Flotation Device (PFD)

What to bring: Change of clothes and a towel

Venue: Canoeing Victoria boat shed, Westerfolds Park, Fitzsimons Lane Templestowe – Melway Ref: 33 F1



TICKS

Ticks are often found in bushland or in tall grass where they wait to attach to a passing host, such as a bushwalker. Ticks can latch on to shoes or clothes, and then work their way up your clothing until they find exposed skin. The most common tick is the paralysis tick which is generally found along the coast of NSW and Eastern Victoria and inland for about 30kms.

Take precautions against ticks because you may be allergic to the bite or the bite can become infected or the tick can pass on a disease.

Precautions

➤ **Use an appropriate insect repellent**

Minimum 20% [DEET](#) or [Picaridin](#) (according to the [NSW gov't Health website](#)). Apply to skin and clothing.

➤ **Wear light-coloured clothing, tuck in and cover up as much as possible**

Ticks are easier to see on light colours. Long sleeves and trousers limit the area for immediate attachment. Tuck trouser legs in socks and shirt in the trouser waist band. Wear a wide brimmed hat.

Apparently ticks can be on your clothes or boots for two hours before attaching themselves to your skin.

➤ **Be tick aware**

On the walk, check yourself and others frequently for ticks. Don't look only in obvious places. For example, ticks may lodge on the scalp or behind the ears.

Ticks can survive the washing machine, so dry clothes for 30 minutes on high in a clothes dryer.



Signs and symptoms of a tick bite

Tick bites are generally painless. Many people do not even notice the bite and may never find the tick if it falls off. The majority of tick bites result in few, if any, immediate symptoms. However, some people experience local redness, itching, burning and, rarely, localised intense pain before or after the tick drops off.

If you get a rash or feel ill after a tick bite, seek medical assistance immediately. You may need antibiotics. If you have an allergic reaction, you may require antihistamines. Seek urgent medical assistance.

If you experience any of the following symptoms in the days or weeks after being in a tick-infested area (or even if you are unsure that you were in a tick area), alert your doctor to the possibility of a tick-related reaction or illness even if you do not remember a tick bite.

- Flu-like symptoms
- Fever
- Numbness
- Rash
- Confusion
- Weakness
- Pain and swelling in the joints
- Palpitations
- Paralysis
- Shortness of breath
- Nausea and vomiting

First aid for ticks

It is advisable to apply first aid procedures for bites in the field.

It is advisable to seek advice as soon as possible from a doctor or a hospital regarding further treatment.

In the case of the Australian paralysis tick, antivenom is available. A tetanus injection might also be needed.

Removing ticks

Remove a tick as soon as possible after locating it.

If the tick has burrowed into the skin, Use fine pointed tweezers or a special tick removal device (available from pharmacists). Grasp the tick by its mouth part as close to the skin as possible. Use steady pressure to gently pull the tick straight out, making sure you remove the entire body. Do not crush the tick as this will cause it to dispel the contents of its gut and you increase the risk of infection.

Cover the site with a 'bandaid' type dressing for 24 hours. Keep the removed tick for identification purposes in case the bitten person experiences an adverse reaction.

If you have difficulties removing the tick, don't risk breaking it, but seek medical attention as soon as possible.

What NOT to do

- Do not try to kill the tick with methylated spirits, alcohol or any chemical. This will cause the tick to inject more toxins.
- Do not burn the tick with a match.
- Do not put Vaseline or any other salve or bicarbonate of soda on the wound or tick.

Sources:

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Bites_and_stings_first_aid

http://www0.health.nsw.gov.au/factsheets/general/ticks_factsheet.html

Lyme Disease: The Facts in Australia (Karl McMannus Foundation)

http://www.emedicinehealth.com/ticks/page3_em.htm

BEEN WALKING?

Tell us about your bushwalks by completing our short survey

Win Great prizes

www.wherewewalk.org.au (WWeW) is an initiative of Bushwalking Victoria to collect some basic data on bushwalking.

LATEST PRIZE WINNERS

We are delighted to announce the following people have won prizes for entering details of their walks on WhereWeWalk

- P Mason, Boroondara BWC, a Perseus Daypack and tri-loop water bottle supplied by Snowgum
- B Piper, Ballan, a \$25 gift voucher from EMC and a sports water bottle from Snowgum
- R Irvine, Sunbury, Lowe clothing from Bogong Equipment
- G Clark, Eltham, a \$50 gift voucher from Ajays
- T Castles, Walking Club of Victoria, a \$50 gift voucher from EMC

Why is Bushwalking Victoria doing this?

There is no systematic collection of information on who is bushwalking, where people are walking or how often they are walking. The lack of data compromises Bushwalking Victoria's ability to advocate for better bushwalking and government funding to support bushwalking, including clubs.

It is **vital** that all our member clubs support this initiative by completing the survey for each club walk. Sport and Recreation Victoria (SRV) has now made it a condition of our funding that we provide participation information every six months. Not doing so jeopardises this funding, which currently amounts to around \$4 per club member.

The Survey

WWeW is a quick and simple online survey for **anyone who bushwalks in Victoria** to record basic details for **each and every bushwalk they undertake**, such as date, location, specific walk completed, distance and duration of walk and how many people were in the group. Walkers can also provide comments such as how they enjoyed the walk and any problems they experienced along the track. Suggestions for improvements or changes to the walking tracks will be passed on to the relevant land manager — ie. Parks Victoria or the Department of Environment & Sustainability.

Clubs also have the option of using an Excel spreadsheet to record the required details which can then be emailed to BWV. Walks reported using the spreadsheet will be included in the prize draw. Download the spreadsheet at <http://www.bushwalkingvictoria.org.au/files/wherewewalkform.xls>

WWeW is for anyone who bushwalks, so we also need as many non-club bushwalkers as possible complete the survey too, so please promote WWeW as widely as possible to friends, family, colleagues etc.

GREAT PRIZES

We have a great range of prizes to offer people who enter their walks on WWeW.

Winners are drawn randomly with weekly prizes awarded from October until May 2013. Bushwalking clubs are also eligible for the prizes and should a club be successful the prize will be sent to the club which can then decide how the prize is to be allocated within the club.

Major Prize

A \$400 Snowgum Caddis tent. This prize will be awarded after 31 May with all participants eligible to win.

Weekly Prizes

Our range of prizes include:

- Backpacks and water bottles (supplied by [Snowgum](#)). Valued at \$70.
- Items of Lowe clothing, eg. supplied by [Bogong Equipment](#). Value varies with item types.
- Vouchers (supplied by [Ajays Snow Country Sports](#) and [Eastern Mountain Centre](#)).
- Head torches - latest release Petzl Tikka2Plus. Valued at \$74.
- Steripen Emergency Handheld UV water purifier Valued at \$70.
- Powermonkey Discovery Charger valued at \$90.

Bushwalking Victoria gratefully acknowledges the generous support from our commercial and government sponsors for WWeW.

Chris Towers
Bushwalking Victoria President



TRACK MAINTENANCE & CONSERVATION ACTIVITIES

Australian Alps Walking Track and Baw Baw feeder track clearing

Fri 22-Mon 25 Feb 2013



**NOTE:
AT TIME OF PUBLICATION, THIS
EVENT WILL STILL GO AHEAD.
REGISTERED PARTICIPANTS WILL
BE CONTACTED IF THERE ARE ANY
CHANGES DUE TO BUSHFIRE
ACTIVITY.**

Join local Parks Victoria staff, Friends of Baw Baw National Park and the Strzelecki Bushwalking Club for a 4-day track clearing activity on the Baw Baw Plateau (Baw Baw NP). Come for the whole period or part; participants are welcome for whatever time they can spare and there will be a variety of tasks to complete from very easy to arduous.

The activity will focus on clearing the walking track network between Jeep Track Flat and the Baw Baw Alpine Resort, including a section of the AAWT across Mt St Phillack. This will further enhance walking opportunities in Baw Baw NP following the completion of track works in the remote Mt Whitelaw area of the park in 2012.

Parks Victoria will establish a base camp for this activity at Jeep Track Flat from early Friday 22 February 2013. Access to the base camp is via the St Gwinear car park or Baw Baw Village. Parks Victoria will provide all safety gear, fresh fruit, general consumables, energy food and all evening meals for participants **who register** an interest in attending. Ample water is also available at the base camp. Participants will need to bring their own camping gear, sturdy footwear and wet weather clothing.

For further information or to register your interest in this activity, please contact the Parks Victoria Latrobe Ranger-in-Charge, Andy Gillham on 5172 2186, Mob 0428 333 464, Email agilham@parks.vic.gov.au

HIGH COUNTRY HUT ETIQUETTE

During a recent high country hike, conditions deteriorated to the extent that we had to take refuge in the Vallejo Garter Hut. The rubbish that had been allowed to accumulate in and around the hut was disgraceful: there were many empty glass and plastic bottles, empty gas cylinders and a substantial quantity of partially eaten food items.

I am so incensed by what we encountered that I want to share some of the key rules of hut etiquette.

- The use of high country huts is a privilege, not a right.
- All bushwalkers should be equipped to camp out at all times and in all conditions.
- Walkers should be prepared to vacate the hut at any time during emergencies.
- Instructions for the use of the hut are generally found in the front of the log book.
- Fires should be avoided unless necessary for warmth or if there is an emergency. And then keep any fire small.
- Always ensure that there is an adequate supply of dry firewood.
- Replace the wood you use.
- At all times, use your stove for cooking.
- If creating a camp fire outside the hut, confine fires to existing fireplaces.
- Campfires are not permitted in 'fuel stove only' areas
- Report any damage to a hut in the log book or to the authority responsible for the hut.

- Use toilets where available. Do not throw rubbish into the toilet.
- Don't pollute water or wash dishes directly in a creek.
- Observe the motto: If you can carry it in, you can carry it out. Carry out all your rubbish.
- Food should not be left behind as it encourages animals and is unlikely to be much use to anyone.
- Leave the hut securely closed and the campsite as tidy as you would like to have found it.
- Clean up other people's litter if necessary.

On the last point I would like to thank all the members of our group who spent considerable time replacing the fire wood we used, and cleaning up other people's litter, and, particularly, Richard and Julie who carried the litter back to the car park.

While I like olives, I can't imagine the circumstances during which a half-eaten jar left behind in a hut would be used as possible emergency food by others.

Bushwalking Victoria has an excellent document on hut etiquette from which the above has been extracted. The full document can be found at <http://www.bushwalkingvictoria.org.au/hut-etiquette.html>

Tread softly.

Peter Maffei, President, Strzelecki Bushwalking Club
Newsletter, February 2013, Vol 22, Issue 7

Who's Who at Bushwalking Victoria

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John Creaser	john@bushwalkingvictoria.org.au

Standing Committees

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Standing committees (cont)

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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
Living Links Steering Committee:	Tony Walker



Bushwalking News Victoria

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