



Belt Tightening on the Waterloo Track
(photo: Chris Ashe, 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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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

Government Funding

Thanks for the \$25,000, but please, Mr Baillieu, can we have more?

The August issue of *Bushwalking News Victoria* included an item from me on the outcome of our application for funding under the State Government's *Victorians More Active* funding program administered by Sport and Recreation Victoria (SRV).



In summary, as a State **Sporting** Organisation (SSA), we applied for \$50,000 per year for each of the next three years, but were granted \$25,000 for one year, with the 'possibility' of funding continuing at the same (or less) for the following two years, subject to the 2013 State Budget.

The glossy brochure for the program advised that to be eligible to apply for the funding, an organisation had to be a 'peak sport and recreation body, recognised by SRV as an SSA'. We are a peak body and we are recognised as such by SRV. Elsewhere in the application process there were some additional eligibility requirements, including 'The association is affiliated with the National **Sporting** Organisation (NSO) and recognised as the SSA of that organisation in Victoria. The NSO is recognised by the Australian **Sports** Commission (ASC). We are affiliated with Bushwalking Australia, but Bushwalking Australia isn't recognised by the ASC; it can't be, because to be recognised bushwalking has to be a sport!!! ('Sport, not 'sporting')

The ASC is a statutory authority of the Commonwealth Government, and not surprisingly, given its name, it is only interested in 'sport' and the same goes for the Commonwealth Government—ie. it also is only interested in 'sport'. It does not see itself as having any role in funding recreation and says that that is a state responsibility. We have all heard that statement before, haven't we?

Given what I have outlined above, perhaps we should just be thankful that SRV has been willing to accommodate us within **their** rules. However, I don't think this is acceptable. We have just had the Olympic games in London to which Australian governments of all three levels contribute tens of millions of dollars for 410 athletes and 319 officials. On top of this massive outlay of public money, the list of sport and recreation organisations directly and indirectly funded by the State Government through SRV includes predominately sports organisations, plus a smattering **sport and recreation**_organisations—ie. where there is both a sport and a recreation component to the activity, such as canoeing and sailing. Of the 80 SSAs funded by SRV in 2010-11 (2012 figures are not yet public), only Bushwalking Victoria and one other are 100% recreational.

So, sport doesn't just get the lion's share of government funding for active recreation, it doesn't get a mammoth share either, sport gets practically **all** of it.

According to ABS figures I have seen, 26% of the population said they bushwalk at least once per year. Bushwalking is well within the top 10 active recreation activities participated in by Victorians, so it's not like bushwalking is a fringe recreational activity.

Surely it isn't too much to ask for just a tiny, tiny bit more balance in government funding for active recreation, and Bushwalking Victoria in particular.

Given the uncertainty of government funding, Bushwalking Victoria's strategic review is now more important than ever. The review had already identified that our resourcing was vulnerable to changes in government funding, so the SRV decision just confirms this.

As I have previously stated, Bushwalking Victoria just doesn't have the financial resources to undertake all that needs to be done to achieve better bushwalking for all Victorians. The government funding of \$25,000 is equivalent to \$3.85 per Bushwalking Victoria member, so were we to lose the funding we would have to increase fees by a similar amount just to keep doing what we are doing, let alone being able to do what needs to be done.

Bushwalking Victoria's membership fees are the lowest of any sport or recreation peak body I have been able to find, and by a very significant margin. Despite this, our membership have indicated time and again that they won't accept fees of a more realistic level, which leaves us with limited options to obtain the financial resources I believe we require.

Taking Charge of our Future—Bushwalking Victoria's Strategic Review

The next phase of Bushwalking Victoria's strategic review is about to get underway. In the next couple of weeks we will commence an online survey of club committees seeking information about the club, its activities and views on the role of Bushwalking Victoria and the services it should provide to clubs.

By the time this issue of *Bushwalking News Victoria* is distributed we expect to have entered into a contract with a professional market research company to research people who bushwalk and do not belong to a bushwalking club. The results of this research will provide a sound basis on which Bushwalking Victoria can take action to become an organisation that more effectively represents the bushwalking community, broaden the recognition of its name and value by people who bushwalk and to attract new members and supporters.

**Chris Towers
President**

president@bushwalkingvictoria.org.au



FEDERATION DAY WALK 2012



Location: Marysville area
 Walks: 21 walks
 Key dates: 1 August registration opened
 14 September registrations close
 1 October club coordinators advised allocation of walks
 Registration fee: \$22
 For more information, go to the Maroondah Bushwalking Club website at <http://www.mbw.org.au>

Making Sure your Club Members Can Participate in Federation Walk Events

As part of Maroondah Bushwalkers' advertising campaign for the Marysville event to be held on 14 October this year, some members of their Federation Organising Committee visited metropolitan clubs with more than 200 members and gave a short presentation about the event.

The organisers have felt a positive response and that the exercise was worthwhile. However, they have been disappointed to find that several clubs have programmed significant other events on this important day and weekend for Victorian bushwalkers.

We recognise that some base camps and other events need to be booked up to a year in advance, and that some clubs set an annual program. So to minimise conflicting events in the future, I alert club program coordinators to the developing trend for Federation events to occur on the second or third weekends in October, and ask them to take this into account when programming activities for an October.

Everyone recognises the effort and enthusiasm that Federation event host clubs put into organising Federation events, and the organising clubs appreciate the support Bushwalking Victoria's clubs provide by participating in and enjoying the event. After all, enjoyment is the intention.

Next year's event will be hosted by Boroondara Bushwalkers **and the date to remember and pencil in is Sunday 13th October 2013.**

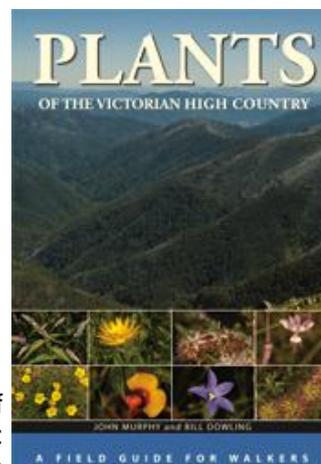
Hope to see many participants and clubs represented at Marysville this year.

Sylvia McLean, Federation Walks Coordinator

NEW BOOKS

Plants of the Victorian High Country: A Field Guide for Walkers

Author: John Murphy & Bill Dowling
 Colour photographs, Line Art
 152 pages, 215 x 148 mm
 Paperback
 CSIRO Publishing
 August 2012
 ISBN: 9780643104631
 RRP \$29.5



The guide is written in plain English and includes a glossary of botanical terms. Plants of the montane, sub-alpine and alpine zones are sorted into five easily distinguished groups: herbs, daisy herbs, low woody shrubs, tall shrubs and trees, and eucalypts. The guide features straightforward identification keys and clear photos of the leaves, flowers and stems of the plant to help identify plants of Victoria's High Country

Cont on page 4

2012-2013 BWV MEMBERSHIP CARD BENEFITS FOR AFFILIATES, BSAR & INDIVIDUAL MEMBERS

Your current Bushwalking Victoria membership card enables you to obtain discounts from a number of mainly Melbourne-based retailers of bushwalking equipment and services. This is the current list, and there are some changes to past years.

Please note: Cards need to be presented prior to processing of sale.

Travel

Outdoor Travel - 5% on Outdoor Travel tours and all reservations made directly with the office at Bright. Check out the website or join the email newsletter list for tours and current deals www.outdoortravel.com.au ph 1800 331 582 info@outdoortravel.com.au

Gear

RRP = Regular Retail Price; does not include sale or consignment items or hire gear

- AJAY's Snow and Country Sports: Heathmont - 10% off RRP
- Bogong Equipment: Melbourne - 10% off RRP
- Discovery Holiday Parks, Cradle Mountain - 20% discount off shoulder and low season rates (16 April - 21 December). Contact Claire 03 6492 1289, 1800 068 574 or www.discoveryholidayparks.com.au
- EMC, Eastern Mountain Centre: Deepdene - 10% off RRP
- Escape 2: South Wharf DFO, Shop TG30, 20 Convention Centre Place South Wharf - 20% off ;and Escape 2 Moorabbin DFO - 20% off
- Melbourne Map Centre: Malvern East - 5% discount
- Outsports: Moorabbin - ask for PRIORITY discount for a great deal
- Paddy Pallin – Melbourne, Hawthorn and Ringwood - 10% off RRP
- Phillip Island Nature Parks - 10% discount off 3 Parks Pass ticket. Includes Penguin Parade, Churchill Island and the Koala Conservation centre. Tickets valid for 6 months
- The Wilderness Shop: Box Hill - 10% off RRP
- Smitten: Tasmania, merino wear for the outdoors. 15% off RRP; to order email www.smittenmerino.com
- Woodslane Walking Guides –20% discount for online orders. Note there is a \$5 shipping charge with each order under \$100 net, free shipping for anything over \$100 net. Must quote 'Walking' at the checkout to obtain your discount. <https://secure.woodslaneonline.com.au/promotion/walking/woodslane-walking-guides>

Clubs will be notified via Bushwalking News Victoria of any other organisation that comes on board to offer discounts.

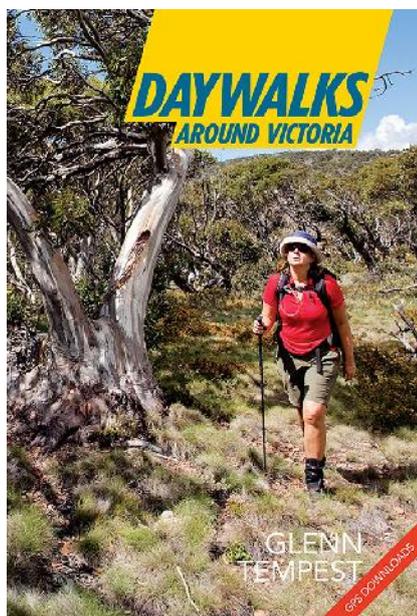
Also note that you can become members of Anaconda, Columbia, and Ray's Outdoors free of charge to obtain discounts.

New books (cont from p3)

Daywalks Around Victoria

Author: Glenn Tempest
 Paperback
 Open Spaces Publishing
 2011
 RRP \$29.95

This book combines traditional book publishing with online content and compatibility. Each walk can be downloaded as a GPX file for use in a hand-held navigation device, or as a KMZ file to be opened directly in Google Earth. *Daywalks Around Victoria* features 36 walks, some of which are well known while others are relatively unknown.



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.

BUSHWALKING ENVIRONMENT

Cattle Grazing in the Alpine National Park—Court Challenge

On 3 August, the Baillieu Government argued in the Federal Court that the Commonwealth acted outside its jurisdiction when it blocked the cattle grazing trial in the Alpine National Park. In the application, Victorian Solicitor-General, Stephen McLeish SC, said Mr Burke erred in relying on reports and advice that had not been presented to him by the State Government in its referral, and that the Commonwealth breached natural justice by not allowing Victoria to address the extra material. It is seeking to force Mr Burke, who rejected the proposal at the first hurdle, to do a full assessment of the proposed trial under environment laws. Justice Susan Kenny has reserved her decision.

Extension of Time for the Yellingbo Investigation

In August 2011, the Baillieu Government asked Victorian Environmental Assessment Council (VEAC) to investigate the biodiversity and ecological values of public land within the Yellingbo investigation area, to identify threats to these values and to make recommendations relating to management practices that will conserve and enhance these values. The Yellingbo investigation area lies east of Melbourne in the Upper Yarra Valley, between the Dandenong Ranges and Yarra Ranges National Parks.

The Minister has granted an extension of time to complete the Yellingbo investigation. The completion date is now 31 July 2013. The additional time will allow the incoming Council to familiarise itself with the investigation area prior to the release of the Draft Proposals Paper for public comment later this year.

Bushwalking Victoria made a submission during the first period, which closed in February 2012. You can view that submission at http://www.bushwalkingvictoria.org.au/files/Submission_to_VAEC_Yellingbo_Investigation.pdf

For more information go to <http://www.veac.vic.gov.au/investigation/yellingbo-investigation>

Prospecting in Victorian National Parks

The Member for Benalla and Parliamentary Secretary for Primary Industries, Bill Sykes, said that the Baillieu Government will ask VEAC to investigate under what circumstances it is appropriate that greater access be provided for low-impact prospecting, while still protecting the heritage and environmental values of our national parks.

Dr Sykes said that areas subject to the VEAC investigation may include Alpine and Lake Eildon National Parks, as well as Baw Baw, Croajingolong, Errinundra, Lind, Mitchell River and Yarra Ranges National Parks.

Minister for Energy and Resources Michael O'Brien said recreational prospecting was already allowed in several national parks, citing this as supporting evidence for prospecting activity having a low impact on the environment. 'It involves the use of hand tools only, the most common being metal detectors. Prospecting does not include commercial mining.' Minister for Environment and Climate Change Ryan Smith said VEAC's independent investigation process would ensure consultation across government and with stakeholders, including key conservation groups.

VEAC is due to report on the completed investigation by 30 April 2013. Terms of Reference are available from the DSE website: www.dse.vic.gov.au

Based on **Bill Sykes MLA Media Release, Friday 10 August 2012**

Open-cut Mine Proposed for Wombat State Forest

Environment groups and the local community are angry that the Victorian Department of Primary Industries (DPI) will allow Fortitude Mining, a Queensland-based company, to test for gold in the Wombat State Forest.

The then State Labour Government granted a mining licence in 2007, which gave the company access to about five hectares. But it was not until May this year that the DPI approved a plan that grants permission to conduct a 'bulk sample operation' in the area. The open-cut mine is scheduled to start next month and will involve clearing out native vegetation, extracting 5000 tonnes of material from the ground, and taking it away for processing. If the extraction proves successful, the company will seek permission to set up a bigger mining operation.

Local residents, environmentalists and the Hepburn Shire Council fear the permit has paved the way for an open-cut mine that would damage the forest. They say there has been limited consultation, and that the mine would threaten native plants and animals, and potentially contaminate the upper reaches of the heritage-listed Lerderderg River. Fortitude Mining and the Baillieu Government deny this. The Government argues that 'rigorous processes' will mitigate the effects on the environment. The company's plan suggests that while native vegetation will be removed, the land would be refilled and, if necessary, re-seeded. All ore will be taken to Maldon for processing, about 70 kilometres away, and then taken back to the site.

Précised from an article by **Farrah Tomazin, The Age, Sunday 12 August 2012**

<http://www.theage.com.au/environment/conservation/mining-plan-sparks-fears-for-wombats-20120811-241il.html>



BSAR 2012 TRAINING WEEKEND 27-28 OCTOBER

First Notice

Information for members and potential members

This weekend will provide BSAR members and interested bushwalkers with training in the skills required for bush searching. Participation in a Victorian Rogaining Association (VRA) rogaine on Saturday is ideal training for BSAR members as it is a close match to what is expected of us during a search; accurate off track bush navigation in small groups. This 12-hour event will provide ample opportunity to practice navigation in a friendly team environment. If you are unable to register as a team, don't be put off coming along. We'll find a partner for you. Sunday will focus on search specific aspects, including a mock search and evacuation

Venue

The training weekend will be held near Eldorado in Victoria's north-east.

Who should attend

Current BSAR members, prospective members and experienced bushwalkers who are considering membership of BSAR and who meet or who are close to meeting the requirements for BSAR membership, are all most welcome. BSAR entry requirements are on Page 12 of the BSAR manual, and at: <http://www.bsar.org/joining>

Transport & parking

Police bus transport will be provided for the weekend. Seats will be allocated on receipt of application. The car parking, assembly and departure point for all Melbourne-based participants is at: Police Bands Compound, end of Green Street, Northcote. Departure is at 0700 hrs Saturday 27th October, returning at approximately 1800 hrs on Sunday, 28th October.

Training organisers will coordinate transport for rural participants once registration forms from Club Delegates and Bushwalking Victoria members have been received.

What to bring

Bring equipment (lightweight tent, stove, eating utensils, etc) for an overnight camp on Saturday night and day trips into the bush; off track and some scrub. A reminder of BSAR policy: no shorts please. A folding chair is a handy luxury for workshop sessions and in camp. Bring your copy of the Search and Rescue manual, your lunches and filled water bottles. The VRA will provide dinner on Saturday night and breakfast Sunday. Maps will be supplied. Highlighters for marking up the rogaine map are also useful.

Saturday's rogaine

(The event entry cost will be paid by BSAR)

On arrival at practice location – briefing, and set up camp

10:00 am – collect rogaine maps and plan route

12 noon – the 12 hour rogaine begins

12 midnight – rogaine finishes

Evening meal provided by VRA from 7 pm onward

The rogaine will be done in groups of two or three. BSAR members/potential members should form their own club teams if possible, but if not, we'll find a compatible partner or team for you to join. A team can return to base (hash house) during the event. Teams may finish any time before midnight, but members are encouraged to spend a couple of hours practicing their night navigation.

For information on how the rogaine operates visit the VRA website: www.vra.rogaine.asn.au/getting-started/which-ways-north.html

All first time rogainers are expected to read this. Participants are expected to be actively involved in both the Saturday and Sunday activities and to travel on Police transport or as arranged by the organisers for those attending from rural areas.

Attendance confirmation

Closing date for registration is **Wednesday, 10th October**.

Club members and prospective members should register with their Club BSAR Delegate prior to the closing date.

Club Delegates, please email training@bsar.org with the completed registration form for your Club by 10th October. Forms will be emailed to you soon.

Bushwalking Victoria members, please email training@bsar.org directly, sending your completed registration form before 10th October. Forms will be emailed to you soon.

Other experienced bushwalkers interested in attending and joining BSAR, please contact Neville Byrne before 10th October.

Any questions

If you have any questions about the weekend, please don't hesitate to ring or email Neville Byrne Home: 5754 1568 Mobile: 0439 940 931; Email: training@bsar.org

BSAR October 2012 Training First Notice, 03/08/12

NUDE BUSHWALKING...SOME MORE

In France

Joslin's para in the August BNV was very timely. I had a VLine trip to Melbourne to go and see 'The Way' (The Camino - Santiago de Compostella ... sigh ...) at The Nova in Carlton. I got a copy of mX at Southern Cross on the way home. Page 7 had a great photo of bushwalkers. Very discreet. Very amusing. Can't see anyone I recognise, although...

The caption read:

Hikers add bounce to the outdoors experience

Get your hiking gear off people, it's time for a long walk. A group of naturists hike along the Aiguillon River near Lussan in eastern France as the northern summer heats up. Tired of being confined to nudist camps, some nudists go hiking to enhance the outdoor experience and to be at one with nature, even at the risk of running into clothed hikers.'

It heightens their need for sunscreen and insect repellent.

Alison Lanigan

President, Great Dividing Trail Association

Thanks, Alison, for the alert. **Joslin Guest, Editor**

And in Victoria

In response to Joslin Guest's article, there is a nude bushwalking contingent in Melbourne that is affiliated with another group. Generally the bushwalks are from Spring to Autumn and are male only. The scope for this contingent is growing and goes beyond just bushwalking with other outdoor activities, but bushwalking is the main aim. There are many wonderful spots close to Melbourne where we 'get our textiles off'.

I would encourage other bushwalkers to take the plunge. You will be surprised how liberating the experience is without the extra burden of weight and freedom.

In the nude, Peter

NEW BUSHWALKING VICTORIA WEB SITE NOW LIVE

I am very pleased to announce that the first stage of Bushwalking Victoria's new web site is now live at www.bushwalkingvictoria.org.au (The web address hasn't changed, but the design has.)

Stage 1 of the new site includes content copied from the previous site and updated where required, **plus a completely new Club Directory**. The new directory is a significant improvement on the club list that was on the old site. It provides more extensive information on each member club, including an introduction, some key details such as size, location, web site, contact details, activities offered. The additional information should make it much easier for prospective members to find and contact a club meeting their interests, and hopefully lead to increased club membership over time.

Stages 2 and 3 of the new site that incorporate additional new features will be released in coming weeks. The additional features include:

- where2walk, a directory/library of walks across Victoria. The directory already has more than 100 walks ready to go and we will soon be seeking assistance from all clubs to provide more walks
- wherewewalk, an online survey where people who bushwalk (i.e. BWV members and non-members) will be encouraged to record details of walks they undertake
- online subscription to Bushwalking Victoria newsletters (for the time being Bushwalking News Victoria will continue unchanged, however in 2013 we are planning on introducing an online newsletter with BNV changing to a quarterly publication)
- online membership application and payment for BWV Individual members

Chris Towers

President & Web Site Manager

AROUND THE TRACKS

Bunyip State Park

The new Bench Rest Track linking Bunyip State Park and Kurth Kiln Regional Park is now open. Developed by Bushwalking Victoria and Parks Victoria, bushwalkers will find this an interesting addition to the track network. At this stage the track is only tape- marked, with plans for signage to be installed later in the year.

Directions to the start of the track can be obtained from either Parks Victoria at Gembrook or Bushwalking Victoria.

Freemans Mill Track

The southern section of this track from the aqueduct to Tea Tree Rd has been cleared by Parks Victoria. The northern section out to the weir has a number of trees down and significant regrowth obstructing the track.

Parks Victoria is waiting for better weather before tackling the northern section. BEC will also schedule this for the next track maintenance program, due after September.

Wilson's Prom - report by Ian McKellar

The work on repairing the road from Tidal River to Telegraph Saddle is now scheduled to be completed about October. The track to Sealers Cove will not be reopened for quite a while, but work is progressing.

The Lighthouse accommodation is only being used at weekends as there are few bookings and Parks Victoria do not want managers there with no guests.

Baw Baws - report by Eileen Laidlaw

The Australian Alps Walking Track (AAWT) is closed between Walhalla and the Thomson Valley Road in Baw Baw National Park due to landslides from the June rain event. Parks Victoria hasn't got a re-opening date as yet, but they hopefully will be able to reopen the track by December 2012. All other walking tracks in Baw Baw National Park are open.

Australian Alps Walking Track—25km Cleared



The iconic AAWT is an iconic track stretches over 650km from the historic township of Walhalla in Victoria through to Canberra in the Australian Capital Territory. It is a challenging, long- distance walk that provides people with an opportunity to experience some of the most remote and beautiful areas of forest and parks in Australia.

In December 2006, the Great Divide Fires burned over one million hectares of parks and forests in the eastern part of Victoria. Since then fallen trees and incredibly thick regeneration has made parts of the track impenetrable. The section of walking track north of Licola around the Black River became almost impossible to find.

Heyfield DSE staff have recently cleared and opened up more than 25km of the track from Champion Spur Track to Mount Skene and from Mount Skene through to Mount McDonald in the Alpine National Park. This was a great and challenging achievement, involving working with other land management agencies across South Eastern Australia.

(Graphic: Track Watch Magazine, 4WD Victoria)

Around the tracks (cont)

Given the track's remoteness and long distance, anyone considering undertaking the walk should ensure that they are well-prepared, experienced and have good navigation skills.

If you would like information about walking the AAWT, please check the Australian Alps National Parks homepage at: www.australionalps.environment.gov.au

If you would like information regarding the section of track from Champion Spur Track through to Mount McDonald, please contact DSE Heyfield on 5139 7777.

Upgraded Facilities at the Walk into History



We apologise for the poor quality of these images of the upgraded facilities at Ada No.2 Mill camping site on the Walk into History near Powelltown. They were taken by Richard Wadsworth of DSE on a mobile phone. (Editor)

Dave Rimmer, Manager BEC

Mallacoota Scenic Coastal Walk

Construction works are well underway on the new Mallacoota Scenic Coastal Walk, which will eventually extend from the Mallacoota Township through to the Croajingolong National Park near Pebbly Beach, and is part of the Great Coastal Walks of East Gippsland, which also includes the recently opened Snowy River Estuary Walk at Marlo.

The first stage of the walk development commenced with the upgrading of the 2.7km Casuarina and Heathland walking tracks between the Mallacoota Township and Davis Creek beach. The second stage is now underway with the construction of 6.6km of new walking tracks along the coast from Davis Creek to Croajingolong National Park where it will connect with the Old Coast Road Walking Track.

The work involved for stage two includes construction of elevated lookout platforms at Davis Creek, Betka Point, and in the vicinity of Airport Cove. These platforms will complement six ground level lookouts that will provide walkers with spectacular views of the coastline. Other structures include a new pedestrian bridge at the creek which flows out to Pebbly Beach and a boardwalk near the small lagoon east of the Betka Bridge.

The Mallacoota Scenic Coastal Walk when completed will include interpretive signs about environmental and cultural features and will comprise a 9.3km short walk along Mallacoota's spectacular coastline.

Parks Victoria media release, 13 August 2012

HEALTHY BUSHWALKER

First Aid—Muscle Soreness & Stiffness

Do you feel stiff and sore with tight muscles after a walk? Do you even have cramps? I think that it happens to all of us, especially as we get older.

What is happening in the body

When exercising, waste products from metabolism build up locally in our muscles. These waste products include lactic acid, ammonia, carbon dioxide, creatinine and hydrogen ions which make the local area acidic. Muscle cramps are caused by severe cold, overexercise and local chemical build-up mentioned above. A local reflex sends sensory information into the spinal cord which intensifies the spasm, and therefore pain, still further.

How to manage this dilemma

Plenty of oxygen in the muscle will prevent the formation of lactic acid. So we need a good blood supply to all muscles.

If these waste products are formed, we must flush them out of our system through the kidneys.

➤ Drink plenty of water before, during and after a walk. This keeps your blood volume up so that you: (cont page 10)

TRACK MAINTENANCE—NORTHERN WILSONS PROM

Following on the work on the Tin Mine Cove Track between Tin Mine Cove and Lighthouse Point in May, seven bushwalkers returned to Northern Wilsons Prom on 21-22 July to finish locating or redefining, marking and clearing the route from Chinamans Long Beach to Lighthouse Point. They reached the cliff above Lighthouse Point; the route is now marked by chevrons and has been GPSed. Unfortunately the group did not have time to locate the totally obscured track down to the beach or define a new track down. That will take another visit.

Top right: Richard Hume
 Bottom right: Mark Heath
 Bottom left: Gary McDonald, Mark Heath, Charlie Ablitt & Sigrid Meier at Lighthouse Point



Healthy Bushwalker (cont from page 9)

- Provide plenty of oxygen to exercising muscles.
- Flush out these waste products to avoid muscle pain. (You may have noticed that you produce small amounts of concentrated urine when walking.)
- Keep exercising regularly. You will maintain good blood flow to exercising muscles.
- Regular stretching exercises keeps those muscles well lubricated.
- Eat a healthy balanced diet that includes magnesium. Magnesium is a muscle relaxant and powerful vasodilation agent. This means it opens up blood vessels so that more blood can get to the muscles. Green leafy vegies and fish or a magnesium supplement will help to avoid muscle cramping. NB. Not too much magnesium as it is a laxative!
- Hot bath, hot water bottle, massage. Anything that warms up the area will improve local blood flow and flush out those wastes to reduce pain and stiffness.

Elvie McInerney, M.Sc.(Physiol).Dip.Ed. Cert. IV in Workplace Assess & Train, First Aid Trainer, 23 yrs
 Koonung Walk Talk, Vol 27 No 7, August 2012

Bone Mass & Balance Are Important, Too

The study of more than 22,000 Australians over 65 published in the *Australian Journal of Science and Medicine in Sport* found that of those who did any exercise at all most did aerobic activities such as walking, which is beneficial to heart fitness but does little to protect the exerciser against falls or loss of bone mass. This finding probably applies to younger people as well,

Although any walking is good for you, to get real cardio vascular benefits you need to put some effort into it; that is, get at least a bit puffed.

Numerous studies demonstrate that adults who exercise have greater bone mass than those who are less active. However, not all exercise is equal. The best maintenance and improvement of bone mass come from high-impact exercises and exercises that overload the bone. This load imposed on a bone during exercise needs to be substantially greater than that experienced during normal activities of daily living. Regular bushwalkers who carry packs might be

(cont page 11)



Otway Ranges Walking Track Ass No. A 0034409H

LES NOSEDA MEMORIAL WALK

Sunday 9 September 2012
Highview Scenic Walk

Invitation to all

Les Nosedá had a passion for walking in the Otways. The Highview Scenic Walk was one of his favourites.

Meet at the sculptures near the Apollo Bay Information Centre for 9am start (4 hours) or at Crow's Nest at 10am start (3 hours)

Leader: Alan Dow

If attending please contact Glenda Whelan (info@pointofview.com.au or 0419891685)

Gather at the Krambruk Room, Apollo Bay Hotel after the walk.

Please Note: All participants must sign in before starting at either point. BYO water, snack, camera. Gold coin donation

For more information about ORWTA go to www.otwaywalks.com and check out our updated Blog <http://otwaywalks.blogspot.com>

Healthy Bushwalker (cont from page 10)

less at risk from loss of bone mass than other recreational walkers because even day packs have a bit of weight in them. Perhaps it might be beneficial for us to increase the weight of our packs on Easy, Easy-Medium and Medium day walks for the sake of protecting our bone density.

Nutrition is important too. Foods good for maintaining bone mass include yoghurt: an excellent source of phosphorus and calcium, two important nutrients that work together to build strong, healthy bones; oranges: an excellent source of vitamin C, important for forming collagen in bones; spinach: green leafy vegetables are rich in magnesium, one of the most important nutrients linked to bone strength, as it assists in the delivery and laying down of calcium in the bones; and that horror of many a childhood, cod-liver oil: a rich natural source of vitamins A and D, needed to improve calcium and phosphorus absorption. As important for adults as for children.

Walking on uneven tracks, clambering over rocks, climbing up and down hills, crossing creeks etc all help bushwalkers maintain their ability to balance. Nevertheless, if walking is your only form of exercise, you might think of adding activities such as dancing, weightlifting, yoga and tai chi to preserve and improve your balance.

If that type of group activity is not your thing, here are some simple things you can do at home to test and improve your balance. Stand on one leg, holding your other foot in your hand behind you or rest it against your calf, knee or thigh, and hold at least 60 seconds. Stand on one leg and wave your arms about in random motions for a minute or two. Stand on one leg and bend down to pick something off the floor (over time make the object larger and heavier). Try a one legged squat. Use an aid such as a wall, chair or table to begin with. When you get good at these exercises, see whether you can do them with your eyes closed. Increase the time of the hold or number, or do them using arm weights or on a less stable surface like a thick yoga mat or balance seesaw. When you make the surface underneath you smaller or less stable, it becomes harder to maintain your balance. Traditional lunges and squats are also good balance exercises. Focus on keeping your core strong to combat wobble. For bone mass, jump about—dance about the house to a thumping tune (yes, men, too!); or return to childhood or pretend you are a boxer: try a skipping rope.

UPSTREAM 50 KM CHALLENGE 2012



This is the eighth year of the 50km Upstream Challenge. Scheduled for Saturday 17 November, the Challenge departs Waterfront City at Docklands, then follows the Yarra River to finish at Donvale. You can walk as an individual, a team or a relay. Find out more at <http://www.upstreamfoundation.org/index.php?menuID=18>

A total of \$1,000,000 in donations has been raised since the Upstream Challenge began in 2005. Last year's event raised a record \$211,960, which was distributed to Camp Quality (\$72,654), Disability Sport & Recreation (\$54,673), Entrust Foundation (\$54,673) and The Leprosy Mission/Other (\$29,960). The target for 2012 is \$250,000. They are also the beneficiaries for 2012. Find out more about them at

<http://www.upstreamfoundation.org/index.php?menuID=4>

To register as a:

- Walker: <https://www.upstreamfoundation.org/index.php?menuID=17>
- Volunteer: <http://www.upstreamfoundation.org/index.php?menuID=28>
- Sponsor: <http://www.upstreamfoundation.org/index.php?menuID=29>

For the rules for participation:

<http://www.upstreamfoundation.org/index.php?menuID=21>

Joslin Guest

Who's Who at Bushwalking Victoria

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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
 Outdoor Recreation Centre Committee of Management:
 Chris Towers
 Living Links Steering Committee: Tony Walker



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If undeliverable
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