



The Bluff
 (Photo: Heather Lloyd, Benalla Bushwalking Club Newsletter, March-April 2011)

<p>Contributions</p> <p>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</p> <p>Deadline for the May edition: <u>Monday, 11 April 2011</u></p> <p>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</p>	<p>Walking and Talking with your President 2</p> <p>Notice of Annual General Meeting 3</p> <p>New Board Members Wanted 3</p> <p>The Bushwalking Environment: BEC News from Around the State 4 Planned Burns—Autumn 2011 5 Public Meeting: Cattle Don't Belong in National Parks..... 6 Parks May Open to Developers ...6 Heathlands at Anglesea Could be Endangered 7</p> <p>Sun & Moon 7</p> <p>Around the Tracks..... 8</p>	<p>Inside this issue...</p> <p>From the Club Newsletters 8</p> <p>Track Maintenance Program..... 9</p> <p> Track Maintenance Reports..... 9</p> <p>Vale—Graeme Kidd 10</p> <p>Bushwalking Tips: Emergency Markers..... 10 Can you Consume Too Much Water on a Bushwalk? 11</p> <p>Rik Head Awarded the Emergency Services Medal 11</p> <p>Who's Who at BWV 12</p> <p>Advertisements: Port Campbell Touring Company & the Great Ocean Walk 3</p>
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WALKING AND TALKING WITH YOUR PRESIDENT

The (almost) invisible bushwalker

All bushwalkers follow the Minimum Impact Code, which essentially means that we try to protect the bush environment we love and treasure by limiting our impact as we enjoy the bush. Put another way, the Minimum Impact Code means that we try to be as invisible as possible as we walk through the bush, and this is as it should be. However, out of the bush, being invisible can actually harm or compromise our interests.

Whether we like it or not, we live in a competitive world. Bushwalking and bushwalkers compete for recognition, for influence, for facilities and resources, and clubs compete for members with a vast range of other clubs and activities. Like many clubs, bushwalking clubs are experiencing static or declining membership, an ageing membership and an inability to attract members into club leadership and walk leader roles. As a result, competition for members is likely to become more intense, and individuals, clubs and Bushwalking Victoria all have an important role to play in meeting this challenge.

Unlike most sports, bushwalking doesn't require expensive facilities such as stadiums, courts and ovals because we use public facilities that are available to everyone. While this could be seen as a significant advantage, the lack of highly visible facilities also contributes to our lack of visibility with not only the general public, but also with decision-makers. For example, the average politician would much rather be seen/have their photo taken in front of a gleaming new or redeveloped sporting complex than in front of a walking track sign. Another example is that driving past a sporting facility is much more likely to spark interest than driving past a walking track that is much harder to see. This further compromises our ability to promote and market bushwalking and our clubs.

Another factor contributing to our 'invisibility' is the lack of data on bushwalking participation, and in this day and age if you are unable to back up your arguments with statistics your ability to argue for funds, facilities and recognition is seriously compromised. Bushwalking can be done by anyone (ie. you don't need to belong to a club), anywhere and at any time (ie. it does not require registration or entry as for a competition) and does not produce 'results' (eg. competition ladder). Therefore, there is practically no hard data on how many people are bushwalking, how often they are bushwalking and where they bushwalk. We don't even have these details from our own member clubs. The only time we tried to collect this data, at Bushwalking Victoria's 75th anniversary Where We Walked project, barely half of our clubs participated. In contrast, competitive sport produces reams and reams of data.

What can bushwalking clubs do?

The good news is that many clubs are already actively promoting bushwalking, especially those that have strong links to their community. Some examples include participating in community events such as festivals;

organising and leading Seniors walks; providing regular stories to local media about their activities.

Some of our regional clubs are among the largest and most active groups in their community and have turned this to their advantage, e.g. getting the club newsletter printed by the local member of parliament; meeting venue provided by the council in return for organising and conducting a community walk; obtaining a council grant to purchase equipment such as GPS units and EPIRBs.

Other possible ways to raise the profile and visibility of bushwalking and your club include organising and publicising an occasional walk specifically designed to attract new members to bushwalking and to your club; inviting local MPs and/or councillors on a walk, to a social occasion or to be guest speaker at a club meeting; have the occasional chat over a coffee with local Parks Victoria or DSE managers or key staff. Not all contacts need to be formal, or be prompted by an issue or complaint or a request for money, as any opportunity to raise our profile will provide a benefit.

If your club has had success with initiatives that you would like to share, please let me know so that they can be publicised in a future issue *Bushwalking News Victoria* for the benefit of other clubs.

What can Bushwalking Victoria do?

Bushwalking Victoria undertakes a range of activities to promote bushwalking and our club network, but has plans to do more. Bushwalking Victoria Board members and officers already make the most of any opportunity to meet with decision-makers, and attend bushwalking stakeholder meetings and forums, conferences and meetings. These efforts have paid dividends as Bushwalking Victoria is increasingly seen as the 'go to' organisation concerning recreational walking, including bushwalking.

We are about to commence the Green Walks in the Park project with the Heart Foundation that aims to reconnect people (especially identified at risk groups) with nature through providing Green Walks in parks and other natural settings. The project will showcase the skills and local knowledge of clubs through the facilitation of a series of organised walks for the general public.

A major component of Bushwalking Victoria's Future Walker project (see *Bushwalking News Victoria*, March issue) is to assist Bushwalking Victoria and bushwalking clubs to develop professionally designed and managed websites. A well designed, comprehensive and up-to-date website is a critical tool in helping to overcome our lack of visibility and in attracting new members to bushwalking and clubs. The second aspect of Future Walker, that has not yet been funded, is to develop an online database to facilitate the collection of data from all bushwalkers, ie. both club-based and independent, on where they are walking, how many people they are walking with, how far they are walking and the sort of walking they are doing. The data collected would be used for multiple purposes,

including supporting submissions and applications for facilities and funding, and a version could even be made publicly available as a resource to search for possible walking opportunities.

Comments and suggestions on any of the above are very welcome. The Bushwalking Leadership Forum to be held on Saturday 18 June will also provide an opportunity for people in club leadership positions to discuss issues facing bushwalking and bushwalking clubs, and to share ideas and experiences.

Chris Towers

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

NEW BOARD MEMBERS WANTED Make a Difference - Become Involved

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

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

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

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

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

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

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

Chris Towers
President, Bushwalking Victoria

Great Ocean Walk



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

We offer:

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



We are more than happy to assist you to plan your walking adventure on the Great Ocean Walk.
T: (03) 5598 6424 / 0447 986 423 E: info@portcampbelltouring.com.au www.portcampbelltouring.com.au

THE BUSHWALKING ENVIRONMENT

BEC News from Around the State

Check Park Status Before you Set Off

The impact of recent floods on national and state parks in Victoria has made it more important than ever for people to check local conditions in parks and forests before setting off. Widespread damage resulting from heavy rain, strong winds and flash flooding has closed many parks and forests across Victoria. It will be some time before Parks Victoria and DSE will be able to fully assess the damage and assure the public areas are safe to open again. Some sections of some parks may be closed for up to two years. For the latest info, go to <http://www.parkweb.vic.gov.au/>

Reports from Bushwalking Victoria Field Officers

Wilson's Promontory National Park—report by Ian McKellar

Over the coming months Parks Victoria will be undertaking the following routine maintenance on walking tracks:

- Slashing and minor drainage works on the Mt Bishop and Lilly Pilly Gully Walking Tracks
- Slashing and minor drainage works on the Waterloo Track
- Major reformation and surfacing of Tidal Overlook Track
- Slashing of Sealers Cove Walking Track
- Resurfacing the Squeaky Beach Access Track.

Further updates about other track related topics:

- The planned walking track between Whisky Bay and Picnic Point is about to go to tender for a preferred construction contractor. The tender includes the construction of a viewing platform. Weather pending it is anticipated the works will be completed and track opened by the end of the financial year.
- Johnny Souey Cove: Parks Victoria in consultation with stakeholders had planned to relocate the camping area further north to Lighthouse point. However based on the recent feedback, they are considering other options, including locations closer to Johnny Souey Cove which would suit the requirements of hikers and sea kayakers while simultaneously protecting the significant Aboriginal cultural sites located around Johnny Souey Cove.

Mt Buffalo—report by Pauline McLaughlin

- Our planned bog rehabilitation works in March were washed out again. We camped on Friday, but had 70mm of rain overnight. We're hoping it will be 'third time lucky' when we go up in May.
- Track conditions: Due to recent storm and flood conditions visitors may encounter obstacles such as fallen trees, washed out sections, loss of signs and markers on some tracks:

- A section of the Big Walk from Eurobin Picnic Ground to 7 Mile Track is closed: the remainder of walking track is open
- Mollisons Galleries Track
- The walking track from Eagle Point to Mollisons Galleries is heavily overgrown and the track may be difficult to find. Independent navigation is essential.

Alpine Area—report by Jim Harker

- Flood closures: Visitors are asked to avoid a number of areas in the Alpine NP due to damaged bridges, land slips, fallen debris and/or wet slippery road and track conditions.
- Changed conditions—check the conditions before you set out:
 - Wonnangatta-Moroka/Howqua-King (Dargo-Licola-Mansfield)
 - King Billy Track
 - Dry River Walking Track/Bicentennial National Trail from Howitt Rd to Wonnangatta Valley and from Guys Hut to Wonnangatta Valley.
 - Howitt Road open to 4WD vehicles—but drivers need to take care
 - Bluff Link Rd (between 16 Mile Jeep Track and Howqua River)
 - Upper Howqua camping area
 - Bogong (Mt Beauty)
 - West Kiewa logging road
 - East Alps (Omeo, Benambra, Corryong)
 - Davies Plain Track, including the southern access to Charlies Creek
 - Macs Creek Rd
- Other closures:
 - Taylors Crossing foot bridge closed for maintenance from Monday 28 February until further notice.
 - The top section of Riggall Spur Track between Echo Point Track and the junction with Gillios Track is closed until further notice.

Grampians-Langhi Ghiran—report by John Petheram

- 17 members of Ballarat Bushwalkers and Outdoor Club took on the task of clearing the track from Langhi Ghiran SP campground up to the Pipeline Lookout on Sunday 13 February. Parks Ranger Tony Veit directed operations and we used tools and a new brush-cutter purchased from our Healthy Parks and Healthy People Grant. At 3pm after the task was finished, 10 of the group managed to stagger up to the granite summit of Mt Langhi Ghiran, which gave 360 degree views of Grampians, The Pyrenees, Mt Cole and Mt Elephant.

Our next track maintenance weekend is in the Grampians on 1-3 April.

- Trails and facilities in all local parks took a huge hammering in the recent rains and floods. Many bridges are broken in Mt Buangor, Creswick and Wombat SFs.

The damage caused by floods in the Grampians has to be seen to be believed.

Brisbane Ranges—report by Carolyn Edwards

- Many picnic sites, campsites and tracks in the Brisbane Ranges NP are closed following recent heavy rain. Areas will be opened following removal of debris, repair of roads and tracks and replacement of bridges.
- The You Yangs Regional Park is closed until at least the start of March due to flood damage and potential asbestos exposure from some old culverts that were uncovered by the floods.

Goldfields Track—report by Alison Lanigan, President, GDTA

- The Wombat Creek bridge south of Twin Bridges near Daylesford has been washed away.
- You need to observe the new minor diversion that uses Old Ballarat Road to enter and leave the Central Springs area. Parks Victoria have installed maps and notices.

Otways—report by Bernard Jordan

- **Old Beechy Rail Trail:** A new updated brochure gives a detailed map and other information about the 45km trail from Colac to Beech Forest. The trail is suitable for walkers, and cyclists on bikes that have wide bodied tyres. For walkers, the 18km (downhill) walk from Beech Forest to Gellibrand through forests and open country is particularly recommended. Most of the trail is off road. For links to the brochure, google 'old beechy brochure'.

State Forest Walking Tracks Upgrade Project

- Several site visits have been completed in the past month:
 - Erica Thomson Rail Trail
 - The Trail from Erica to Caringal scout camp
 - East Tyers Walking Track
 - Reform Hill
 - Bakers Gully Tracks
 - Apex Hill
- Site inspections due on other tracks have been delayed due to flood issues.
- A site visit inspection has also been done for the 'Walk into History' track. What will be upgraded is yet to be decided. Stay tuned in for the next few months for updates on progress.

David Rimmer

Manager, Bushwalking Environment committee

Planned Burns—Autumn 2011

For more information on planned burns go to www.dse.vic.gov.au/fires or call the Victorian Bushfire Information Line on 1800 240 667.

Wilsons Promontory National Park

Burns are planned for Wilsons Promontory over the 3 years between autumn 2011 to spring 2013.

Brett Mitchell, the Ranger in Charge, has advised that, subject to suitable weather conditions, the first of these burns will take place on the Yanakie Isthmus over a number of days between 15 March and 10 April 2011, with the aim to avoid the key visitor period of Easter.

The Prom Rd will remain open while this planned burn is underway. However, one lane may need to be closed during the burn. Staff will be stationed at the Yanakie Entrance to provide information and guidance to visitors during the planned burn period. Car parks and walking tracks near the planned burn sites may be closed during the planned burn and on days following the burn. All other walking tracks will remain open.

If you require further information about planned burning at Wilsons Promontory National Park, telephone 5680 9555 or email wpromfeedback@parks.vic.gov.au.

Grampians National Park

John Petheram has advised that the DSE and Parks Victoria will be commencing its autumn planned burning program in the next few weeks in the Grampians NP. Planned burns have been scheduled to commence a little earlier than usual this year because of the milder weather conditions and the increased soil moisture we experienced this summer in Victoria.

During the burning program, roads, visitor sites and walking tracks will be closed for public safety. The Hollow Mountain, Golton Gorge (Coppermine bush camps), Stapylton and Mt Difficult (Beehive Falls and Briggs Bluff) areas may be impacted by these closures. Areas will stay closed until they can be assessed and classified as safe, and this may be up to a week after a burn.

If you are planning a camping or walking trip, it is important that you plan an alternative route in case you need to change your trip.

Fire Fuel Reduction activity around Melbourne

On February 16, Parks Victoria today announced the start of works on 45km of new fuel breaks through Melbourne's interface parklands, particularly in the Dandenong Ranges, around Warrandyte and along the Mornington Peninsula. Works will include the removal of small trees, shrubs and some limbs and, in some cases, larger trees.

For more information contact Parks Victoria on 13 1963 or visit www.parkweb.vic.gov.au

Cattle in the Victorian Alpine Park

PUBLIC MEETING: CATTLE DON'T BELONG IN NATIONAL PARKS

Venue: Box Hill Town Hall (1022 Whitehorse Road Box Hill
(Melway 47 E9; six minute walk from Box Hill train station, Tram route 109)

Date: Wednesday, 6 April 2011

Time: Doors open 6.30pm, meeting starts 7.00pm

The meeting is being held to discuss the Victorian Government's decision to allow cattle grazing in the Alpine National Park. (Cost: free (Donations welcome))

DO ATTEND THIS IMPORTANT COMMUNITY EVENT. To find out more, go to <http://www.vnpa.org.au/>

Commercial Tourism in Victorian National and State Parks

PARKS MAY OPEN TO DEVELOPERS

Victoria's national parks would be opened up to hotels, restaurants and tourist facilities under a plan to boost visitor arrivals from China and India.

The state government's efficiency watchdog has bluntly warned that tourism across Victoria will stagnate unless current "slow and cumbersome" laws preventing private development in national parks are dumped.

A draft report by the Victorian Competition and Efficiency Commission also recommends Parks Victoria be overhauled to become what it calls a "sophisticated landlord".

That means the government authority - responsible for protecting the state's 45 national parks and 13 marine parks - would be given new responsibilities to find "strategic opportunities" for developers, help with applications to develop private tourist facilities and regulate licensed tour operators.

The recommendations, which outraged environment groups but were applauded by the business sector and will be considered by the government, singled out the Great Ocean Road, the Yarra Valley and the Mornington Peninsula as examples of areas where tourism opportunities were being missed because of restrictions on private development.

"The Victorian government should publicly announce the private sector will be allowed to propose developments in Victoria's national parks when there is a net public benefit, with regard to economic, environmental and social impacts," the report said.

Deborah Cope, the commissioner in charge of the inquiry, said Victoria was the only state that banned commercial tourist facilities in national parks, warning that the restrictions were holding back investment and limiting the state's ability to attract international visitors.

"The commission does not agree with the current regulatory scheme, which effectively assumes that tourism-related developments must be incompatible with environmental, heritage and social outcomes," Ms Cope said.

Victorian National Parks Association executive director Matt Ruchel said the report was simplistic and failed to recognise that Victoria had the highest proportion of private land ownership in Australia.

"The core reason for national parks and the reason why people like them is it is about the protection of natural values - not whether you can get a latte there," Mr Ruchel said.

"There is a danger of killing the goose that lays the golden egg."

The report follows anger over the state government's decision to allow a trial of alpine cattle grazing.

Treasurer Kim Wells said the government welcomed debate about "opportunities to reduce the regulatory burden and encourage the industry to grow". He said the government would respond when the commission's recommendations had been fully considered.

"Regional and rural tourism destinations are particularly important and the Coalition government is committed to engaging with these tourism communities to increase visitor numbers, create new jobs and a stronger economy," Mr Wells said.

Victoria Tourism Industry Council chief executive Todd Blake said the report supported the industry's view that there were unnecessary barriers to tourism investment.

"Some of these unnecessary barriers are founded in the outdated assumption that environmental outcomes, community aspirations, agricultural production and tourism development cannot co-exist in a balanced and sustainable manner," Mr Blake said.

"These barriers must be broken down if Victoria's tourism industry is to adapt to new markets, remain vibrant, competitive and a major economic contributor to the state."

The report singled out China and India as tourism markets that would benefit.

JOSH GORDON

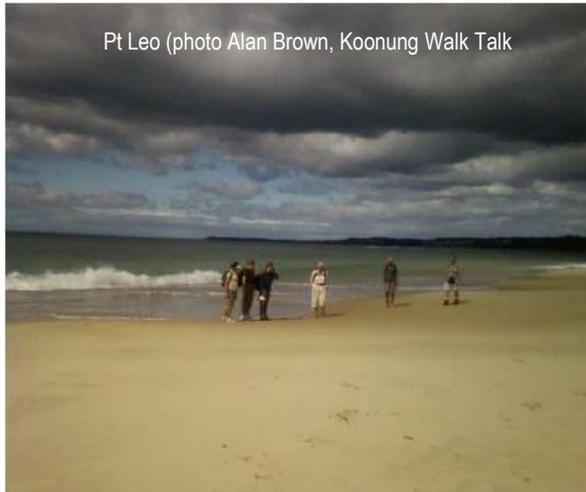
The Courier, 08 Mar, 2011

Source: <http://www.thecourier.com.au/news/national/national/environment/parks-may-open-to-developers/2096403.aspx?storypage=0>

To obtain a copy of the draft copy of VCEC, *Unlocking Victorian Tourism* (March 2011), go to <http://www.vcec.vic.gov.au/CA256EAF001C7B21/0/55C533DA7FCB6A36CA25784C00033DE8?OpenDocument>. This report was commissioned by the previous Labour Government.



Mt Buller (photo Helen Dickson, Boots 'n' All)



Pt Leo (photo Alan Brown, Koonung Walk Talk)

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	
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Address list of affiliate clubs	\$52.50	
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Note: Advertisements must be artwork ready		

HEATHLANDS AT ANGLESEA COULD BE ENDANGERED

Alcoa mine could take heritage heathland

Alcoa will be able to extend its Anglesea coal mine about 600 hectares further into heritage-listed parkland, under a confidential arrangement with the Victorian government to renew its mining licence for 50 years.

Negotiations between Alcoa and the government to renew the company's 50-year mine lease, which expires on January 1, 2012, began under the former Brumby administration in 2008 and have continued since Ted Baillieu led the Coalition to victory last November.

Alcoa has mined coal and operated a power station in environmentally sensitive heathland at Anglesea since the late 1960s.

Alcoa is understood to have recently submitted a new work plan for the mine to the Government, including a map outlining the location of the coal reserves it intends to mine over the next 50 years. It is understood that future mining operations are likely to encroach on up to another 600 hectares of the Anglesea heath.

Parks Victoria describes the Anglesea heathland as the 'richest and most diverse vegetation community in Victoria'. The area is listed with the Australian Heritage Council as a place of natural significance. Parks Victoria recently spent \$1 million reviving the area of native heathland that the Alcoa works plan shows could be affected by future mine operations.

The confidential briefing paper about the proposal (dated late 2010), shows Alcoa will be exempt from complying with Victoria's Native Vegetation Framework, which requires areas of cleared native vegetation to be offset by the protection of an equivalent area elsewhere. Alcoa also wants the royalties it pays to the state to be the same as specified by the 1961 agreement. The briefing paper suggests cabinet approval for the mine lease extension agreement and associated legislation is scheduled to occur in May.

Extracted from an article by **Richard Baker**
The Age, 21 March 2011

Source: <http://www.theage.com.au/victoria/alcoa-mine-could-take-heritage-heathland-20110320-1c2bl.html>

SUNRISE & SUNSET—MELBOURNE GPO

Fri 26 Mar	0628	1824	EDST	EDST ends Sunday 3 April		
Fri 9 Apr	0741	1903	EST	Fri 23 Apr	0753	1844 EST
Fri 6 May	0805	1828	EST	Fri 20 May	0817	1816 EST
Fri 3 Jun	0827	1809	EST	Fri 17 Jun	0834	1807 EST
Fri 1 Jul	0836	1811	EST	Fri 15 Jul	0833	1819 EST
Fri 29 Jul	0824	1811	EST	Fri 12 Aug	0809	1841 EST
Fri 26 Aug	0751	1853	EST	Fri 9 Sep	0730	1905 EST
Fri 23 Sep	0709	1916	EST	Fri 7 Oct	0647	1929 EST

Full Moons

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

Source: www.ga.gov.au

AROUND THE TRACKS

Great Ocean Walk between Moonlight Head and Glenample Homestead realigned

Frank and Katrina Fotinas of BimbiPark advise us that Parks Victoria has realigned the track between Moonlight Head and the Gables. This means that there is no more walking on the road. Parks have done a great job on the track: it is graded well for easy walking and weaves through woodlands. It is suited for the warmer days as most of it is shaded.

Those of you who don't know BimbiPark, it is a beautiful camping ground at Cape Otway. It has cabins for those of you who don't camp. They produced excellent walk notes for the Great Ocean Walk and provide a variety of services for walkers as well as accommodation. You can obtain Great Ocean Walk on request and without charge (which is why they are getting this free plug.) The realignment of the track applies to their Day 5 notes. To obtain information about their services or the walk notes, visit their website at <http://www.bimbipark.com.au>

8-day guided walk on the Bibbulmun Track, WA

The Bibbulmun Track Foundation has opened bookings for their 8-day Highlights Tour. There are 16 places and the tour covers the very 'Best of the Bibbulmun'. It will be led by experienced guides from the Bibbulmun Track Foundation and will depart from Perth on 5 September 2011, during the wildflower season. It combines full and ½-day walks with comfortable off-track accommodation. Participants need carry only a small daypack. The all inclusive cost: \$2,450 (twin share).

The Bibbulmun Track Foundation is a not-for-profit, community-based organisation established to provide support for the management, maintenance and marketing of the Bibbulmun Track. All proceeds from this trip support the ongoing sustainability of the Bibbulmun Track.

For more information call (08) 9481 0551, send an email to events@bibbulmuntrack.org.au or go to www.bibbulmuntrack.org.au

Rail Trail Bridges

The two timber rail bridges at Mollison's Creek and Hanford's Creek on the proposed route of the Bendigo-Kilmore rail trail were constructed in 1889 and 1890 respectively by McDermott and Sons and are both listed on the Heritage Victoria database. They are a step closer to being restored, with a full engineering assessment now being carried out, following intense lobbying by the Friends of the Bendigo-Kilmore Rail Trail.

The new 'Rusty Red' bridge crossing the 6-lane Maroondah Highway on the Warburton Rail Trail, due to open in May, will be a welcome new arrival for cyclists and walkers. It's a fitting rebirth of the old Red Bridge of yesteryear.

Source: **Rail Trail Connections**, Autumn 2011, Vol 17, Iss 3

FROM THE CLUB NEWSLETTERS

The next generation of bushwalkers—Benalla Bushwalkers show the way

Kids overnight at Bogong High Plains, Jan 22-23

Six club members, five other adults and five kids left Benalla to drive to Watchbed Creek. From there, we set off along part of the Alpine Walking Track with its numbered poles and onto the track between Hollond's Knob and Marm Point to Fitzgerald's Hut.

Terry had promised 'fairly flat terrain, great views and lots of alpine flowers', and we were not disappointed! With beautiful storm clouds looming, we set up tents in a patch of snowgum, inspected Fitzgerald's Hut and nearby Kelly's Hut, and collected water from a very cold stream.

Later, dinner preparation was accompanied by thunder, lightning, heavy rain showers and dramatic hail. The (almost full) moon did appear later.

Sunday was clear with a chilly wind, so tents were reasonably dry for packing. Our return walk was on the other side of Holland's Knob and some more of the Alpine Track.

On the drive home, we stopped to walk up to the Fainter Falls—beautiful, with plenty of water.

We all learned lots of things on the walk: some new, some seen anew through children's eyes.

- Flies annoy everyone and March Flies bite
- Dead snowgums appear painted white or silver
- Everlastings feel a bit like plastic
- Snowgums are great for climbing and swinging
- Wildflowers have oodles of different colours, shapes and leaves
- Snakes and lizards can be seen if you are quick
- Crushed leaves of Mint Bush smell clean
- Hares live on the High Plains (Mary A has a photo to prove this)
- You can count lots of blue ranges into the distance
- Grass Trigger Plants respond to a tickle with a grass stem
- Backpacks/ joints/muscles may get uncomfortable but we can keep going
- Hailstones bounce, are very loud on a tin roof and are fun to eat
- Chocolate in the nibbles does not travel well in Summer
- Unless you have Laurice, a flower identification book is useful and full of interest
- Small striped grubs live in the seed heads of Alpine Daisies
- Clouds make lovely shade patterns on the ranges
- Walking and camping with friendly people is 'cool'.

A most successful and enjoyable walk and similar ones for children/grandchildren and not-so-fit adults could well be incorporated in later programs.

Mary Dean

Edited from Newsletter of the Benalla BWC, April-May

TRACK MAINTENANCE PROGRAM

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



Photo right: Steve Robertson and the rangers at the Alpine Restoration weekend—to reverse a saying: a thorn between two roses

Track Maintenance Reports

Alpine Restoration, 21-23 Jan

Twenty eight members from 13 clubs participated in the annual Alpine Restoration weekend at Falls Creek.

Under the supervision of local Parks Victoria staff we worked in two groups for the weekend. Mission was to SEARCH for and DESTROY Grey Sallow Willow across the Bogong High Plains. Over 2,000 willows were located and dealt (cut and paint) with by the volunteers in their allocated areas.

The weekend organised by Steve Robertson was a huge success. Accommodation and the Saturday dinner was supplied by Parks Victoria. With members from clubs across the state, the social interaction was tremendous.

And let's hear from the participants:

- Pam and I thank you and Leora* for a thoroughly enjoyable weekend: the weather, accommodation, food, the company, and of course the satisfying work. I hope there will be more opportunities for us to lend a hand. **M.T.**
- Firstly, thank you for a wonderful weekend. Not only was the work enjoyable and educational, but it was very pleasant to be able to stay in comfortable digs as well as enjoy the fruits of what was obviously a well organised event. So thank you. I look forward to being able to participate again. **A.E.**
- Just a quick thanks for a great weekend. Really enjoyed it, and look forward to helping again at some time. Also congrats for a well organised effort. No glitches. **V.M.**
- Thank you, both you and Leora, for a great weekend in January. A great deal was achieved and I know how much work goes into the organising, especially when the group consists of people from various clubs. It was a great opportunity to mix with the members of other clubs and hear what they are doing, and it was good to catch up with both of you again. Let's hope those willows have been minimised!!! **P.M.**
- Many thanks, Leora and Steve, for all your effort and for a very enjoyable time in the High Country. Arthur and I had another good few days up there, based at Tawonga Huts. (Even found a few Willows there!) **A.B.**

* Leora Robertson, Steve's wife

Condons Track, 20 Feb

5 members from Maroondah and two from Melbourne Bushies assisted Bushwalking Victoria on a track clearing event to clear regrowth that has occurred since the 2009 fires on Condon's walking track in the Yarra Ranges National Park.

The group led by Steve Robertson were successful in clearing the entire length of the track. A comment was made by one member that the track is in the best condition seen for 20 years.

Activities such as the two described here are satisfying to all participants. Why not join in the next activity?

Steve Robertson
Convener, Conservation Projects



Above: Condons Track Below: Alpine Restoration (Photos: Steve Robertson)



The next generation of bushwalkers—Benalla Bushwalkers show the way (cont)

The Bluff, Saturday Jan 29

Fourteen people met at the Swanpool store at 8.30am, including 16 year old Asher, and 13 year old Luke. Three other walkers joined the group at Mansfield to drive to Bluff Hut...Bluff hut was rebuilt after the 2006 fires, keeping to its original style, with a wonderful open fireplace; it would be such a welcome retreat in rough weather.

The track to the Bluff is narrow and stony, but easy to negotiate. The views are now clearer, due to the burnt snow gums, some of which are slowly shooting from the tree base.

There are 360 views all round and lovely grassy slopes. There were long stretches of trigger plants, Billy Buttons mauve brachyasemas (*brachyscomes? Ed.*) and other white and yellow daisies, and also leek orchids.

Whilst the weather in Benalla was forecast as high 30s, on the Bluff it was in the pleasant low 20s with a refreshing breeze.

We sat around the cairn to eat lunch and watched butterflies. We saw an occasional pipit, but no other animal life. The walk was about three hours up and back. On our return to Bluff Hut we shared afternoon tea, then slowly headed homeward down the track, with one group turning off for a splash and swim in the river.

Heather Lloyd

Edited from the newsletter of the Benalla Bushwalking Club, April-May 2011

A Record to Beat!—Leading 175 Walks

On 9 February, Arthur Barr of Maroondah Bushwalkers led his 175th walk. It was in the Dandenongs. After the walk, there was a celebratory afternoon tea to celebrate Arthur's achievement.

Extracted from **Footnotes, Vol 31, No 1, March 2011**
Maroondah Bushwalking Club



(Photo: Jan Farr)

BUSHWALKING TIPS

Emergency Markers

The key to providing an effective emergency response starts with the 000 call and the ability of emergency call operators to verify the exact location of the caller. If you are injured and require emergency services, not knowing where you are and not being able to provide information about the nearest street corner can mean dangerous delays in getting help to you.

Not all locations have an address or roads, and large features such as walking tracks and rail trails may be represented on the emergency database as a single point or polygon. Surrounding features may be used to describe a relation to the actual location, but in an emergency it can be difficult for a person involved to describe their location precisely. In addition, you may have subjective and distorted perceptions of your environment. Context also matters: 'I'm on a trail near a big tree' might mean something to the local Park Ranger, but nothing to the emergency dispatcher; the rapid processing of an emergency call event in the Computer Aided Dispatch system requires precision.

Emergency marker identifiers enable emergency operators to pinpoint a caller's exact location in seconds and give the ambulance, fire or other emergency services precise directions to the location of the emergency. Each Emergency Marker has a unique three-letter, three-number code. Attached to each marker in the central database is spatial data, including descriptive text-based instructions to describe the access route from the nearest street corner.

As you walk or cycle along tracks and trails, take notice of each marker as you pass them. Being able to specify the nearest marker in an emergency means 'Saving time, Saving Lives'.

For more information about the Emergency Marker scheme, go to www.esta.vic.gov.au.

Edited from **Rail Trail Connections**, Autumn 2011, Vol 17, Iss 3

VALE GRAEME KIDD

Graeme was a member of Dandenong Valley Bushwalking Club and a Bushwalking Victoria Field Officer for Bunyip State Park

He was a former Mayor of Cardinia Shire and very involved in community affairs.

Graeme was instrumental in the formation of the Freemans Mill Walking Track and led many of the initial surveys and subsequent track clearing events.

He was involved in the two-year Bunyip Recreation Framework Committee, and helped in developing the Bunyip State Park Walking Track Network.

Graeme was much respected by Bushwalking Victoria and Parks Victoria, Gembrook and he will be sadly missed.

Can you consume too much water on a bushwalk?

We know about the dangers of dehydration on a bushwalk. But drinking too much is also a danger. Over hydration is called Hyponatremia and can be life-threatening—especially for those of us who engage in lengthy walks or in endurance events.

Hyponatremia, defined as an abnormally low concentration of sodium in the blood. Ironically, many of its major symptoms are similar to those of dehydration:

- Nausea and vomiting
- Muscle weakness
- Headache
- Disorientation
- Bloating and puffiness of the face and fingers
- Seizures (in severe cases)
- Loss of consciousness (in severe cases).

Even mild symptoms should not be ignored as some deaths have occurred hours after participants completed an endurance event.

So how much water should you be drinking to prevent dehydration but avoid Hyponatremia? The American College of Sports Medicine recommends drinking about half a litre of fluid two hours before exercise and then drinking at regular intervals to replace water lost through perspiration—about half a litre every two hours, depending on the amount you are perspiring.

It's also possible to be both dehydrated and hyponatremic at the same time because when you try replacing the fluids you have lost when your blood sodium concentration is very low the water you ingest is not being absorbed efficiently. So, in addition to drinking more in the days before the hard walk, consider adding a little sodium to your food. And, during any endurance activity lasting longer than four hours, ingest food or fluid containing a little salt as you go. For hard walks on a hot day, think about taking some salty snacks on your walk as well scroggin.

To determine how much water you should be drinking, weigh yourself before and immediately after a walk. If you are getting dehydrated, your weight will drop because of the loss of water. (No! disappointingly, the weight loss is not the result of losing fat so that you can justify that cake on the way home!) If you weigh less after your walk, you probably need to drink more. If you are losing body salt and drinking too much plain water, you will gain weight.

And regarding electrolytes and the water vs sports drink debate: some commentators recommend that for every three litres of liquid you consume, you should drink two litres of water and 1 litre of sports drink.

Sources:

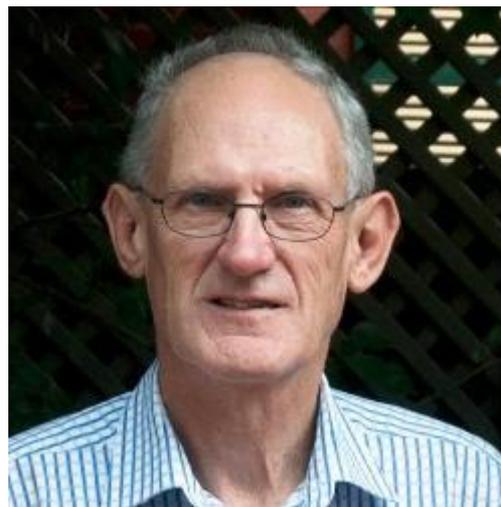
- <http://walking.about.com/cs/fluids/a/drinkingdanger.htm>
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RIK HEAD AWARDED THE EMERGENCY SERVICES MEDAL

Rik Head, a long-serving Bush Search and Rescue member and Field Organiser, was awarded the Emergency Service Medal for a lifetime commitment to search, rescue and safety in the bush and mountains on Australia Day, 26 January 2011.

As a Field Organiser in Bush Search and Rescue Victoria, Rik has been instrumental in implementing and improving many search, management and training methods and systems including the innovative use of technology.

Rik has ski patrolled since 1965 and has represented the ski patrol in Australia both nationally and internationally. Rik joined Bush Search and Rescue in the mid 70s. In 1979 he established what is now Alpine Search and Rescue Victoria, a specialist club that subsequently joined Bush Search and Rescue (then known as FVWC Search and Rescue Section).



Over the years, Rik has lead BSAR search teams in a number of notable searches including the four snowboarders lost in the Snowy Mountains in 1999, the multi-day search for Warren Meyer at Mt Dom Dom in 2008 and the search and rescue of the then Minister for Tourism and Water Tim Holding at Mt Feathertop in 2009.

This award is national recognition of Bush Search and Rescue and Ski Patrol as specialist components of the emergency services as much as it is about acknowledgement of my contribution', said Rik.

Bush Search and Rescue and the Victorian bushwalking community congratulate Rik for being awarded the Emergency Services Medal in recognition of his tireless commitment and effort dedicated to providing volunteer search and rescue services to the Victorian community.

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 Victorian Deputy Delegate: David Reid
 Please contact via the office

Organisations where BWV Members Provide a Bushwalking Perspective

Metropolitan Melbourne Reference Group: Phil Brotchie
 Outdoor Recreation Centre Committee of Management:
 Chris Towers
 Adventure Activity Standards (AAS) Technical committee:
 Paul Chamings
 Living Links Steering Committee: Tony Walker



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