

# GO BUSH

JUNE 2014



## BENDIGO BUSHWALKING AND OUTDOOR CLUB

*From the President,*

*Winter is upon us! In my home we have an old, wood combustion stove and it has been chugging along non-stop for several days now as Bendigo fogs up and the temperature drops. But oh my! When the sun comes out and the spirit lifts I am out into the fresh air, be it the garden or the countryside. There is absolutely nothing better to ease a busy mind or a sluggish body than striding out in our bushland, and if you prefer to do it with others our club has had plenty on offer in our calendar. Hopefully whilst on these excursions members have been taking cameras and snapping away madly for the photo competition; more on that on another page.*

*I am thrilled to be able to announce that at the close of nominations, our club has a full complement of office bearers for the next year. A table printed elsewhere in the newsletter indicates those people who were nominated and accepted positions. As the nominations and positions were equal, it means we will not need an election so we can just enjoy celebrating our achievements at the July AGM.*

*The Committee continue to refine a club logo for use on small items. I remind members that we decided to maintain the larger "masthead" logo for the newsletter and as a letterhead for stationery but felt a smaller, simpler logo was also useful and that is still a work in progress. It has been proposed that the smaller one may be used to print on embroidered patches for use on clothing or luggage and also on small presentation gifts. The committee appreciates feedback on the concept, so I encourage you to speak up about it to a committee member.*

*As always, enjoy the outdoors and see you at Tuesday's meeting, Bev.*

### **BENDIGO BUSHWALKING AND OUTDOOR CLUB INC**

P.O. Box 989, Bendigo, 3552

Reg No. A0051482V

Meetings - 4th Tuesday every month [except Dec]  
Sacred Heart Hall, Short Street at 7:30 pm sharp

Membership:   Single   \$40.00  
                      Family   \$60.00

Web address: <http://gobush.org.au/>

BBOC is affiliated with



### **COMMITTEE MEMBERS**

|                |                 |              |
|----------------|-----------------|--------------|
| President      | Bev Ormerod     | 0419 544 348 |
| Vice President | Kerry Cramer    | 03 54414422  |
| Secretary      | Kerrie Norris   | 03 5447 8017 |
| Treasurer      | Greg Doubleday  | 03 5447 8156 |
| Equipment      | Chris Franks    | 03 5439 3549 |
| Coordinator    | Peter Pemberton | 0428 869 196 |
| Newsletter     | Garry Brannan   | 04 508 79917 |

The statements and opinions expressed in articles herein are those of the individual authors, and do not necessarily represent the views of the Bendigo Bushwalking and Outdoor Club.

**Club Meetings:** Meetings are at 7.15 for 7.30 pm. start on the 4th Tuesday of every month (except December) at the Sacred Heart Hall, just behind Haymes Paints in Short Street. There is an annual calendar of speakers, presenters, and activities. Visitors are always welcome.

## Monthly Meeting Activity

- **June 24th** **Maria Island and Penguin Trail - Garry and crew.**  
**10 Min talk:** Food - how many kilojoules do you need, how do you count them and how can you carry them.
- **July 22nd** **AGM and The Kokoda Track 2013 - David Vains.** Walking in the foot steps of Australian soldiers in 1942. My expectations & how it changed me, observations of village life, & the culture shock of Port Moresby.
- **August 26th** **TBA**



- **September 23rd** **Navigation/map reading- 'tried and true'! or 'Old and New' by Greg Doubleday and Friends**
- **Oct 28th** **Calendar Planning - Peter Pemberton**  
**10 Min talk Risk Assessment guidelines**  
**Greg Doubleday**
- **Nov 25th** **TBA**
- **Dec TBA** **Date to be decided. End of Year Function (suggestions welcome)**

**Memberships for 2014 - 2015** Payment for annual Club Membership fees for 2014-15 are now being accepted. Please pay or forward your club fees to Greg Doubleday. Fees are \$60 for a family and \$40 for single members.

Welcome to new members and visitors

## Bushwalking News Victoria – June 2014

In this months' edition you will find:

Working with CFA - Workshops for Bushwalking Clubs

Invitation to Join Lake Mountain Ski Patrol

Book of Interest to Bushwalkers - "Walking Distance:  
Extraordinary Hikes for Ordinary People"

Parks Victoria's 2014 Kookaburra Awards

Conservation:

Deer Control Program in Three Parks Near Melbourne

Cattle Grazing in the Alpine National Park - Writ Filed

Conservation Dogs

Regent Honeyeater Project

Expanded Yellingbo Park

Mt Torbreck Track Clearing - Phase 3

2014 Federation Weekend: Bulletin 2

The Bushwalking Victoria Newsletter for March can be found here.

<http://bushwalkingvictoria.org.au/files/Newsletters/BNV1406.pdf>



A New Image for  
Bushwalking Victoria

Bushwalking Victoria launched its new image on 14 June 2014. The new image is a design scheme that creates a distinctive look and feel which will make Bushwalking Victoria instantly distinguishable

## Other news

### BBOC photographic competition.

Over this year, some of our members have presented trip reports both for the newsletter and at meetings accompanied by amazing photographs. It seems like a perfect opportunity to collect the best of these images for club promotion on the website but also to recognise the skill of the photographers. The Committee have therefore decided to run a photographic competition. At this stage the Committee are looking for twelve amazing photos amongst which will be one deemed to be "The photograph of the year 2013-2014." The photographer would be awarded a prize yet to be determined. The number twelve has been chosen so that a calendar can be created using them which would be available on pre-order at a cost of approximately \$25-\$30.

Details of the competition:

- Deadline is August 10<sup>th</sup>
- Photos need to be from a camera of a minimum 5 megapixels.
- Photos should be emailed to Garry Brannan at [garrybrannan@gmail.com](mailto:garrybrannan@gmail.com)
- Photos need to have been taken during the 2013-2014 club year, on club activities and labeled with venue and date.
- Limit of 12 entries per member
- If identifiable images of members appear in the photo then permission for publication must be sort from those members
- Entry of photos entitles the club to use the images for club promotion in newsletters or on the website

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### BBOC Committee Nominations 2014-2015

At the closing date [June 10] of nominations for the Club Committee for the next twelve months, the following nominations had been received.

| Nominations for                        | Nominee         | Nominated by    |
|--|-----------------|-----------------|
| President                              | Leigh Callinan  | Kerrie Norris   |
| Vice President                         | Kerrie Cramer   | Chris Franks    |
| Secretary/ Equipment Officer           | Chris Franks    | Bev Ormerod     |
| Treasurer                              | Greg Doubleday  | Garry Brannan   |
| Activities Co-Ordinator/<br>Web Master | Peter Pemberton | Greg Doubleday  |
| Newsletter                             | Garry Brannan   | Peter Pemberton |
| General Committee member 1             | Kerrie Norris   | Bev Ormerod     |
| General Committee member 2             | Roland Cauka    | Kerrie Norris   |
| General Committee member 3             | Maggie Smyth    | Rod Smyth       |

As the number of nominations equals the number of positions, no election is required and the new Committee will be installed at the AGM meeting on the 22nd July.

# Hypothermia

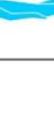
## What is hypothermia?

Hypothermia is when the core body temperature drops to a level where normal brain and muscle function is impaired – usually at or below 35°C. When the body cannot cope it goes into survival mode, shutting down non-essential functions. Hypothermia occurs when the body cannot make up for the amount of heat lost.

HYPOTHERMIA CAN lead to :

- Loss of coordination
- Breathing difficulties
- Mental deterioration
- Circulatory failure
- Unconsciousness
- Death

The human body works best at approximately 37°C. The 'outer shell' can get much colder but the vital organs in the 'core' must stay at this constant temperature.

| THE VARIOUS STAGES OF HYPOTHERMIA |   |  |                 |
|-----------------------------------|---|--|-----------------|
| 37°C                              |   | <b>NORMAL BODY CORE TEMPERATURE</b>  |                 |
| 36°C                              |  | <b>FEEL COLD</b><br>▲ Still alert and able to help yourself<br>▲ Numbness in legs and arms   |                 |
| 35°C                              |  | <b>MILD HYPOTHERMIA</b><br>▲ Shivering<br>▲ The 'Umbles' may present<br>▲ May appear drunk<br>▲ Denies any problems  | <b>MILD</b>     |
| 33°C                              |  | <b>MODERATE HYPOTHERMIA</b><br>▲ Uncontrollable shivering<br>▲ Increased confusion<br>▲ The 'Umbles' worsen<br>▲ Increased heart and respiratory rate  | <b>MODERATE</b> |
|                                   |  | <b>SEVERE HYPOTHERMIA</b><br>▲ Muscle stiffness<br>▲ Shivering stops<br>▲ Collapse<br>▲ Decreased level of consciousness<br><b>Can deteriorate to:</b><br>▲ Unconscious<br>▲ No response to pain<br>▲ Breathing may be difficult to detect<br>▲ Slow pulse<br>▲ Skin cold – may be blue/grey or pink in colour | <b>SEVERE</b>   |
| 32°C                              |  |  |                 |
| 28°C                              |  | <b>CARDIAC ARREST</b><br>▲ Unconscious with no obvious breathing or pulse<br>▲ May appear dead   |                 |

## What is cold shock?

Cold shock is when a person is rapidly chilled, e.g. falling into cold water. Hypothermia is not the immediate concern here as the core takes up to 30 minutes to become hypothermic.

Several reactions occur when immersed suddenly in cold water:

- Uncontrolled gasping – increases risk of water inhalation and drowning.
- Hyperventilation – can cause fainting due to altered levels of carbon dioxide in the blood.
- Loss of coordination – makes swimming or exiting water difficult.
- Decreased 'outer shell' blood flow – blood vessels close to the body's surface constrict, forcing blood from the extremities to the core, which increases heart rate and blood pressure. This can lead to strain on the heart which may result in cardiac arrhythmias or heart failure.

If the patient's temperature is less than 35°C then they should be treated as hypothermic. If their temperature is above 35°C, keep them moving as 70% of heat production is generated by muscle activity.

Only a low reading thermometer will tell you whether an unconscious patient is suffering from hypothermia or cold shock.

## What causes hypothermia?

ENVIRONMENTAL FACTORS that may contribute to hypothermia:

- WET CLOTHING – which has decreased insulating properties.
- WIND – will draw the heat from the body.
- COLD – when combined with wind increases chances of hypothermia.
- Remember temperature will decrease with increased altitude.

OTHER FACTORS that may hinder the body's ability to maintain core temperature:

- POOR FOOD INTAKE – not enough, not often enough, wrong type.
- FATIGUE – which may be due to a lack of fitness, activity inexperience, or heavy loads.
- RECENT ILLNESS – especially influenza and 'gastro' illness.
- INJURY and/or ANXIETY – can decrease the body's ability to cope with cold conditions.

Assume any immobile patient in the outdoors may develop, or may already be suffering from hypothermia.

## Signs & symptoms of hypothermia – the ‘umbles’

- Grumbles – They may complain or become argumentative.
- Fumbles – Hand/eye coordination may deteriorate.
- Mumbles – They may mutter and speak unclearly.
- Stumbles – They may trip without reason.
- Tumbles – Falling may occur without obvious cause.

Hypothermia can lead to a medical emergency. Immediate action is needed to prevent further heat loss and assist re-warming.

**DO NOT IGNORE THE SIGNS.**

## How to respond to Hypothermia

- STOP! – Prevent further cooling.
- FIND SHELTER – Look for or construct a shelter (e.g. tent, snow cave, bivvy). Get out of the wind and rain.
- REMOVE AND REPLACE WET / DAMP CLOTHES – with warm and dry items.
- WARM SWEET DRINKS – these will help to warm the patient from the inside. Do not give any liquid to an unconscious person.
- DO NOT GIVE ALCOHOL
- ASSIST REWARMING:
  - Emergency thermal blanket – can be used as an interim measure to prevent further heat loss. Further warming will be required using other heat sources.
  - Sleeping bag – Get the patient into a sleeping bag. You can increase warmth by placing bottles filled with warm water around the torso (not against skin), or have another fully clothed person inside the sleeping bag to share body heat.
  - RECOVERY POSITION – for any patient that is unconscious.
  - HANDLE WITH CARE – handle any unconscious patient with extreme care and only move them when absolutely necessary.
  - MONITOR – for changes in level of consciousness, temperature, pulse and breathing.
  - CPR – if the patient is unconscious and there is an absence of normal breathing then begin Cardiopulmonary Resuscitation(CPR).
  - Once started, CPR should be continued until breathing returns.
  - CALL FOR HELP – activate your Personal Locator Beacon or contact emergency services via Mountain Radio. If you have mobile phone coverage dial 000

## How to prevent Hypothermia

### PREVENTION IS EASIER THAN TREATMENT

#### PLAN YOUR TRIP

- Be aware of the weather – check the forecast and expect weather changes.
- Know your limits – challenge yourself within your physical limits and experience.
- Take sufficient supplies – ensure you have enough food, equipment and emergency equipment.
- Keep your load to a minimum – avoid carrying extra equipment you do not need.
- Allow time for breaks – eat, drink water, and put on extra clothing during rest breaks.
- Don't get too hot while moving – sweat will dampen clothes which will increase heat loss.

Any combination of WET, WIND AND COLD can be lethal. Consider turning back or seeking shelter if you encounter these conditions. Check all party members regularly for any signs of hypothermia.

#### CLOTHING

However fine the weather, take waterproof and windproof clothing, including a hooded rain jacket and over trousers. Wear wool, polypropylene or polar-fleece clothing. Clothing only retains what heat your body produces. The best way to maximise this is to layer your clothes appropriately. This traps warm air between each layer and allows you to adjust your clothing to the conditions.

A wool or fleece hat and gloves are important because of high heat loss from the head, neck and extremities. Avoid cotton clothing e.g. jeans and cotton t-shirts as they do not provide effective warmth.

#### HYDRATION

Drink liquid frequently – consistent water intake will help to prevent exhaustion. A thermos of hot liquid or a brew on a portable stove is ideal.

#### FOOD

Eat breakfast – a good breakfast is essential to provide energy for the day. High energy value foods – these should contain proteins, fats and carbohydrates in the proportion 1 : 1 : 4.

Take a combination of nourishing foods such as cheese, bread, peanut butter, scroggin and muesli bars, as well as high energy snacks such as chocolate and barley sugars.

**NOTE:** With warmth and shelter, victims often appear to recover quickly. However, don't press on as they may relapse. Full recovery can take several days.



**OUTDOOR SAFETY**  
NEW ZEALAND MOUNTAIN  
SAFETY COUNCIL

# Grampians Peak Trail Master Plan



Mt Sturgeon

Parks Victoria, in partnership with Grampians Tourism and Tourism Victoria is developing a master plan for the Grampians Peaks Trail, a 144 km long-distance walking trail in the Grampians National Park which will extend from Mt Zero in the north through to the township of Dunkeld in the south. The master plan is being overseen by the Grampians Peaks Trail Task Force, a group comprising representatives of local shires, tourism bodies, walking clubs and state government agencies including Regional Development Victoria, Tourism Victoria and Parks Victoria.

The master plan will help guide the future development of the trail, define the route and visitor experience, as well as associated infrastructure needs. Fundamental to the preparation of the master plan is the conservation of the natural and cultural values of the Grampians, in accordance with the Grampians National Park Management Plan. Protecting this unique environment is integral to creating an exhilarating and sustainable walking experience.

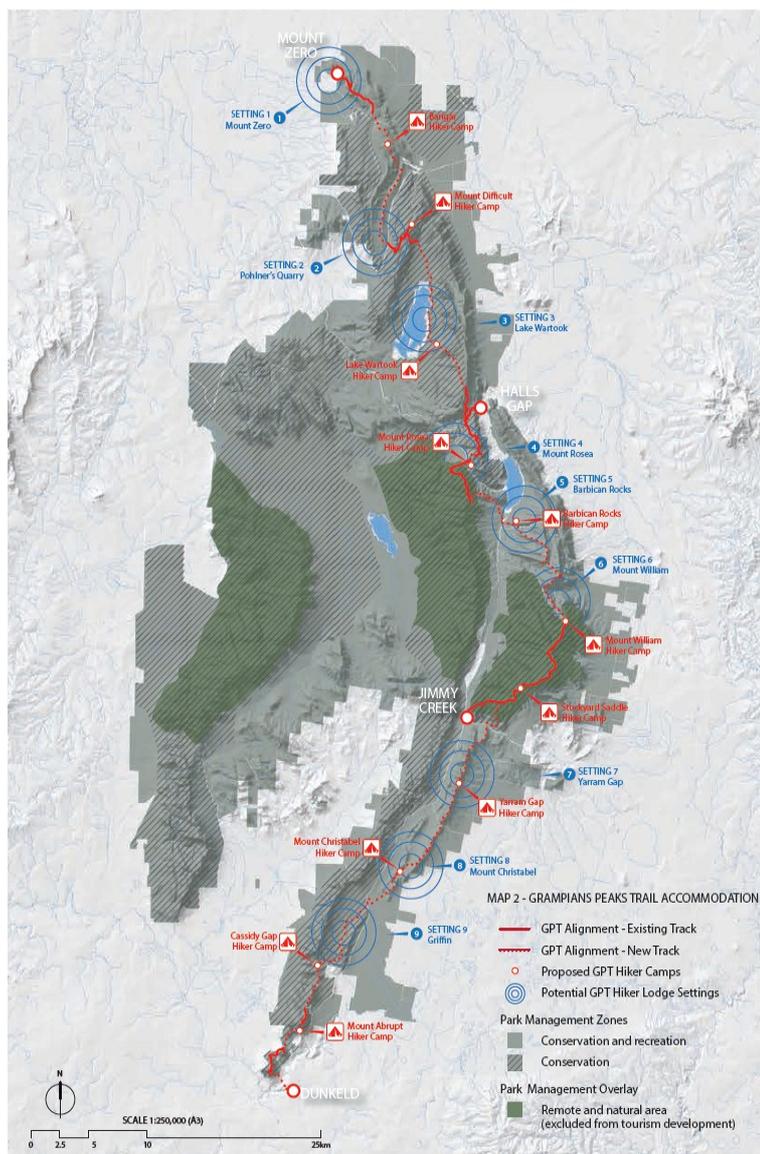
The Grampians Peaks Trail Draft Master Plan can be accessed here:

[http://parkweb.vic.gov.au/\\_data/assets/pdf\\_file/0010/629173/GPT-Draft-Master-Plan.pdf](http://parkweb.vic.gov.au/_data/assets/pdf_file/0010/629173/GPT-Draft-Master-Plan.pdf)

The Project Update (May 14) is available here:

[http://parkweb.vic.gov.au/\\_data/assets/pdf\\_file/0003/629175/GPT-Update-May-2014.pdf](http://parkweb.vic.gov.au/_data/assets/pdf_file/0003/629175/GPT-Update-May-2014.pdf)

Comments can be emailed to Parks Victoria at this address [gptmp@parks.vic.gov.au](mailto:gptmp@parks.vic.gov.au)



## Trip Reports

### Grampians Anzac Day weekend

We met at Jimmy Creek campground on Saturday morning and after setting up camp proceeded south until we reached the parking area for Mt Sturgeon. The track was newly formed because the flooding rains of a few years back had carved great gullies down the eastern side. The size of the eroded hillsides was something incredible – something I have never seen before on such a destructive scale.

For anyone interested it is well worth a visit to see the damage caused by nature on itself.

On Sunday we climbed Mt William and true to form, although it was sunny but overcast at the start, it wasn't long before the drizzle set in, and as we climbed higher and higher the rain became more persistent. Needless to say, by the time we reached the top for lunch, we were cold and wet. We found a spot sheltered from the wind, but there were no views except for low cloud.

After descending the steep bitumen road to the vehicles a decision was made (the impending wrath of Greg Doubleday notwithstanding), to head into Halls Gap for a hot cuppa and Cake. Then it was back to the campfire for snacks and dinner.



Helen, Max, Glenys and Kerrie on Mt William in the rain.

On Monday we climbed Teddy Bear Gap from the campground, an enjoyable enough walk, except for the fact that no one brought along any Teddy Bear Biscuits, so the walk was good except for the want of Teddy Bears. We then headed home via a bitumen road through the Grampians Range although I could see Max's disappointment because he couldn't return via the pot-holed corrugated gravel road (the word "road" is used with some imagination) that he came by via Mt William in the dark on Thursday night. Thanks to Helen, Glenys, Kerrie and Max for a memorable weekend.

Buzza

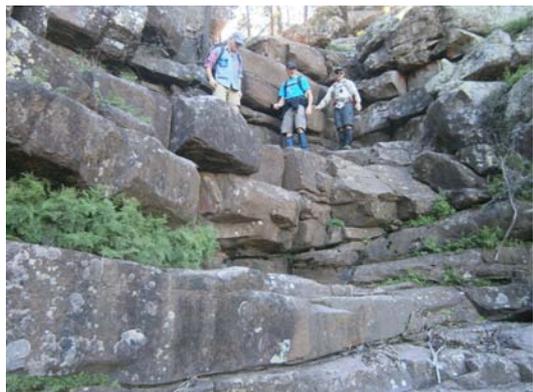
### Cocoparra National Park 6-9 June

We managed to leave about 1pm on Friday for the five hour drive via Ali Baba's Kebab House in Griffith before the last half hour drive into the park. After setting up the tents we had a cuppa as the night chill started to bite, then we headed for the warmth of the sleeping bags.

Saturday morning was fresh with clear skies. David, Gary and Kerry were up early to survey their surroundings and admire the cliffs to the northwest, the destination for our first walk. Cypress Pines competed with small eucalypts covering the hillsides. After a hearty breakfast (Kerry – bacon and eggs), we set off for Woolshed Falls, with a couple of emus for company. There was a trickle of water coming over the falls courtesy of the previous weekend's rainfall.

After scrambling up through the rocks, we followed Woolshed Creek to a nondescript peak, where the views were blocked by trees. After a break and some discussion as to our position on the (non contour maps) we headed south and after skirting some gullies, Gary looked over a cliff edge and said, "Is that our Campsite down there? "

It certainly was, so we backtracked along the clifftops, startling some bucking goats on our way. Lunch was at Woolshed Bluff where we sat on rocks in the sunshine.



Our afternoon aim was to locate Eagles Falls, the only set of falls on our maps not indicated by an arrow. After being here last year and not finding them, I was determined to find them if I could.

Have I mentioned this walk is predominantly off track and can be quite scrubby in places? It should be noted at this point that no one who came to Cocoparra last year was so enthused by the previous year's scrub bashing experience that they felt the need to return. I had to get fresh people for this trip in much the same way that the sagacious Richard Moore sometimes has to find new combatants each time he ventures on cross country skiing adventures.

The good news is that we managed to find the falls, albeit with not much water cascading over the rocks. From there we followed the creek bed back to the campground where we had a cuppa and dinner around the campfire.

Sunday we drove to Store Creek and followed the track upstream to the Amphitheatre at the junction of two creeks. We climbed above the falls and followed the creek bed until we reached another creek intersection where we had a break. It was a beautiful sunny day again, so an attempt was made to follow the creek further. Although it was clear in places, other sections were scrubby (especially where we heard the wild pig) and no one wanted last place.



We retreated to our earlier stopping place and followed Store Creek north toward Mt Bingar, where as we gained height it became rockier. Finally we walked along a spur through a cypress pine forest to the top where we had lunch. After lunch we descended the bitumen road for 500 metres until we reached the upper valley of Jacks Creek, pushed through the scrub for two hundred metres to discover the upper reaches of the gloriously private pooled gully that became Jacks Creek and descended through the gorge until we reached the cars.

Monday morning we packed up camp and drove to the southern end of the range to climb Mt Brogden and although Kerry was keen on doing a loop circuit, my knee wasn't up to the task and so after visiting the peak that John Oxley climbed in 1817, we returned via the track to the cars.

We stopped at Darlington Point for a truly magnificent hamburger and sat on the levee bank overlooking the Edwards River. Kerry (who had some other fare to eat) was drooling over our hamburgers and somehow that seemed like poetic justice because we had been drooling over his gourmet barbequed meals all weekend. Thanks to Gary, David and Kerry for a good weekend and my last trip to Cocoparra (for a few years anyway).



Buzza

## Activities . . . June to December

### Mt Macedon - Sunday June 29th - Full day walk

This will be a circuit walk of Mt Macedon taking in the Memorial Cross, The Camels Hump, Days Picnic Ground, the Sanatorium Lake and Mt Towrong. Most of the walk is undulating forest, with a short steep section at both the start and finish. The walk is entirely on tracks, although a kilometre or so looks remarkably like road. We will do a short car shuffle to eliminate walking on asphalt, and to reduce the total distance to approximately 15Km.

Bring - Solid shoes/boots, wet weather gear, lunch, and a few dollars for coffee afterwards. The petrol contribution for non-drivers will be \$16.00 [ring 2].

Information from Parks Victoria at

<http://parkweb.vic.gov.au/explore/parks/macedon-r.p./things-to-do/walking>

[http://parkweb.vic.gov.au/\\_data/assets/pdf\\_file/0005/315689/Park-note-Macedon-Regional-Park-walking-tracks.pdf](http://parkweb.vic.gov.au/_data/assets/pdf_file/0005/315689/Park-note-Macedon-Regional-Park-walking-tracks.pdf)

Leaving promptly from the Church Hall, Short Street, 8:30 am Sunday 29th June.

Garry Brannan 0450879917 [garrybrannan@gmail.com](mailto:garrybrannan@gmail.com)

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### Beginners XC Skiing & Snow Camping (Friday 4th - Sunday 7th July)

Rating E/M

This weekend is an ideal introduction for people wanting to experience the beauty of the Australia's alpine environment in winter. Our intended destination is Falls Creek, however this may change depending on snow and weather conditions.

We will travel across from Bendigo on Friday evening and camp at Mountain Creek. Saturday morning will see us drive up the mountain, put on the skis and learn some techniques at a suitable area. After lunch we will grab our packs for the 3km journey to our sheltered, snow-covered campsite. We'll spend the remainder of the afternoon scooting around and practicing our turns on some gentle slopes.

On Sunday morning we will go for a tour along Heathy Spur before returning to the campsite and back to the cars. Total distance for the weekend will be around 25km, with 6km of pack carrying.

The cost is \$90 per vehicle for resort entry at Falls Creek, in addition to the usual fuel share arrangements. XC skis can be hired in Myrtleford for around \$90 for the weekend.

If you're interested then please contact Craig Doubleday on 0458 559 991.

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### Seen Baw Baw in summer? Want to see it in winter?



AS part of our year of gypsy life, we are spending a month at Baw Baw from 27 July till 22 August (less the weekend of 8/9 August). At this stage there are plenty of vacancies midweek and possibly some at weekends – of course we don't know what the snow will be like BUT if you'd like to join us during that time please contact me on 0431 463731 or you can ring the booking officer directly Len Sanderson on 97985315. Mid week rates are very reasonable (\$180 pp for 5 nights or less for less) and the slopes are good for snow boarders, beginners, sight seeing, snow shoeing, lifts are relatively cheap I understand and it is the gateway to the Baw Baw National Park which is just magic in the snow!

Janet Jiricek

## Fryers Ranges – Day Walk. Sat. 16 Aug 2014.

Fryers ranges day walk. Distance app 15km.

Weather: Probably wet.

Country: Box ironbark forest, steep hills. We will do some of it on tracks.

Rating: M

Bring: Food, water, waterproof clothes, warm clothes. First aid kit. Phone.  
Compass. Matches. Pencil & paper.

Map: 1:25,000 Drummond 7723-1-3, and, Guildford 7723-4-2

Fuel ring: Zone 1....\$10.00

Meet at: Kangaroo Flat library carpark at 09:00hrs.

Contact: Bill Clark. 5442 1432

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## Skiing and Snowshoeing on Mt Bogong (Friday 29th - Sunday 31st August)

Rating M

Experience the magic of Mount Bogong at the end of winter. We will leave Bendigo at 6pm on Friday evening and drive up to Camp Creek Gap. We will then walk up the Eskdale Spur by torchlight to Michell Hut and set up camp for the weekend.

Both Saturday and Sunday will be spent skiing some of the runs on Bogong, and doing some short tours to the West Peak and Cleve Cole Hut.

Walkers on snowshoes are welcome, as are downhill skiers providing they have snowshoes or crampons for getting around.

The terrain is not suitable for beginner skiers, and if you plan on skiing runs then a reasonable level of fitness is required.

Craig Doubleday 0458 559 991 if you wish to attend.

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## Wyperfeld National Park – 12th to 14th September 2014.

Three Days Rating: Hard

Distance: ~ 48 Kms.

Weather: Hot and Cold.

Mission: To find and document a natural stone wall that's holding back a sand dune (before, it's overgrown and lost again).

We should have enough time to visit Arnold Springs and see a little bit of water in the desert.

Country: I believe the first part of the walk was burnt this last summer, therefore sandy with dead sticks. A few horizons later, we will be in country that is regrowing from a fire about 10 years ago.  
Sand, always sand!

Map: Albacutya 1:100,000. 7226. Victoria. And /or Park Notes.

Bring: Compass (you are not coming without one) All weather clothes. Three days of food and water, ie. Water @ min 4 litres a day x 3) We will be going out and back on the same track, so some water can be buried here and there on the way out to reduce loading.

GPS, 1st aid kit. Snake bite bandage. Stove, Tent and sleeping gear. Sunglasses.

Fuel share: Zone 5. \$44.00

Contact: Bill Clark. 5442 1432. ECP: Rose Clark 5442 1432.

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## Gippsland Lakes Paddling - Saturday to Monday, November 1st - 3rd

Paynsville to Lakes Entrance, then into the Southern Ocean. Paddle along the coast to Lake Tyers, and then along the Boggy Creek to NowaNowa. Experienced paddlers only.

Barry Walker 0417 521 623

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## 2014 Federation Walks Weekend, 7th to 9th November

Based in the small Gippsland village of Rawson. A range of walks will be offered in the Baw Baw National Park, around Walhalla and in the surrounding area. An attractive and affordable meals and accommodation package has been negotiated with Rawson Village. A comprehensive dedicated website can be found here <http://www.fedwalks.org.au/>

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## Wheel Walk – Fryers Ranges 29 – 30 Nov 2014.

Rating: E – M.

Distance: >8kms Saturday. >10kms Sunday.

Country: This will be all on gravelly 4WD tracks. But, even those tracks are steep!.

Map: 1:25,000 Drummond. Series 7723-1-3. Victoria. And Park notes.

Weather: Probably warm. If the government is burning off ( ie killing the bush) we may have to move or cancel.

Mission: To go bush and... NOT carry a pack on one's back. This will be a Sat morn to Sunday arvo walk.

YOU MUST CARRY ALL YOUR GEAR ON, OR IN, A WHEELED DEVICE.

People with packs on their back are not welcome!!... "persona non grata"

Bring: Wheeled device. Say 30 hours of food and water. Champagne. Cake. Compass, pencil, paper. Torch. Box of matches. Weather smart clothing. Tent etc. 1st Aid Kit.

Fuel share: Zone 1. \$10.00

Contact: Bill Clark 5442 1432. Ecp: TBA, probably the RACV.

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## Penguin to Cradle Walk -- Friday 6th to Sun 14th December

Walk from the north coast of Tasmania from the small town of Penguin to Cradle Mountain, plus some 'unfinished business' at the top - Barn Bluff etc. 9½ days, 100 kilometres.

Garry Brannan 0450 879 917

## BBOC ACTIVITIES CALENDAR - June to August

| DATE                            | DESCRIPTION   | RATING | COMMENTS  | CONTACT                          |
|---------------------------------|---|--------|---|----------------------------------|
| JUNE                            |   |        |   |                                  |
| Tuesday 25th                    | Club Meeting  |        | Maira Island  |                                  |
| Sunday 29th                     | Mt Macedon Circuit  | M      | One of the best day walks about.  | Garry Brannan<br>0450879917      |
| JULY                            |   |        |   |                                  |
| Friday 4th -<br>Sunday 7th July | Beginners XC Skiing & Snow<br>Camping - intended<br>destination is Falls Creek. | E/M    | An ideal introduction for people<br>wanting to experience the beauty of<br>the Australia's alpine environment in<br>winter. | Craig Doubleday<br>0458 559 991. |

| DATE                                 | DESCRIPTION  | RATING  | COMMENTS   | CONTACT   |
|--------------------------------------|--|---------|--|---|
| Tuesday 22th                         | Club Meeting   |         | AGM & Kokoda   |   |
| 27th July to 22th August             | Baw Baw Lodge. Open invitation Janet and Frank   |         | Walk, snowboard, ski, or just relax. There are midweek vacancies, and possibly some at weekends  | Janet and Frank<br>0431 463731<br>Len Sanderson<br>97985315 |
| Sunday 27th                          | Mt Kooyoora daywalk<br>Distance ~ 10km   | E/M     | Box ironbark woodland, great views, granite tors and caves.  | Bob Jones<br>0458012934                                     |
| AUGUST                               |  |         |  |   |
| Friday 29th - Sunday 31th            | Skiing and Snowshoeing on Mt Bogong  | M       | Ski some of the runs on Bogong, short tours to the West Peak and Cleve Cole Hut.   | Craig Doubleday<br>0458 559 991.                            |
| Saturday 16th August                 | Fryers Ranges – Day Walk.<br>Distance App 15km.  | M       | Box Ironbark Forest, Steep Hills., some on-track.  | Bill Clark<br>5442 1432                                     |
| Tuesday 26th                         | Club Meeting   |         | TBA  |   |
| SEPTEMBER                            |  |         |  |   |
| Friday 12th to Sunday 14th September | Wyperfeld National Park<br>Distance ~ 48 Kms.  | Hard    | The mission is to find and document a natural stone wall holding back a sand dune.   | Bill Clark<br>5442 1432                                     |
| Tuesday 23th                         | Club Meeting   |         | Navigation/map reading   |   |
| Sunday 28th                          | Black Hill Day Walk  | E       |  | Rod and Maggie<br>Smyth 0419378709                          |
| OCTOBER                              |  |         |  |   |
| Tuesday 28th                         | Club Meeting   |         | Calendar Planning  |   |
| Wednesday 29th – Sunday 2nd          | Viking Circuit<br>4/5 day overnigher   | H       | Includes Mt speculation, Mt Despair, side trip to the Razor, The Viking, Wonnangatta River, Wonnangatta Spur and the Crosscut. Either start from Howqa River or or Howitt Rd | Peter Pemberton<br>0428869196                               |
| NOVEMBER                             |  |         |  |   |
| Saturday 1st to Monday, 3rd          | Gippsland Lakes Paddling -<br>Paynsville to NowaNowa.                                  | H       | This is a trip for experienced paddlers only.  | Barry Walker<br>0417 521 623                                |
| 7th - 9th                            | Federation Walks Weekend,  | Various | Rawson Village   |   |
| Sunday 23rd                          | Bullarto Reservoir-Babbington Hill 10.3km  | E/M     | Basalt capped plateau, manna gums, hidden reservoir and historic spring  | Bob Jones<br>0458012934                                     |
| Saturday 29th – Sunday 30th November | A Wheel Walk, Fryers Ranges aka Bill's Birthday Bash. Gravelly 4WD tracks, some steep. | E-M     | YOU MUST CARRY ALL YOUR GEAR ON, OR IN, A WHEELED DEVICE. People with packs on their back are not welcome!!... "persona non grata"   | Bill Clark<br>5442 1432                                     |
| DECEMBER                             |  |         |  |   |
| Friday 6th - Sun 14th December       | Penguin to Cradle Walk --  | H       | Includes the Leven Canyon and Cradle circuit   | Garry Brannan<br>0450879917                                 |

E – Easy M – Medium H – Hard D – Day DW – Day Walk PC – Pack Carry BC – Base Camp

For additions to the activities calendar: - Email trip details to Peter and Garry for inclusion in the calendar together with a write-up for the newsletter. Please include BBOC in the subject, and Cc to both Garry and Peter.

Peter: ppemberton@bigpond.com Garry: garrybrannan@gmail.com

## MEMBERSHIP RENEWAL FORM

Adults:

1. \_\_\_\_\_

2. \_\_\_\_\_

Children:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Next of Kin/Nominated person to contact in an emergency:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Membership Fees for 2014/15 are due from 1<sup>st</sup> July 2014. Please return this form with your payment to:

The Treasurer,  
Bendigo Bushwalking & Outdoor Club Inc.  
PO Box 989, Bendigo, Vic 3552

Membership: Adults - \$40, Family - \$60.

Tick box if you agree to receive your newsletter by email rather than by regular post.

### ACKNOWLEDGMENT OF RISKS AND OBLIGATIONS OF MEMBERS

This acknowledgment of risks applies to all club activities I may undertake as a member of the Bendigo Bushwalking and Outdoor Club Inc. In voluntarily participating in activities of the Club which are described to me by the activity leaders I am aware that my participation in the activities may expose me to hazards and risks that could lead to injury, illness or death or to loss of or damage to my property. I also acknowledge that I may encounter weather conditions that could lead to hypothermia and being in locations where evacuation for medical treatment may take hours or days.

In particular when participating in abseiling or above the snowline activities I am aware that these activities could expose me to additional hazards and risks described to me by the activity leader.

To minimise risks I will endeavor to ensure that

- Each activity is within my capabilities,
- I am carrying food, water and equipment appropriate for the activity.

In addition

- I will advise the activity leader if I am taking any medication or have any physical or other limitation that might affect my participation in the activity.
- I will make every effort to remain with the rest of the party during the activity
- I will advise the leader of any concerns I am having, and
- I will comply with all reasonable instructions of club officers and the activity leader.

I have read and understand the above requirements. I have considered the risks before choosing to sign this acknowledgment of risk. I still wish to join the activities of the Club. I acknowledge that I will take responsibility for my own actions and that signing this form or the payment of my subscription will be deemed as full acceptance and understanding of the above conditions.

Name: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_