



Ballarat Bushies show how to add a balustrade to an improvised bridge, Creswick Koala Park, Rat Tales, Sept 2012

## 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

### Wanted – ‘Sherpas’ for Victorian bushwalks



Yes, that's right, Sherpas! But not as you probably think of them.

Recently, I met an enthusiastic bushwalker by the name of Dr David Stratton. David started bushwalking—or hiking as he knew it then—as a young lad in Scotland. He walked in the UK and Europe, often with his family, and he has treasured movie film taken by his father of a family walk in the Austrian Alps when he was a youth.

In 1996, David was diagnosed with MS. Despite this and with support from his wife and family, he managed to continue walking for several years until he became confined to a wheelchair. His last big trek was in 1999 in Canada, and since then he has resigned himself to not being able to go bushwalking again.

Four years ago, on a trip to Vancouver, Canada, David was introduced to the TrailRider, a single wheeled ‘wheelchair’ (often described as a cross between a wheelchair and a wheelbarrow). Despite initial misgivings, David quickly realised the potential of the TrailRider and, on his return to Australia, commenced efforts to import them and promote their use in Victoria. Fortunately, early on he found a willing and enthusiastic supporter in John Roberts, the head ranger for the Grampians National Park. Through the combined efforts of David, David Roberts and John Kenwright, the Parks Victoria Community Activation Coordinator, TrailRiders are available for use for free in five Victorian parks; Grampians (David’s first walk in Victoria was to Boronia Peak, just outside Halls Gap in the Grampians), Cape Conran, Wilsons Prom, Point Nepean and Lysterfield. It is hoped that in the future more TrailRiders will be available in more parks. One area where I would like to see them is the Bogong High Plains around Falls Creek, where the fire trails, tracks and aqueduct trails are ideal for their use.

So, where do the Sherpas come in? The TrailRider requires at least two able-bodied people to push and pull the chair, and David likes to call his helpers Sherpas. In rougher terrain four Sherpas are required, two to pull and two to push; and for longer and more difficult walks even more helpers are required to give each Sherpa a break from the task of pushing and pulling. While David is fortunate to have six children willing and able to be his Sherpas, most people wanting to use a TrailRider won't have such support laid on. So, David had the bright idea that Bushwalking Victoria might be able assist with finding able-bodied bushwalkers prepared to volunteer to help. I think this is a fantastic initiative that deserves our support.

More information is available from the Parks Victoria website at <http://parkweb.vic.gov.au/explore/access-for-all-abilities/improving-park-access-for-all>

### Bushwalking Victoria website update – *where2walk* and *WhereWeWalk* now available

The next stages of Bushwalking Victoria's new website have now been launched.

*where2walk* is a library/directory of walks across Victoria, with comprehensive details of more than 150 walks already available on the site. I will shortly be writing to all clubs asking them to contribute more walks to *where2walk*. Access to the full walk details requires a subscription which is available for free to all Bushwalking Victoria members. Each club has been provided with details on how members can activate their subscription. To access *where2walk*, go to the Bushwalking Victoria website or [www.where2walk.org.au](http://www.where2walk.org.au)

*WhereWeWalk* is designed to facilitate the systematic collection of data about people bushwalking in Victoria. The data collected will greatly assist Bushwalking Victoria to advocate for better bushwalking for Victoria. *WhereWeWalk* will enable all people who bushwalk to record some basic details of their bushwalks, such as date, location, the specific walk completed, distance and duration of walk and how many people were in the group undertaking the walk. Walkers are also asked to provide feedback such as how they enjoyed the walk and any problems they experienced along the track (overgrown, bridges down, signs missing or damaged etc). Walkers can also provide feedback or suggestions for improvements or changes to the walking tracks that they have used which we can pass on to the relevant land manager, ie. Parks Victoria or the Department of Environment and Sustainability.

To encourage people who bushwalk to enter details of their walks, prizes are being offered to randomly selected entries. *WhereWeWalk* will run from September 2012 to June 2013. Clubs are encouraged to participate in this vital survey by recording the details of all walks undertaken between 29 October 2012 and 30 June 2013. Filling in the required details online should only take a couple of minutes for each walk. Many clubs probably already collect the information already and therefore will be able to provide the required information directly rather than enter it through the website. More information on these arrangements will be provided directly to clubs. See [www.wherewewalk.org.au](http://www.wherewewalk.org.au)



Image: Parks Victoria

## Vicmap Topographic Mapping – User Survey

The Department of Sustainability and Environment invites you to participate in a user survey on **Vicmap Topographic Mapping Products**. The results of this survey will be used to further enhance these mapping products to ensure that they meet your needs.

Visit [www.surveymonkey.com/s/VicmapTopoMapping](http://www.surveymonkey.com/s/VicmapTopoMapping)

Survey open **October 1<sup>st</sup> 2012** and closes **October 31<sup>st</sup> 2012**

We value your feedback.



Department of  
Sustainability and Environment 

### AROUND THE TRACKS

#### Goldfields Track

##### Jackass Gully Culvert, Creswick

This culvert and road was substantially damaged in the flood events of 2010-2011. Since then it has been closed. Further deterioration has recently occurred and the culvert has become more dangerous. **Do not attempt to cross Jackass Gully at East-West Rd. Instead, use the diversion at Port Phillip Rd.**

DSE has advised that flood recovery works will be undertaken after the outstanding insurance claims are received. However, this may take considerable time because of state-wide priorities.

##### Wallaby Track: WG Spence Walk

This update refers to the footbridge over Creswick Creek approximately 2km east of Niggl Rd and about 700m towards Creswick from the gate at the western end of Bowens Lane. The MGA Zone 54 coordinates are E 761040. N 5852700.

DSE advises track users to take considerable care because the bridge over Creswick Creek has been damaged by recent flows of the creek. In addition, several trees are down across the track. This area is managed by Central Highlands Water (CHW). DSE will discuss the matter with CHW.

##### Closure at Byres Walk, Lerderberg Track

On 19 June 2012, DSE advised the Lerderberg Track between Whalebone Rd and the Blackwood Caravan Park will be closed until works can improve track safety.

Track closure signs have been placed at either end of this section.

The track width and vegetation growth has some potential for trip and fall hazards, especially where there is a mine opening immediately adjacent to the track. A small tree

across the track will also be removed so that track users don't need to bend over to walk under it.

The track will be widened to conform to approved guidelines, which may include a boardwalk 1-2m long where the mine is opening up.

Some consultation will need to occur because the heritage values of the waterrace will need to be protected if the existing alignment is widened or altered.

**Diversion:** Because of the temporary closure of the Lerderberg Track between Whalebone Rd, Blackwood and the Blackwood Springs Reserve, as well as the poor condition of part of the track east of the Springs Reserve, an alternative route has been designated between the Martin Street/Golden Point Rd intersection (the Blackwood Hotel corner), and the Golden Point Road/North Blackwood Rd intersection some 1.4km to the east of the hotel.

The whole of the diversion follows Golden Point Rd. Take special care when walking along Golden Point Rd as there is no footpath. You will be walking the bitumen road for the whole of the diversion.

##### Mornington Peninsula, report by John Roth

All tracks in this area have been affected by this winter's wet winter.

Parks Victoria is monitoring sections of Two Bays Track. The track has coped well overall, but there are short sections which may need to be improved with timber boardwalk. One part of the Stephanie Rennick Walk was under water when rain overflowed a nearby dam on private property.

A concern by local walkers is the frequent sighting of people walking dogs on prohibited tracks, eg. in Arthurs Seat Park. This has been relayed to the ranger who has been running a campaign, which includes early morning patrols, to catch these offenders.

## **Baw Baws**, report by Eileen Laidlaw

I walked from Walhalla to Poverty Point Bridge on the AAWT to inspect the landslips reported by Andrew Gillham of Parks Victoria. In my opinion, it is not a great hazard to walkers, but Parks Victoria would be derelict in their duty if they did not notify people of the possible dangers. There were no Track Closure signs anywhere in the area I walked. There were a few trees across the track also, but again, it was easy enough to get around them. I didn't get to walk from Poverty Point to the Thompson Valley Road though.

The tops of the Baw Baw plateau still have a good covering of snow on them.

## **Grand Strzelecki Track**, report by Michael Haynes

We had a very successful working party on Saturday 25 August at which we were able to take building materials to some of the work sites, and to construct steps and erosion barriers where they were badly needed. We did not complete the work and so another day is being planned. The date yet to be decided. I will be in touch when more details are known.

## **Wombat State Forest**, report by Dave Rimmer

BEC is alarmed at a proposal to develop an open-cut mine in the forest near Bullarto and in the headwaters of the Lerderderg River; the impacts from mining could have serious effects on the natural values of the area.

## **Otway Ranges**, report by ORWTA

This is an exciting time for the ORWTA as finally it seems that our dream is starting to materialise. To keep the group robust and active we would appreciate your help in recruiting new members.

ORWTA has continued to be active in the past year promoting the Trans Otway Waterfall Walk. The Apollo Bay Trails Feasibility Study was completed in March by Andrew Nixon and passed unanimously by the Colac Otway Shire Council on the 28 March 2012 after a positive six-week public consultation process. We are now working closely with the Colac Otway Shire and Parks Victoria to seek funding for the two priority tracks identified, namely the High view Scenic Walk and Wild Dog Track.

ORWTA continues to run guided walks each month in the Otways. These walks are popular and serve the dual purpose of introducing people to the hidden beauty of the Otway National Park as well as keeping tracks open for other bushwalkers.

If you are interested in participating in our monthly walks, visit our website: [www.otwaywalks.com](http://www.otwaywalks.com). The site has details of ORWTA's history, contact details, an outline and maps of the Trans Otway Waterfall Walk, upcoming walks and meetings as well as meeting minutes. We also have a blog: <http://otwaywalks.blogspot.com.au> where there are more photos, news and walk reports.

## **Currently ORTWA is offering two fantastic resources for sale to members.**

### ➤ **DVD on the Otways**

Shivaree Mansfield has put together a DVD on the Otways.

It includes 100 1:25,000 maps, approximately 50 photographs, walk descriptions and information on the route of the Trans Otway Waterfall Walk, plus lots of other bits about the Otways.

The maps have all been modified by Shivaree to show the location of waterfalls, corrected tracks, gorges and historic landmarks such as tramways etc. These maps have not been available to the public before and represent 30 years of walking and mapping in the Otways. They are a wonderful resource for anyone who has an interest in the Otway Ranges.

If you would like a copy of this DVD, you need to tick the relevant box on the ORTWA membership form. The cost is \$40. The maps alone are worth many times this price.

Shivaree has kindly donated all the proceeds to the association and ORTWA thanks her for her support.

### ➤ **250 Victorian Waterfalls** (book)

ORTWA also has Ray Barber's and Ian Wace's informative and beautiful reference book for sale for \$50. Delivery can be arranged to the Otway's / Geelong area.

Please call either Alan Dow 0400404046 or Sue McKenzie 52376369.

**Dave Rimmer, Manager, Bushwalking Environment Committee**

## **Wilson's Prom**

### **Tracks**

Subject to weather, the following walks and roads are scheduled to reopen by the commencement of the Christmas Ballot period on Friday 21 December.

- Loo Err boardwalk
- Whisky Bay beach access track and car park
- Cotters Lake walking track and car park
- Mt Oberon Rd
- Mt Oberon summit walk
- Telegraph Track.

In the Southern Prom, major boardwalk construction will commence on the Waterloo Bay track in March 2013. The track will remain open to hikers during this time.

Flood recovery works on the Sealers Cove walking track are also continuing and the track is scheduled to re-open by Easter 2013.

### **Planned burns**

As part of the Wilsons Promontory National Park Planned Burning Program, the following prescribed burns will be undertaken at the Prom over the coming year:

**1. Old Burn Track**

- **Size:** 303ha. Burn number:2SWP0003.
- **Location:** Approximately 7km south of the park entry on the western side of Promontory Rd.
- **Objective:** Ecological burn to assist with the control of invading Coast Tea Tree on the Yanakie Isthmus. The burn will provide improved conditions for the re-establishment of Coastal Grassy Woodlands on the Isthmus and is part of the Yanakie Isthmus Restoration.
- **Timing.** Subject to suitable weather, this burn will be lit this Spring.

**2. Cascade Creek**

- **Size:** 561ha. Burn number 2SWP0005.
- **Location:** South of Mt Nor gate and bordered by Cascade Ck in the west and Enclave Ck in the east.

- **Objective:** Ecological burn to bring the fire age class distribution of Heathland within the burn closer to the idealised distribution (as identified through a fire ecology study), and to provide suitable conditions for the re-establishment of a Eucalyptus over-storey in areas that have been destocked.
- **Timing:** Subject to suitable weather, this burn will be lit this coming Autumn.

**Further information**

Further information can be obtained from the DSE website: <http://www.dse.vic.gov.au/fire-and-other-emergencies/planned-burning-an-introduction/fire-operations-plansapproved>

**Wilsons Promontory National Park Stakeholder Update No 15, September 2012**

**TRACK MAINTENANCE PROGRAM**

The track maintenance program for the next 8 months will target the following walking tracks.

- **Bunyip State Park:**
  - Bench Rest Track: date to be determined
  - Freemans Mill:
 

Parks Victoria intend to clear Bunyip Weir to Tea Tree Rd in the northern section Bushwalking Victoria will then do a clean-up, probably in March 2013
- **Yarra Ranges National Park:**
  - Condon's Track: date to be determined

- **AAWT East Alps**
  - 25-28 January 2013
  - Venue being negotiated with Parks Victoria

**Other tracks** where we may assist, but which are not yet scheduled are:

- Grand Strzelecki track
- Baw Baw AAWT
- Grampians

The following **conservation projects** are being planned:

- Snake Island: date to be determined
- Alpine Restoration Falls Creek: January 2013

**PARKS VICTORIA IS TO REDUCE STAFF NUMBERS**

Parks Victoria is cutting 120 jobs as part of a major restructure. The restructure is the result of a review commissioned by the former Labour Government. According to the Herald Sun, the cut is 140 staff, with 120 voluntary redundancies and the number of senior managers positions reduced from 65 to 47. Frontline positions including rangers, field service officers and 'other critical business roles' have been exempted from the cuts. It is not clear who else the redundancies will apply to; I assume administrative staff; it's hard to imagine that they will not include planning and research positions.

As part of his announcement of the job cuts on Friday 21 September, Dr Jackson said that Parks Victoria was still focused on frontline services, but needed to respond to the changing needs of a growing community, the environment and new technologies. He said 'We are working to become a more efficient organisation and meet the challenges of parks management while maintaining important community and frontline services.' He also said that the result of the restructure and redundancies would be 'a resilient Parks Victoria'.

He said 'The planned burning program will not be affected. Skills critical to meeting our targets and delivering on priorities will be maintained. Fire prevention remains a priority for Parks Victoria.'

Parks Victoria employs 1100 staff at 100 national and state parks, and manages a diverse parks estate covering more than four million hectares – about 18 per cent of Victoria. Parks Victoria has been starved of funds by the current and previous governments. In my opinion, the proposed cuts will make it even more difficult for Parks to maintain our parks adequately. This lack of ability may be used in the future to justify the 'privatisation' of services in Victorian parks. The Baillieu Government is already proposing to open the Victoria's national and state parks to commercial tourism.

At the time of creating this article I could not find a press release from Minister for Environment and Climate Change, Ryan Smith, Parks Victoria or Dr Jackson about the proposed cuts or restructure.

**Joslin Guest (Editor)**

**THE NATURAL ENVIROMENT**

**Reclaim Victoria’s Environment**

My name is Mick Power, and I started work at Environment Victoria [(EV) recently] as a community campaigner on the Reclaim Victoria’s Environment campaign. I want to introduce myself to you all, as I’m expecting to be doing quite a lot of work with EV’s affiliate groups over the next year.

If you haven’t already heard about the Reclaim Victoria’s Environment campaign, you can read about it at: <http://environmentvictoria.org.au/content/reclaim-victorias-environment>. It’s a grass-roots, people-powered response to the Baillieu Government’s attacks on our environment. We’re mobilising citizens like you all over Victoria to put the environment back on the agenda of all major political parties in Victoria, to stop the attacks and make sure that no government can trash the environment this way again.

Environment Victoria is mobilising 5 million people to take Green Action. So what do you say? Are you in?

**Michael Power, Community Campaigner**

Environment Victoria: [www.environmentvictoria.org.au](http://www.environmentvictoria.org.au)

For some more information about the Baillieu Government’s performance on the environment so far, see also <http://environmentvictoria.org.au/envirowatch/performance>

**Regent Honeyeater Project Planting Weekend**

August 25 – 26, *Leader: Ray Thomas*

It was Kelly Gap on Saturday and Glenrowan on Sunday. A gang of bush rangers heavily armed with mattocks, shovels and trowels had entered private property – but with the approval of the owners. Their aim was to restore eco-systems by planting shrubs and trees on land which had been excessively cleared. Yes, it was the Regent Honeyeater Project volunteer brigade, not the Kelly Gang.

We placed about 4,500 plants on the weekend, rewarded with the gold of the many wattles and the satisfaction of seeing sites of past plantings which are now flourishing, inviting back numerous birds and animals such as gliders. The landowners are beginning to reap the benefits of less erosion, fewer pests and windbreaks. On the Sunday, we completed a wildlife corridor connecting the rocky Warby Ranges to the more fertile low country, to facilitate wildlife movement and provide breeding habitat.

As well as attracting members of bushwalking clubs, the project attracts students and people from various organisations who care for the environment and who appreciate the extraordinary organisation and enthusiasm at these weekends. You get the feeling that you are doing something worthwhile as well as talking about it.

About 85 people worked on Saturday and about 70 on Sunday. Thanks to Ray and his team, including Andy, Caroline and Peter ,for an excellent and productive weekend.

**Cows in the Alpine National Park**

The campaign continues with the State Government having challenged the Federal Minister of Environment in legal action at the Federal Court. For more information, read *The Age* article (3 August 2012) at <http://www.theage.com.au/opinion/political-news/court-to-hear-alpine-grazing-ban-challenge-20120802-23if1.html>

**Commercial Development in Victoria’s National Parks**

The State government will now allow private accommodation in our National Parks.. For more information read The Victorian National Parks Association view on this. VNPA are asking for concerned people to write and/or email the State Treasurer to reconsider and to locate private commercial development outside our national parks.

See also:

<http://vnpa.org.au/page/publications/mediareleases/parks-are-fhttp://vnpa.org.au/page/nature-conservation/take-action/privatedevelopment-push-threatens-victoria%27snational-parks>

Rod Novak

The News of the Melbourne Bushwalkers, October 2012



*Pictured above: Regent Honeyeater Project leader Ray Thomas - with Jim Harker alongside - takes volunteers through a site planted several years ago near the base of Mount Glenrowan. Pictured right: Planter Jim Harker and shoveller David Davies, make a great team at the Regent Honeyeater planting weekend. Photographs: David Davies*

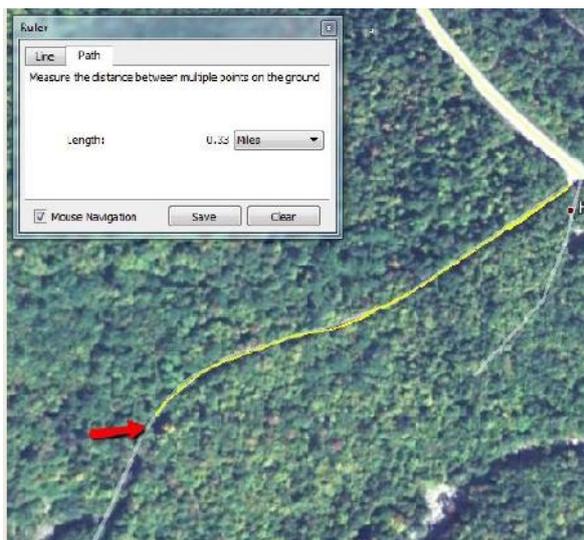
**David Davies, VMTC**  
Trampalong, No 82, Oct 2102

### BUSHWALKING TIPS

Calculate precise distances: <http://is.gd/jmZICM>

Online maps give you general rulers that you can use to judge distance, but there's nothing quite like being able to trace out your precise map and receiving an exact calculation of the distance that you plan to travel. Bushwalkers may be particularly interested in the Deadly Accurate Distances feature to trace out a precise route and receive an exact calculation of the distance.

In Google Earth, you can do this by going to **Tools** → **Ruler**.



When you see the crosshairs, just click at the start of your planned route, and then click at regular intervals along the way. Your route path follows your exact line of travel from point to point.

The benefit of doing it this way is that you can trace out the curves, nooks and every cranny of the path you plan to follow. As you go, the path tool shows you the exact length of the trip in whatever units you like.

**Fred van Amelsvoort, Gisborne Bushwalking Club**  
Walk Talk No 239, September 2012

### RETIREMENT ANNOUNCEMENT



Jenni Sykes is retiring.

Jenni has been Bushwalking Victoria's dedicated and hard working Administration Officer for more than 14 years. Over those years Jenni has supported the interests of our members and clubs and faithfully served the Bushwalking Victoria Officers, Board members and convenors.

Jenni's last day with us will be Thursday 26 October. We will be organising a suitable function to farewell and thank Jenni, and acknowledge her contributions to Bushwalking Victoria. A date and venue for the function is yet to be determined but will probably be in the last week of October. Anyone interested in receiving details when they are available should email me at [president@bushwalkingvictoria.org.au](mailto:president@bushwalkingvictoria.org.au).

**Chris Towers**  
BWV President

### JOB VACANCY

As a result of Jenni's retirement, Bushwalking Victoria will be seeking a temporary replacement for the position of Administration Officer. The position will be for approximately 20 hours per week for up to six months and will be located at the BWV office in Westerfolds Park, Templestowe. For more details email Fred Bover, BWV Secretary, at [secretary@bushwalkingvictoria.org.au](mailto:secretary@bushwalkingvictoria.org.au)

#### 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.

### ASSOCIATIONS INCORPORATION REFORM ACT

The Associations Incorporation Reform Act 2012 and associated regulations will commence on 26 November. The Act replaces the Associations Incorporation Act 1981. The main changes include: annual financial reporting provisions; statement of purposes; rules; defining an office holder; protection for office holders.

All incorporated associations will be notified in writing before the laws come into effect. Ensure Consumer Affairs Victoria has your association's current details - including those of your public officer (secretary). For more information and to update your club details go to <http://tinyurl.com/8l8l2av>

BWV will provide information on the changes on the BWV website. Look for club development resources under Members on the top menu.

## THE RISK OF DRINKING TOO MUCH WATER

*NOTE: This article is based on information obtained from the net by the editor. The information is neither definitive nor necessarily expert. The credentials of the various sources have not been verified independently.*

**Joslin Guest, Editor**

Drinking enough water is important during long periods of physical activity. But very occasionally taking in too much fluid is harmful and can even lead to death.

Mr Brett, the coroner, looking into the death of a 30 year-old man who died while bushwalking in north-west Tasmania last year has found that most likely contributor to the man's death was excessive consumption of water.

Mr Brett said the case highlighted two specific concerns. The first is general perception, particularly among people involved in athletic activities, 'that one should drink as much as possible to avoid becoming dehydrated during exercise'. The second is the risk associated with bushwalking alone. 'Had [the man] been in company, whilst it cannot be said that he would not have suffered the condition that led to his death, I suspect that he would have been in a substantially better condition to cope with the disorientation and fear that arose from being lost.'

### Hyponatremia

Drinking too much water can result in a condition known as hyponatremia, which literally means low (hypo) sodium in the blood (natremia). Hyponatremia is relatively common among people with certain disease conditions and among athletes such as marathon runners. However, generally, the risk of death due to hyponatremia is very low.

Sodium (Na) is an important nutrient obtained from a normal diet. It is unlikely that the bushwalker died because of low dietary intake of sodium because only a small amount is required for our body to function, even during intensive for long periods exercise.

### How can the level of water intake lead to problems?

Excessive or low water intake and excessive or low sodium intake can initiate a series of hormonal reactions largely mediated by the antidiuretic hormone. These reactions lead to either retention of water or its elimination from the body through urine. This process maintains a normal level of fluid and blood volume in our body.

A dramatic increase in water ingestion leads to a so-called 'water intake overload'.

It can lead to abnormal accumulation of fluid in the body or edema (swollen brain). Decreased blood volume stimulates the release of the antidiuretic hormone, which leads to further water retention and a worsening of the condition.

Drinking too much water also puts pressure on the kidneys to remove the excess water. If the water intake is excessive, the over work has the potential to damage the kidney.

Blood pressure is an important way of regulating oxygen delivery to all of the body, including the muscles and brain. Oxygen is important for keeping our muscles moving during exercise. The oxygen supply to the brain influences decision-making processes and cognitive functioning. Irregular blood pressure can lead to low oxygen levels. When combined with cerebral edema (as suggested by the coroner's report), this can lead to confusion, disorientation, and unconsciousness.

### What are some of the symptoms of excessive water intake?

- Headache
- Dizziness
- Nausea & vomiting
- Seizures
- Loss of consciousness
- Coma

### How much water should we consume?

There is no universal formula, but you need about 2 litres of fluids a day; not water specifically, but fluids. It can be supplied by food as well as liquids. The exact amount you should consume is influenced by severity (walking versus running), duration and environmental conditions (hot or cold, dry or humid) of exercise.

### When and how should we drink?

The recommendation for avoiding fatigue due to dehydration as well as hyponatremia is to drink according to thirst before, during and after exercise.

Water should be sipped, not gulped.

### Sources:

<http://www.theage.com.au/victoria/drinking-too-much-water-probably-killed-bushwalker-coroner-declares-20120917-262ng.html>

<http://theconversation.edu.au/too-much-of-a-good-thing-how-drinking-too-much-water-can-kill-9700>

<http://blogs.providencejournal.com/arts-entertainment/lifestyles/fitness/2012/09/debunking-conventional-wisdom-about-drinking-water.html>

<http://myhealthbowl.com/latest-health-news/drinking-too-much-water-can-do-you-more-harm-than-good/>

<http://www.odt.co.nz/sport/athletics/224648/athletics-danger-runners-taking-too-much-liquid>

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001431/>

<http://www.rice.edu/~jenky/sports/salt.html>

### Symptoms of dehydration

Symptoms of dehydration differ from person to person, but below are some generally common symptoms.

The initial symptoms of mild dehydration in adults appear when the body has lost about 2% of its total fluid. They include:

- Thirst
- Dry skin
- Skin flushing
- Dark coloured urine
- Dry sticky mouth
- Sleepiness, tiredness, fatigue or weakness
- Dizziness
- Loss of appetite

If the dehydration is allowed to continue, when the total fluid loss reaches 5% the following effects of dehydration are normally experienced:

- Increased heart rate
- Increased respiration
- Decreased sweating
- Decreased urination
- Increased body temperature
- Extreme fatigue
- Muscle cramps
- Headaches
- Nausea
- Tingling of the limbs
- Constipation

When the body reaches 10% fluid loss, emergency help is needed immediately. 10% or higher fluid loss can be fatal. Symptoms of severe dehydration include:

- Lack of sweating
- Muscle spasms
- Vomiting
- Racing pulse
- Shrivelled skin
- Dim vision
- Painful urination
- Confusion or delirium
- Difficulty breathing
- Seizures
- Chest and abdominal pain
- Unconsciousness

#### Sources:

<http://www.symptomsofdehydration.com/>

<http://www.mayoclinic.com/health/dehydration/DS00561/DSECTION=symptoms>

<http://hike-australia.com/hiking-basics/the-symptoms-of-dehydration/>

### NORTHERN WILSONS PROM TRACK MAINTENANCE— TIN MINE COVE TRACK CLEARED

Thank you to all who worked on clearing Tin Mine Cove Track in northern Wilsons Prom this winter. It took three working bees to clear the track. The bushwalkers who attended the various weekends have done a magnificent job, as we could see last weekend (22-23 Sept). The last 'assault' was largely on the almost impenetrably overgrown section from the beach up to Lighthouse Point. After a difficult and wet landing and the work on the steep ascent to the Lighthouse Point from the beach, the whole Northern Wilsons Prom circuit has been cleared.

We hope Parks Victoria will officially declare the track open soon. It's great walking, so bushwalkers walk it; walking it will help keep the track open.



On this last weekend, we were really pleased to be joined by Steve Robertson, the former Track Conservation Convener. (See above image.)

Below: Discussing over coffee at the end of the weekend where work was done (photos: Charlie Ablitt)



**Charlie Ablitt, BWV Track Maintenance Convener**

*Charlie has sent me lots of wonderful images of this last weekend, which I will publish next issue.* **Editor**

**HAPPY 90TH BIRTHDAY, STUART BROOKES**

What better way to celebrate a 90th birthday than doing something that you love, like cross-country skiing among the snow gums at Dinner Plain!

That is exactly what VMTC Life Member Stuart Brookes, OAM, did soon after enjoying a quiet celebration to mark his 90th birthday with his children Duncan, Andrew and Jenny, daughter-in-law Donna, and grandchildren Miranda, Murray, Thomas and Laura.

Stuart Brookes is a legend and iconic figure in outdoors' circles and has always led by example. He has contributed much to bushwalking and leadership, exploring new areas and publishing user-friendly maps for areas in north east/eastern Victoria and also around Jagungal, as well as harnessing the expertise of search and rescue volunteers.

Stuart was born in 1922 at Korumburra in South Gippsland. He grew up on a dairy farm at nearby Whitelaw, which gave him an early taste of the outdoor life. In 1936 he came to Melbourne to attend Swinburne Technical College.

In 1938 Stuart commenced his first job as a cadet engineer, at the newly founded Commonwealth Aircraft Corporation (CAC). He worked initially in the Aircraft Drawing Office on plans for the 'Wirraway' two-seater light bomber, the first military aircraft to be mass-produced in Australia. After the outbreak of war in 1939, he worked in the confidential design section on the 'Boomerang' fighter, an experimental twin-engine bomber, and then on the 'Mustang' fighter, which was also built at CAC.

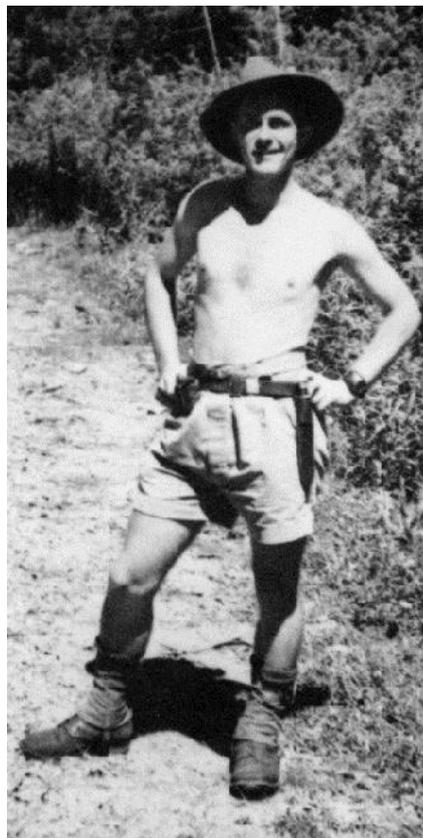
Bushwalking and skiing soon became Stuart's recreational activities. His first ski trip was in 1944 when he had a week at Mount Buffalo Chalet, and his first weekend walk was in 1945 when he set off, alone, for Mount Donna Buang. A friend from work joined him on the Sunday.

Several of his work mates were also keen bushwalkers and in about 1946 they joined the Melbourne Bushwalking Club. After some time about 30 members decided that they would like to form another walking club with a greater emphasis on bushwalking. The Victorian Mountain Tramping Club was duly formed. Stuart was a foundation member of the club and the first walks secretary.

At the CAC, some of the other draughtsmen/bushwalkers, started drawing sketch maps of areas they visited. Stuart adopted the same practice. His first efforts were to convert the excellent Melbourne Walking Club's track notes of the un-mapped high country into strip maps. These could be read in either direction, unlike the track notes. These primitive strip sketch maps led to the bigger maps of specific, popular walking areas that Stuart produced over the following decades. These maps were regularly updated and provided reliable and detailed information tailored to the needs of bushwalkers.

Stuart met his future wife, Pat Gazzard, in the VMTC. They married in 1951, and their three children Duncan, Andrew and Jenny all became active members of the club. Pat passed away suddenly in 2004.

Captions: Very much at 'home' among the snow gums, the legendary Stuart Brookes does it in style at Dinner Plain shortly after his 90th birthday recently. Stuart as much younger adventurer at Donna Buang in 1947.

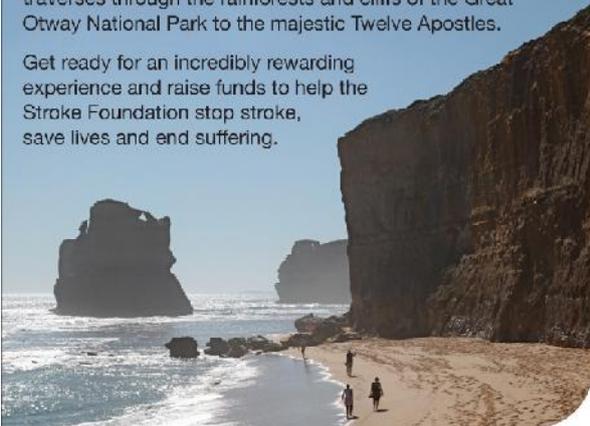


**CHALLENGES**



Sign up for a spectacular three day walk along the Great Ocean Road in Victoria. This breathtaking walk traverses through the rainforests and cliffs of the Great Otway National Park to the majestic Twelve Apostles.

Get ready for an incredibly rewarding experience and raise funds to help the Stroke Foundation stop stroke, save lives and end suffering.



**19 - 21 October 2012**

For more information call Samantha on 03 9670 1000 or email [sramsden@strokefoundation.com.au](mailto:sramsden@strokefoundation.com.au)  
[www.strokefoundation.com.au](http://www.strokefoundation.com.au)



**UPSTREAM 50 KM CHALLENGE 2012**



This is the eighth year of the 50km Upstream Challenge, scheduled for Saturday 17 November and departing Waterfront City at Docklands to follow 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>

\$1,000,000 in donations has been raised since the Upstream Challenge began in 2005. The target for 2012 is \$250,000. The 2011 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). 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>

**Cont from previous page**

Through his membership of the VMTC, Stuart was a founding member of Bush Search and Rescue (BSAR) in 1949, then known as the Search and Rescue Section, Federation of Victorian Walking Clubs (now Bushwalking Victoria). He participated in many of the major searches from the early 1950s to the 1970s, and was a field organiser for many of those years. In the 1980s he was a BSAR police liaison officer.

Stuart also had an extensive involvement in the Federation's track clearing weekends.

Stuart was active on the training board for the Bushwalking and Mountaincraft Leadership Course (BMLC). He was director of initial training with the BMLC from 1973 until 1977 and chairman of the Bushwalking and Mountaincraft Training Advisory Board from 1982 until 1985.

Stuart was awarded the Order of Australia Medal in the Queen's Birthday Honours list in 1988 for services to recreational bushwalking and volunteer search and rescue.

He has also been made a Life Member of the VMTC, and was awarded a Distinguished Service Award (individual) by Bushwalking Victoria in 2008.

**Trampalong, Sept 2012, No 681, Victorian Mountain Tramping Club newsletter**



**Who's Who at Bushwalking Victoria**

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**Representatives on Other Organisations**

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 Victorian Deputy Delegate: David Reid  
 Please contact via the office

**Organisations where BWV Members Provide a Bushwalking Perspective**

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



**Bushwalking News Victoria**

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