

the

MOUNTAINEER



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**SUPPLIERS OF BUSHWALKING, ROCKCLIMBING, CAVING,
SKI-TOURING AND OTHER OUTDOOR EQUIPMENT**

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The magazine of the Melbourne University
Mountaineering Club.

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Conservation Rep.	..	Michael Feller	202232
Orienteering	..	Tony Kerr	8742726
Rockclimbing	..	Peter Megens	8747841
Ski touring	..	Andrew Rothfield	208500

EDITORIAL

Bushwalkers, climbers, even canoeists will undoubtedly have to accept many regulations in the future, which will govern the way we use the hills. As more and more people use the bush for recreation, such regulations that sensibly protect the wilderness environment from the impact of numbers are surely right and, in the long run, beneficial to us. However, the basis of such control must be rational and it should be exercised by bodies which are representative of bushwalking (etc.) interests. A restriction which is imposed for dubious reasons, without warning or consultation, is bad. It is worse when it is imposed by an unrepresentative body. It becomes annoying when the provisions are practically impossible to obey.

Such is the order of the Mount Hotham Committee of Management that no one can camp overnight in the reserve without prior permission. This reserve area extends to both Mounts Feathertop and Loch. The order is quite legal. It will be enforced by \$50 fines. To obtain permission a trip leader must write more than three weeks in advance giving the names of party members, and the proposed route to be travelled. It is up to the discretion of the committee whether permission will be given. Wardens have been employed by the management committee, and warnings have been issued. Trips within this club can rarely be organized so far in advance. The demands are ludicrous.

The Hotham management committee claims that the regulations have been introduced for safety reasons. Such reasons are poor justification for controlling experienced mountain walkers. It is not generally the bushwalkers who have searches organised for them. Generally, not only are such people searching for lost people, but it is they who are capable of organizing a search. So far as the potential danger of the hills goes, people have every right to confront such danger when and where they please. The system imposed at Mount Hotham is too arbitrary. It seems like prohibition, not regulation. It is true that it would help any search to know where a lost party had intended to travel. Perhaps the flexible "sign in" method used at Kosciusko would be preferable. It does not restrict use, but you check in as you enter, and leave, the area just by handing a form in.

The management committee has never yet mentioned over use of the area as a justification of its camping controls. Given its encouragement of downhill resorts it really could not. But Feathertop is a much used mountain. The time may come when people may have to be stopped from going there all at once. Such control should ideally come from a body of walkers. Certainly it should not come from a body with no representation of bushwalkers on it. The Mount Hotham Committee of Management is not interested in conserving its domain as a wilderness area. It does not, and never has, represented walking interests. Its present demands are unreasonable, not justified, and should be ignored. The FWWC is at present negotiating with both the government and the committee. It is to be hoped that they see our point of view and act accordingly. If negotiation fails then more forceful measures will have to be tried.

Nicholas Reeves

LETTERS TO THE EDITOR

Dear Sir,

Recently I was bushwalking in the Cobberas-Cowombat flat area on the NSW-Victorian border and experienced a rather unpleasant situation with 4 W-D vehicles.

After climbing down from Mt. Cobberas 2 to Wowombat Flat we decided to pitch camp at Cowombat Flat. We arrived early in the afternoon, dumped our packs, and decided to explore the area. After visiting the source of the Murray River we returned only to find trail bikes infesting the area and nosing around our packs. This was followed by six W.D. vehicles coming in to gawk at us.

By 7.30 pm we were settled in and enjoying the peace and quiet when it was shattered by a convoy of landcruisers coming down through the Kosciusko National Park along the Tin Mine road into Victoria. A padlocked gate barred their entry, however, the process of removing a gate is well known. We had expected a quiet night as we had decided to camp about a quarter of a mile from the river in and on the edge of the flat.

Alas! The convoy of at least 21 landcruisers headed straight for us and pulled up and commenced to rig their tents, sterios, TV's, etc. 30 yards away. The tranquility of early evening was shattered. We protested at their presence, arguing that they had at least 80 acres to camp on. Why here? The reply from an older man was "But we have been camping here for years!"

The main thing that we are concerned about is that it is common courtesy to camp elsewhere if a party is already camping there and particularly if it is evening. The intrusion on our privacy and the manner in which they accosted us prompted us to leave and camp elsewhere.

I feel that a letter of protest should be written to the club concerned regarding the prohibited passage through the National Park, the entry to Victoria, and the manner in which they acted!

Andrew Flint
Jenny Tudehope

* * *

Dear Sir,

In the debate about sexist attitudes of club members, one must consider an explicit sexist assumption currently inherent in the particular club activity, the 24 Hour Walk. This is that male teams are necessarily stronger and fitter than female or mixed teams, and hence are capable of a longer and more difficult course. Even within mixed teams, female members are regarded as a handicap.

I would propose the abandonment of this sexist classification and a possible replacement:

- A) Gun or heavy teams
- B) Average teams
- C) Novice teams

.../4

When entering a team could specify which division they would participate in, a choice made on a self-assessment of experience and ability and not on some assessment of experience and ability basis such as a sexual composition of the team.

A. Rothfield

Dear Sir,

I am incensed by the sentiments expressed in the last (oh: that it was) editorial comment of the "Mountaineer" by the fragile and somewhat deflated Grottle, oops, Gretel. As far as canoeing goes "husband hunting fragile objects" are not "treated badly" by being "flattered or praised" insincerely.

Anyone who has been front paddler with Ross in a canadian to the tune of "draw left, you idiot, not right!" or "stop screaming, you Chicken!" it's only an eight foot waterfall with rocks at the bottom," could hardly complain about excess flattery.

As far as tenting arrangements go, our mini mountaineer implies that one benefits by these. Anyone who has had the pleasure of sleeping with the beautiful Tricia S or Kate R, and the sweet sound of a badly tuned ten ton diesel truck engine that is their snoring will not be in a hurry to agree.

Canoeing is, of course, quite physically demanding and, in fact, on a few trips lately this has been evident by the fact that the stronger males could go on, and there were more female paddlers than males.

Never fear, Grottle, we will accept you as equal on canoeing trips. You are really quite a good paddler (nudge, nudge, wink, wink, say no more). Besides, we need someone small enough to get inside the red C2 and patch it.

Yours sincerely,
Tongue in Cheek
John Templar

A similar letter was received from Ross Seedsman.

.../5

Dear Sir,

I wish to register my support for the comments made by Gretel Lamont in the May issue of The Mountaineer.

There is only one point on which I disagree. Although it may be true that women are flattered and praised in a way that implies they have done better than they really have, it is also true that men are stronger and necessarily perform better at such sports as rockclimbing and canoeing. Logically, then, women should receive praise for lesser achievement in these areas.

What I particularly object to is the male use of their physical superiority in these areas and suggest a general superiority over females. We are seen very much - as Simon de Beauvoir put it - "the second sex". Why, for example, in the Intervarsity 24 Hour Walk is the male award a golden boot and the female award a silver boot? The stereotyping of roles in MUMC is just as apparent as in the general community. This is made particularly evident in certain events. Women have been largely responsible for social events such as the Dinner Dance and organizing food for other events while the running of the 24 Hour Walk for example, has been always in the hands of a male.

The clause of the constitution stating that one position of the committee must be reserved for a woman, is a further and direct form of discrimination. Do the originators of this clause believe that women are too weak to be able to compete fairly for committee positions? that we cannot stand on our own abilities?

I do not wish to lay the blame for discrimination and downgrading of the female sex on males alone. We ourselves are partly responsible for the status we now hold. A survey of the statistics on membership, committee positions and club activities indicate the predominance of males in important decision-making areas. In 1974, for example, of a total membership of 585 people - 58% were males, yet committee positions comprised 77% males (the situation is only slightly worse in 1976). In addition, the last four years have seen only one female president, no female treasurers or trip secretaries and no female canoeing or climbing reps. This situation seems to be partly the result of male reluctance to attribute equal ability to females. But it is also of female acceptance of an inferior position - we have not fought hard enough to gain recognition and credit for our abilities in this area. I would like to add that one look at the general response by club members to the notion of women's (and men's) liberation is enough to suggest that it would take a social revolution to get men and women to break out of the roles imposed by society, as Gretel Lamont optimistically suggests they should.

Cathie Seccombe

NEWS

(1) The recent 24 Hour Walk was very successful. This was due to the good weather, the participants, and most of all to the three organizers. These were Steve Glen, Daren Fawkes and Steve Roylance. There did not seem to be any wrongly placed checkpoints. The first leg of the men's course certainly came up to expectations. There were quite a few grinning faces amongst mixed teams finishing their second leg late at night, as they saw the exhausted men's teams. Andrew Rothfield's comments are good and the matter ought to be considered.

(2) The annual OXO Ball will be held on August 4th, a Wednesday just before the vacation. At the Wattle Park Chalet, for \$9.50 a head, BYOG. Dinner provided. Tickets available soon at the club rooms. Come along to the social event of the year and tread on someone's toes!

(3) The club is still open at 7.30 pm on Tuesday nights. Either Rob Jung or Daren Fawkes should be down there.

(4) Cheryl Taylor and friends are now catering officers. See her if you have a function that needs supper.

(5) Recently the Ski Touring Association of Victoria was formed, when a public meeting voted to accept a constitution. Peter Treby and Tom Kneen were both elected to the committee. The club has decided to join the association but individual members are wanted. Contact the Secretary of the STAV

Graeme Young
P.O. Box 20A
G.P.O., MELBOURNE, 3001

(6) The other members of the Caving sub committee, for those interested, are: Sue White, Nicholas White, Adrian Davey, Rudi Frank, Dave Caddy, Alison McCready, Marg James. Enquiries should be directed towards Sue. There is no official climbing sub committee, decisions being made after consensus has been reached amongst the active or interested climbers. Any questions can be answered by Peter Megens.

(7) There is a survey down at the club concerning the Feathertop hut stove. Come down and sign it, thereby making your views known to the committee.

Sleeping Bags: Take a good large 9-lb. blanket, grey preferred, have it folded into four thicknesses, have it sewn around the edges with strong worsted, cut a hole 18 inches long about 1 foot from one end across the bag through two thicknesses of blanket. Have the hole hemmed round and some large buttons sewn on with holes to correspond. This will give two thicknesses of blanket underneath and two as covering.

From NZAC Journal. Volume I 1892

CONSERVATION REPORT

The Conservation Sub-committee has remained active, sending a submission to the Land Conservation Council concerning its Proposed Recommendations for the Mallee Study Area. In our submission we supported the creation of a wilderness area in the Big Desert and the creation of enlarged and new parks. We also opposed the use of part of the Big Desert for military training. As the Sunset country is less prone to erosion than the Big Desert and is already more disturbed we recommended that the army should play their games there instead. The full submission is on the notice-board in the clubrooms.

We have also sent letters off to Kosciusko National Park concerning the illegal use of vehicles in the southern portion of the park; to the L.C.C. and Forests Commission condemning the recent construction of a new road to Cowombat Flat; and to the Australian government urging them to have an inquiry and to obtain an environmental impact statement before an export licence is received for the woodchipping operations near Eden, N.S.W.

SAD NEWS - There have been several depressing developments for bushwalkers recently.

1. The Soil Conservation Authority announced its regulations concerning access to the Thompson River catchment. These were not too bad as they exclude vehicles from other than a few main roads and allow bushwalking after a permit is obtained. However, camping will be forbidden.
2. The Premier, Mr. Hamer, announced that the Dartmouth-Mt. Beauty powerline will be built along the route opposed by bushwalkers and conservationists - that closest to Mt. Bogong. A very slight concession was made in that the route will now be a few hundred metres away from the standard Mountain Creek approach, rather than directly over it. Despite a petition with over 1,000 signatures on it, despite several delegations, despite numerous letters, and despite Mr. Hamer's protestations to the contrary, virtually the least acceptable route to bushwalkers was chosen. Once again it appears as if the desires of a few local farmers have been given precedence over the desires of thousands of walkers and conservationists. Now our highest mountain is to be scarred for life with an ugly gash through the forests just to the north of it. You bushwalkers who sat quietly by and let it happen - I hope you're happy!
3. The Victorian Transport Regulation Board recently approved of 5 applications to run 4-wheel drive safaris throughout our high country, despite formal objections from bushwalkers. These trips, some of which may be run on a daily basis every day throughout the summer (!) will involve 4-wheel drive parties travelling through such areas as Mt. Stirling, Bluff hut, Cobbler Lake, Buffalo River valley, the Berry's, Wonnangatta valley, Cobberas area, Upper Buchan valley, and the Omeo-Benambra road. The urbanisation and destruction of the bush continues, but at an ever-increasing rate!
4. Further afield, the advisory committee appointed by the Tasmanian Minister for National Parks and Wildlife to make recommendations on the Draft Management Plan for a southwest Tasmania National Park, has recently

CONSERVATION REPORT .. (Cont'd)

issued a preliminary report. The committee recommended that national parks in the Southwest should only be on land "in which no government or commercial development is being undertaken and in which no rights to undertake development exist, together with existing national parks". The rest of the southwest would be a "reserve" in which development, i.e., logging, hydro dams, towns, mines, etc., can occur. Thus, land for which timber concessions or prospecting licences have been given will probably not be considered for national park status.

For all the land on which national parks can occur, a special committee must then decide whether to declare that land a national park or whether to declare it part of the "reserve", thus decreasing further the chances of obtaining any significant national parks. The final results of this land zoning process are to be published for public comment which is to be considered before a final decision is made. In the meantime, public comment on the whole procedure just described is invited. We believe that this procedure would severely restrict the size and value of any possible parks and exclude highly valuable areas such as Precipitous Bluff (in which rights to develop for logging exist) from consideration as national parks. Therefore, we urge everyone who would like to preserve the high quality bushwalking value of the southwest to familiarise themselves with the committee's recommendations (available from Michael Feller 20 2232 or the conservation subcommittee) and send off a letter to the committee requesting that areas of high value for bushwalking, which may be covered by development rights should still be considered for national park status. Letters should be addressed to: South West Advisory Committee, c/o Minister for National Parks and Wildlife, Parliament Buildings, Hobart, Tas.

M. Feller

* * * * *

ROCKCLIMBING REPORT

Since the last "Mountaineer" the standard of climbing in the club has reached a peak. Werribbee Gorge has practically been beaten into submission, the Wolgan Valley (N.S.W.) was raped, and Arapiles was plundered.

Over the past three weeks John Chapman has done "Wall of the Afternoon Sun" (19) "Voodoo" (18) and led "Eagle Cleft" (9). Jos Verbaken led "Pot of Demetrius" (17), "Veni Vidi Vici" (17), "Yo Yo" (15), "Hannibal" (14) and finally ended his skilful streak by injuring himself on "Fang" (17). Tony Marion has also come out of retirement with ascents of "Pot of Demetrius" (17), "Yo Yo" (15) and the second ascent of "Downward Bound" (15).

Steve Pawley conquered "Sparticus" (17), "Octavia" (18) and "Centurion" (17) as well as "Crawlow Pole" (16), "Barbed Tongue" (17) and "Decree Nisi" (17) at the Grampians. Hugh Foxcroft has led "Golgotha" (17) and "Octavia" (17) and Keith Egerton led "Prosecution" (19), "Subpoena" (19) and "Chancery Lane" (14).

ROCKCLIMBING REPORT .. (Cont'd)

P. Cockrill, E. Omega, R. Stephens, J. Stone and D. Lia between them have conquered "Eskimo Nell" (9), "Agammemnon (7)", "Resignation" (12), "Syrinx" (10) and "The Bard" (12)

The club's newer climbers have also shown tremendous ability with Jim Mitroy leading "Big Ears" (16) and "Decree Nisi" (17), and Peter B. Martin and Neil Currie between them doing "Hadrian (15)", "Veni Vidi Vici" (17), "Crispen's Crispian" (16), "Pot of Demetrius" (17) and "Androcles" (16). Neil Currie also provided some amusement and caused a few red faces with his attempted streak of "Conscientious Pontius" (17).

On a recent trip to Werribbee Gorge, Dan Smith, of the N.P.S. came along to observe the action. He is currently helping to form a management plan for the proposed Werribbee Gorge National Park. It seems that climbing may be conflicting with the breeding habits of the falcons, and the Gorge may be closed to climbing during the mating season. We will have to await the outcome of the survey to determine what effect it will have on climbing.

Peter Megens
(Climbing Convenor)

* * * * *

CANOEING REPORT

Canoeing Intervarsity.

Last year in one of his weaker moments the famous canoeing convenor accepted the dubious honour for MUMC of organising the I/V canoeing this year. Many, many hard working hours later it's over.

I/V was held near sleepy Dartmouth on the Mitta Mitta R. About 100 paddlers from Vic., S.A., N.S.W. & W.A. competed in the Slalom and the Down River Race.

The very experienced and well practised MUMC team (You'll be in the C1 event, Andrew" .. "What's a C1?" or "But I've never paddled a Kayak before" .. "Don't worry, I can say without flattery that you'll be as good as any of the other lady paddlers") and the support staff of dedicated Mountaineers ("What did Jol do at I/V?" .. I'll play your silly game. What did Jol do at I/V..?" or "There's no other trips on and I really want to get away for a week."). Arrived at the campsite to the pleasures of ice on the tents in the morning and wet wet-suits at 8.30 am. The weather was superb with sunny days and cool nights, and the river (after a bit of damming, diversion, and associated earthworks) was high enough to provide reasonable standard paddling and lots of capsizes (to the cheers of the multitudes).

The standard of the competition (oops, wrong word) of the paddling was quite high with 3 Australian team members and one ex-Canadian team paddler competing. Some good efforts were put in by many of the MUMC

CANOEING REPORT .. (Cont'd)

people. Steve "the chin" Lottkowitz was 4th in the Men's K1 while John T. soundly beat Ross to scrape into 19th position. Fiona paddled really well to come 4th in the ladies' K1 while Sue, paddling in her first slalom, filled (well and truly) 9th place. Some excellent capsizes were executed in fine style by Ross, Ross, Ross and Sue, John and George, John and Fi, Andrew, Andrew. Special mention must be made of Sue who had no less than 15 attempts at capsizing during her K1 run but somehow got down the course upright.

The down river race saw a finely tuned team of Templer and Lottkowitz win the Open C2 event by 30 seconds, and a highly strung team of Parkinson and Seedsman made a fine effort to come in 5th in the Mixed C2 .. and he didn't stop yelling for the whole 30 minutes of the race .. Again, special mention is appropriate for George Raitt and Tony Sherwood who valiantly avoided capsizing after taking the boat 5 feet out of the water and doing a 360 degree turn in the middle of one of the harder rapids. Incredible!!

The contest was not very competitive for a change, and a great time was had by all. The organisers would like to thank especially Heidi (Thanks, honey), Harry, Dianne, Tricia, Pru, Sue, Anne, Mark and Ian who helped with a lot of work but didn't paddle in the competition. Also, the organiser would like to thank the the other organiser for his help - thanks, Ross!

The joke for Canoeing IV is:-

Question: How do you know elephants have genitals
on the bottom of their feet?

Answer: - available on 14 days' notice from the
Canoeing sub committee.

Anon

"Coldness he knew, he thought -
a clever hand
that fingered out the bones at night,
that sent the kea,
in a spiral of protest at the moon.
Coldness he knew, he said,
but never coldness such as yours"

Jack Lasenby

MOUNTAINEERING 1st AID

.. Liz Brown

Mike Henderson has completed a first aid course for MUMC. This course was originally planned by Mike and Mark Spain.

The following article was written as one of the talks for this course - you may find it useful to keep it (or some of it!) in your first aid kit for reference.

CLUB KITS: The rationale underlying their contents. In constructing the club kits I considered the types of injuries which might be likely to occur in the bush, and the items which might be required for management of a person with such injuries, for an extended period of time.

Some of the more obvious things which represent possible hazards for the bushwalker/climber/canoelist, etc., include: blisters, burns (including sunburn), snake bite/spider bite, fractures/sprains/strains, allergies, vomiting, diarrhoea, cramps, heat stroke, hypothermia, frost bite, eye injuries, cuts, abrasions, exhaustion, shock, drinking shellite, leech bites, and indigestion (a dehyd complication). You can probably add to this list!

Some of these are life threatening, some are trivial but annoying. Some trivial problems could become life threatening if not attended to.

The principles of first aid are the same in the bush as anywhere else. However, the first aider in the bush is likely to have the responsibility of managing his patient for an extended time period, and possibly under (very) difficult conditions.

A potentially serious injury/situation/condition will be much easier to cope with if you have previously considered how best to cope, e.g., attend a first aid course; read the St. John manual; and if you have at least a minimum of supportive equipment, e.g., a well planned first aid kit. First aid kits are made up in the hope that they will NOT be needed!

Each person should carry a personal kit so that he can deal with his own blisters, and sunburn (which he shouldn't get!) and headaches.

The aim of first aid is to prevent, as far as possible, any further injury or complications occurring, and to maintain the patient as well as possible.

Priorities are important in first aid

- take care to PREVENT injuries.

If something does go wrong, assess the situation as well as you can.

- take care of yourself as well as the patient.

Examine the patient FULLY.

Note your observations on his condition.

MOUNTAINEERING 1st AID .. (Cont'd)

Your assessment of the situation will include

- the environment
- the condition of the patient (e.g., conscious/unconscious)
- whether you can take him to medical help or whether medical help must come to him
(Can medical help get to him?)

Do not panic.

Reassure the patient - do what you can to make him comfortable.

Remember: while there is life there is hope.

PREVENTION IS BETTER THAN CURE.

Take care!

Sunburn can be prevented by wearing suitable long sleeved shirts and long trousers if you are susceptible. Zinc cream and a hat are also useful.

Snow blindness can be prevented by wearing goggles appropriate to the situation.

Hypothermia (exposure to the cold) can be avoided if people are aware of the problem and are wearing clothing appropriate for the conditions, and carrying suitable food, etc.

Snakes are generally very timid animals - don't annoy them by sitting on them or putting your hands in their hollow log house.

Be sure that your tetanus vaccination is up to date. I have yet to meet the bushwalker who comes home unscathed by prickly bushes, sticks, rocks ... (Incidentally - what is the state of your immunity to polio, T.B., German measles, etc. etc.?)

As was said before, PRIORITIES ARE IMPORTANT in first aid.

The human body is well adapted to withstand a variety of insults like weather (both heat and cold) and dehydrated food, and stresses like mountain climbing with a heavy pack. Injuries are generally repaired while their owner scarcely notices.

HOWEVER - SOME CONDITIONS ARE LIFE THREATENING.

These conditions include:

- IMPAIRED CIRCULATION - e.g.
1. as a result of snake bite
or bite from some other venomous animal.
heart attack.
 2. as a result of decreased circulating
blood volume. Decreased circulating
volume will follow severe -
haemorrhage
burns
vomiting
diarrhoea
water deprivation
shock

MOUNTAINEERING 1st AID .. (Cont'd)IMPAIRED BREATHING

Breathing may be impaired by - snake bite (or bite from some other venomous animal)
- injury, especially an injury involving ribs or one which pierces the chest wall.
- electric shock.

Refer to a St. John course or manual or some other source for treatment of these conditions. (See below for blisters and snake bite)

- Note. 1. Do not attempt to administer anything by mouth to an unconscious patient.
2. Do not use alcohol in first aid.
3. If you are very thirsty, do not drink alcohol or seawater or urine - these will all worsen the situation.

TREATMENT OF BLISTERS

Do not break unless necessary (e.g. if on your foot).
Cover blisters and pre-blister areas with leucoplast/elastoplast WITHOUT DRESSING. (Dressing will only increase the pressure and rubbing on the area.)

Should a blister become infected, use "Cicatrín" powder and a dressing.

If your feet are badly blistered, wear your spare shoes (if you carry a pair), e.g. for a day to give the old blisters a chance to heal - and, unfortunately, perhaps for some new ones to develop).

Choose your boots and socks carefully in the first place!!

TREATMENT OF SNAKE BITE

DO NOT PANIC. ACT QUICKLY.

1. Make patient lie down. (Reassure him)
2. Quickly apply a constrictive bandage between the bite and the heart, over an area where there is one bone only (e.g. upper arm or thigh if this is possible) and WASH the bite. A constrictive bandage is at least 2" wide.

Australian snakes spray a large proportion of their venom over the victim's skin. The poison can enter the body through the skin - so wash it off.

Do NOT incise the bite.

Do NOT suck the bite.

A constrictive bandage can be safely left in place for 1-2 hours.

- leave it for an hour, loosen for a few seconds and replace (depending on the patient's condition).

Identify the snake (if possible).

SEEK MEDICAL AID AS SOON AS POSSIBLE.

TREAT THE PATIENT FOR SHOCK.

N.B. You put yourself at risk to be bitten if you attempt to kill snakes.

MOUNTAINEERING 1st AID .. (Cont'd)BURNS

All burns must be treated with plenty of cold water. Minor burns should be dressed with an antiseptic cream and left open to the air if possible. Burns where the skin is broken should be covered by a sterile non cottonwool type bandage. Greasy creams like Savlon should not be used. The cream of choice is Silver Sulphadiazine cream. This is very expensive and needs a doctor's prescription. It is probably only worth carrying on major expeditions.

Each party member should carry a minimum of first aid equipment which should meet his own needs as a bush walker.

RECOMMENDED CONTENTS FOR FIRST AID KITS1. Personal kit

N.B. 1 Rubber constrictive bandage (2"-2 ½" wide), AT LEAST ONE PER PARTY.
12 Band-aids.

1 roll of Leucoplast/Elastoplast (1"-2" wide).

S 1 tube of antiseptic cream (e.g. Savlon).

and/

or 1 tube of burn cream (Paxyl) (antiseptic/anaesthetic).

12 tablets for pain (e.g. Disprin).

Safety pins.

Scissors (small).

Salt tablets/salt (optional)*

Glucose (optional)*

Any personal drugs necessary (e.g. if you know you are allergic to something in the bush take some antihistamines).

Elastic bandage and/or knee/ankle support - take this especially if you think you are likely to have a problem with a knee/ankle.

Zinc cream.

* These items are very likely to be found in any bushwalker's pack.

S For the psychological satisfaction of those who believe in its healing powers.

This cream may be of benefit in softening the scabs of a painful cut, but will be of doubtful benefit in the healing process.

"It is true the great ridges sometimes demand their sacrifice, but the mountaineer would hardly forgo his worship though he knew himself to be the destined victim. But happily to most of us the great brown slabs bending over into immeasurable space, the lines and curves of the wind - moulded cornice, the delicate undulations of the fissured snow, are old and trusted friends, ever luring us to health and fun and laughter, and enabling us to bid a sturdy defiance to all the ills that time and life oppose."

A.F. Mummery

"My Climbs in the Alps and Caucasus"

INSIDIOUS DESTRUCTION OF THE S.W.

South West Tasmania is undoubtedly the most important wilderness area left in Australia, from both a recreational and scientific point of view. Every summer hordes of Victorians flock to the S.W. to enjoy a fine wilderness experience. One can walk for weeks on end without crossing a road. We come back home and don't give the S-W a thought 'til next summer. Meanwhile, vested interests insidiously eat into the S-W, destroying its wilderness value.

The HEC is one of the greatest long-term threats to the S-W.

- a) HEC investigations for the King, Franklin and Lower Gordon schemes continues.
- b) In the Lower Gordon, sites for a dam wall are being investigated.
 - at the Butler Island camp, the HEC are being thwarted by the fact the area is composed of limestone, creating the opportunity for a porous dam wall!
 - the gorge below the Franklin Junction would permit a dam sufficiently high to spill into the Davey system. A Davey-Gordon super dam would be about 400 km² in size.
 - in the gorge above the Olga River junction, the HEC has a major camp, 15 acres in size.
- c) The HEC are considering a Lower Huon project to produce a lake extending beyond the Anne River into the Hartz National Park. Meanwhile, industry continues to leave Tasmania, and the demand for hydro declines. (Start building your boat now for the day the HEC finally wins).

Forestry is the real immediate threat to the South-West. Forestry roads eat into the wilderness, pre-empting many areas from inclusion in an enlarged national park. This includes roads into South Cape, the Picton, Huon, Cracroft, Weld, Little Denison and Russell River valleys, and over the crest of the Gordon Range, allowing access to the Vale of Rosselas. If forestry interests have their way, a road will be within 14 km of Federation Peak by next year!

Mining

- a) In July, 1975, an application was made to explore the King William range for gold and copper. This lease extends east to the Jane River.
- b) A lease of 68 km² exists in the Spires and headwaters of the Denison River.
- c) A four-wheel drive track is being constructed allowing access to a 72 km² lease in the Erebus-Jane River area.
- d) Two airstrips have been constructed, without a prior environmental impact study, north of the Denisons for exploration purposes.
- e) An airstrip has been constructed near the Jane River, and the track has been upgraded to an all-weather 4-wheel drive road at a cost of \$120,000. There is now discussion of closing the Jane River track (which provides access to such wilderness areas as the Prince of Wales, Spires, Franklin Ranges) at Margaret Pass to all traffic, including bushwalkers!

INSIDIOUS DESTRUCTION OF THE S-W. .. (Cont'd)

The above threats are very real, and the continued destruction of areas of the South-West is pre-empting them from inclusion in an enlarged S-W Wilderness national park.

What's to be done?

Campaigning for the last Federal elections, the Liberal-National Country Party in their environment and conservation policy stated specifically they would

"assist the Tasmanian Government in establishing a National Park of World significance to include a large substantial wilderness area".

Let's keep them up to it.

- Write letters to both Federal and Tasmanian politicians expressing your concern.
- Read the "S-W Annihilation Kit" for information (MUMC library)
- come to S-W Tasmania Action Committee meetings and help. We need manpower (c/o ACF, 206 Clarendon Street, East Melbourne) or see Louise Gilfedder.
- tell others about the S-W. Show them photos, books. Tell them about the threats to the S-W. MUMC club members have a responsibility to play an active part in saving the South-West. We don't want another Pedder on our hands - do something now.

Louise Gilfedder

* * * * *

"In this short span
between my finger tips on the smooth edge
and these tense feet cramped to the crystal ledge
I hold the life of man.
Consciously I embrace
arches from the mountain rock on which I stand
to the firm limit of my lifted hand,
the front of time and space;
For what is there in all the world for me
but what I know and see
And what remains of all I see and know,
if I let go?"

* * * * *

The Oxo Ball : The Oxo Ball :

Wednesday, 4th August

Wattle Park Chalet \$9.50 per head

Supper Provided BYOG Tickets at the club

SEE hardened mountaineers crawl out of the woodwork.
Some are washing themselves in anticipation now.
Women's Weekly photographers do not like dirt behind
the ears.

Come to the Oxo Ball : The social event :

ONE MITTA MITTA MINUTE

Shooting a rapid on the Mitta Mitta River upstream of the Cobunga River.

- - - - -

I paddle slowly, tentatively, toward the rapid, scared of, yet excited by, the roar of the water crashing and foaming its way through the boulders. Moving cautiously from one side of the river to the other, I survey the chutes and currents, memorising the rocks, but hold back, not confident enough to attempt the rapid on sight. I pull into the bank and scramble onto the boulders above.

The rapid can be done in two stages. The first, by taking the chute on the right - not too difficult - plenty of water over the rocks, then a quick pull out and time for a breath before lining up again for the next drop. Planning is easy.

Back in the boat I paddle off, committed to the rapid. It doesn't look quite the same from river level as from above. The rocks are sharper, the chutes narrower, the drops steeper and the turns tighter. It's too late to stop now. The decision is made. Down I go into the white fury ... the mind works incredibly fast; time slows down; one has time to think, to react and to enjoy.

Then, crunch! Reality again as I hit a rock. Capsize.... my whole body instantly chilled. No thoughts of rolling .. just get out of the boat. A twist and a push and I'm out gasping for breath. I'm still O.K. but my boat is caught between two rocks with the water holding it firm. A little thought, and a pull in the right direction and the river does the rest. Both me and my boat undamaged.

I enjoyed that minute.

Jolyon Shelton

* * * * *

"Mountains muzzle mountains
White-bearded rock-fronted
In perpetual drizzle

Rivers swell and twist
Like a torturer's fist
Where the maidenhair
Falls of a waterfall
Sail through the air.

The mountains send below
Their cold tribute of snow
And the birch makes brown
The rivulets running down.

Rock, air, and water meet
Where crags debate
The deriding cloud"

from "Arawata Bill" by Dennis Glover

SNOW, CAMPING and CAVING

Nick Reeves

Winter and snow in the mountains provides plenty of opportunities for camping. Either take a tent or if you have a large groundsheet then it does not matter if that hut is full. Have you ever nearly died of suffocation along with 40 others in the Feathertop hut. In such a situation it is far more comfortable outside, so long as you are protected from the weather. You can sleep in:

Feathertop is ideal for snow caves. The nicest place is in the cornice just below the summit. If the cornice there is too large then either knock some of it down or, preferably, move along the ridge towards Hotham, until it is less pronounced. In bad conditions the beginning of the final steep bit of the N.W. ridge provides snow banks in a sheltered spot. Some shovels are available at the hut, but please return them. Remember that you will need a foam mat, a small stove for cooking, and a change of dry clothes for after digging. With adequate insulation and a good bag, a snow cave is quite comfortable. Bring along a candle and it can become rather warm.

The following extract is taken from "Mountaineering : Freedom of the Hills" by the Seattle Mountaineers. It is printed in the hope that more people will be encouraged to forsake the hut and sleep, instead, in a snow cave, under the summit of Feathertop.

"A snow camp can be warm and comfortable, but in no other camp is insulation so important or shelter so essential. Every person who gives into the mountains must be able to provide himself with the minimum conditions for a comfortable night on snow - or at the very least for survival.

The most convenient shelter is a tent installed on a stamped-out platform slightly larger than the floor. In forests a natural shelter can often be found in a tree cave, some snow engineering, a tarp, and lots of ingenuity make a snug hideaway in the worst blow or heaviest rainstorm. In the absence of trees, a similar shelter can be improvised by digging a trench in the snow some 4 - 6 feet deep and large enough to accommodate the party, then stretching a tarp over the top, perhaps gaining a slight pitch by anchoring one side to a ridge of snow. Though excellent in windy or rainy weather a heavy snowfall can easily and disastrously collapse a reef so nearly flat.

A snow cave requires more time but provides more protection during a storm. There is absolutely no comparison between the comfort of a calm, quiet cave and a flapping gale swept tent. In emergencies, snow caves have so often meant survival that mountaineers consider knowledge of the construction technique mandatory.

Although a snow cave can be dug by hand, the job is made much easier by a lightweight shovel, with which a cave for four can be dug in an hour or so, depending on snow conditions. All that is necessary in fairly firm snow is a minimum depth of about six feet; a steep slope such as along a river bed or snow drift is desirable. The first step is to dig an entry-way into the slope deep enough to start a tunnel. Continue to dig inward about 3 feet to form the entrance, then upward to make the living area large

SNOW, CAMPING and CAVING .. (Cont'd)

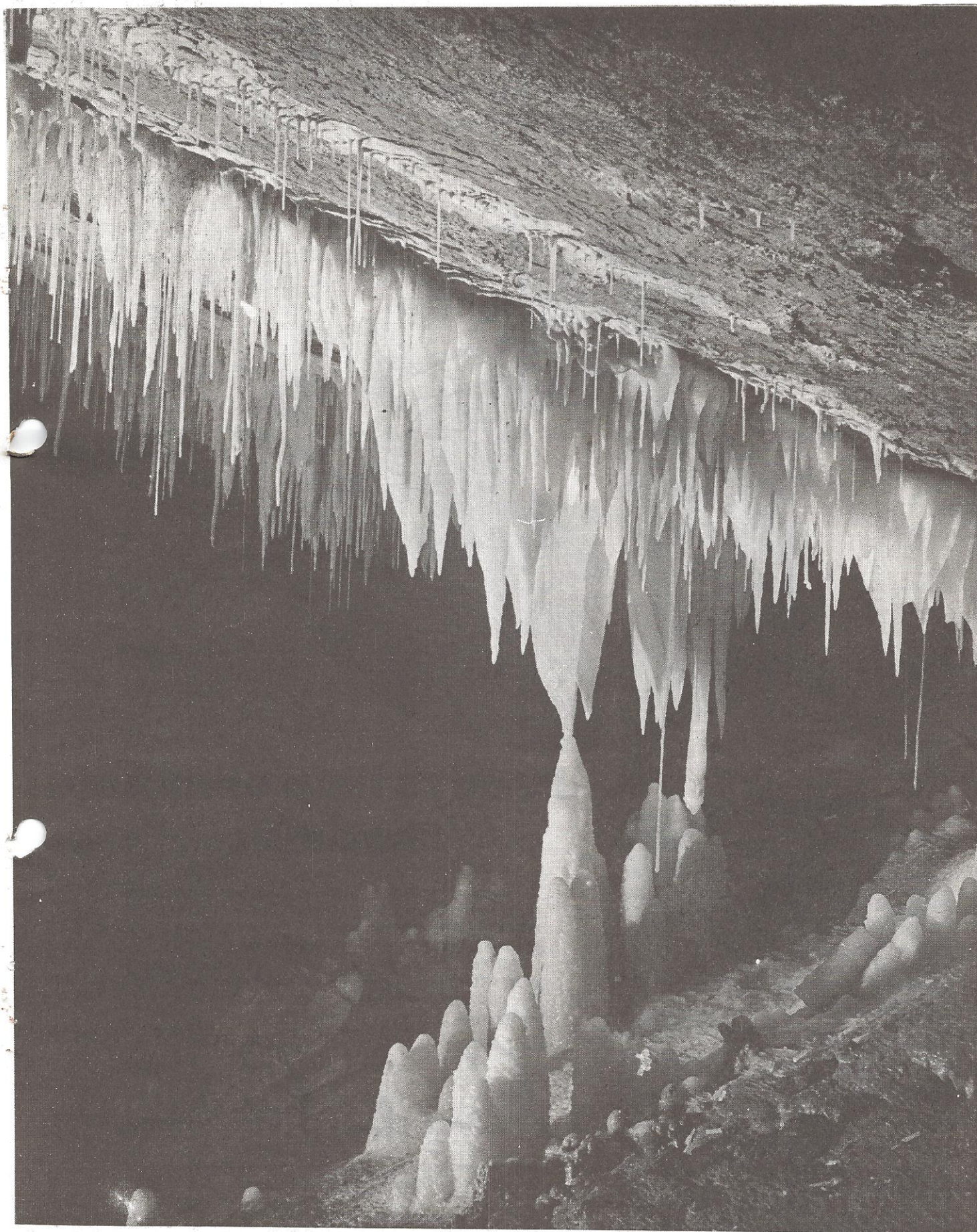
enough for the party. The floor of the sleeping area should be above the top of the entry tunnel to trap warm air inside. The upper surfaces should be smooth and concave so that any melting snow will run down the walls rather than drip on occupants. To avoid asphyxiation, a ventilation hole is made to the outside and enlarged as necessary if the interior becomes too warm. A ground sheet on the sleeping area is necessary to keep things dry and prevent loss of equipment in the snow.

The environmental impact of snow camping is often not immediately recognised: tin cans, leftover food, and human wastes are obliterated by falling snow, only to reappear, unsightly, with the spring thaw. Pick up immediately any litter that drops in the snow and stow it away to be packed out."

Good References

- "Mountaineering: Freedom of the Hills" .. Seattle Mountaineers
- "Winter Hiking and Camping" ... Adirondack Mountain Club Book
- "Mountaineering" ... New Zealand Mountain Safety Council
- "Mountaineering" ... Alan Blackshaw

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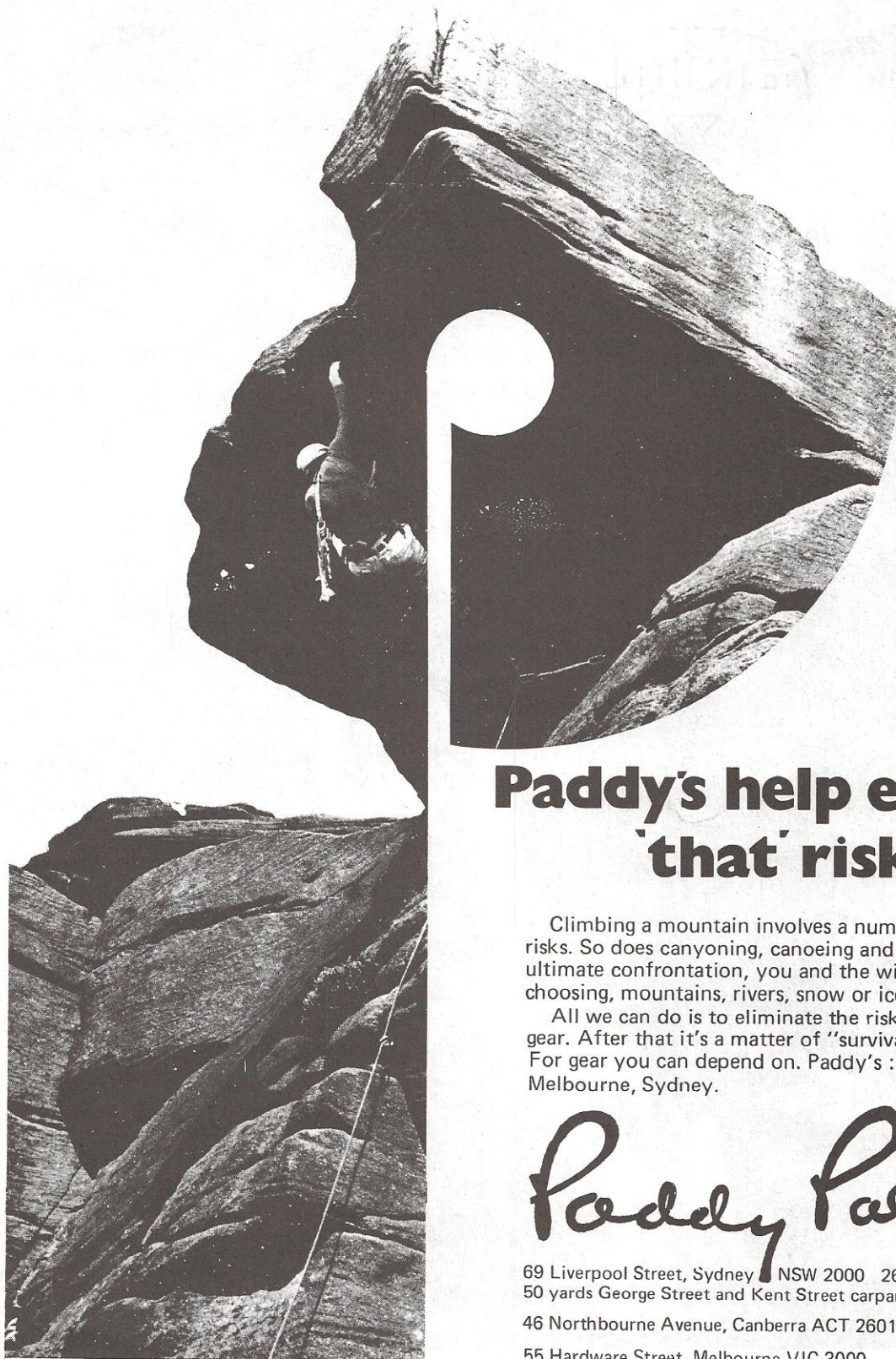


LYND'S CAVE MOLE CREEK TASMANIA.

PHOTO: NICK WHITE

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All we can do is to eliminate the risk of poor quality gear. After that it's a matter of "survival of the fittest". For gear you can depend on. Paddy's : Canberra, Melbourne, Sydney.

Paddy Pallin

69 Liverpool Street, Sydney NSW 2000 26 2685-6
50 yards George Street and Kent Street carpark

46 Northbourne Avenue, Canberra ACT 2601 47 8940

55 Hardware Street, Melbourne VIC 3000

"Murrindindi Madness, or 'Yes, it's the 24 Hour Walk again, you fools'"

Well, it's over and, hopefully, everyone has recovered from the aches and pains. Oh, yes, I know you said never again but, of course, we'll see you again next year, won't we?

Anyway, this year's 24 Hour Walk was held on June 19/20 in the Murrindindi State Forest (approx. 8 miles west of Taggerty). As in past years, the maps (Dept. of National Mapping "Taggerty and a dyeline map) did not show all tracks and showed some which were definitely unusable. However, there were no checkpoints misplaced (although one or two teams seemed to disagree about this).

A departure from usual practice was to have two starts - one for the male team, the other for the mixed and female teams. This was so we could send the male teams 1800 ft. up to Mt. Despair to their first checkpoint! However, the first male leg was too long and two checkpoints were deleted from the second leg. In fact, the first male team arrived at HH1 at 10.45 pm and the last at 5.30 am. This first male team was leaving for the second leg just as the first female team finished their second leg.

The usual problems of walking and navigating at night (the moon didn't rise till 12.30 am) were increased by the extreme cold. On Sunday morning there was a thick layer of frost, which was still in evidence late in the afternoon. One team, in fact, tried to start a fire using a map after one of their members fell in a creek and got soaked through. And who was it who, after about eight hours walking, spent two minutes trying to unscrew the lid of a checkpoint jar, only to discover that it was a press-seal lid rather than a screw lid?

A total of 125 people entered, of whom only 36 were girls (well, International Women's Year was last year, wasn't it?). The breakdown was:

Male teams	20	Members	51
Mixed "	21	"	68
Female "	2	"	6

The final two hours were most exciting (?). The leading male team made up a difference of an hour and a half at the last checkpoint on the fourth leg, to tie with the leading female team on the road to the first checkpoint on the fifth leg at the conclusion of the 24 hours.

The final placings were:

Eq. 1st : Janice Weate, Jacqui Rand; Tim Dent, Robert Tatchell, Tony Kerr.
Both teams were on the fifth leg at the end of 24 hours.

2nd : Marilyn Morley and Andrew Walker - on the fifth leg at the end of 24 hours.

3rd : Keith and Robyn Anker - at HH4 at the end.

Ten other teams left HH3 but did not complete the leg;

Eric Sigmont and Bryan Scott - reached M23 but were late back at the hash house and incurred a penalty of 2 checkpoints.

"Murrindindi Madness" .. (Cont'd)

Iain East and Liz Brown reached X17 (= M33) as part of the Morley/Walker team;
Dennis Young, Patricia Oddie and Stephen Taylor reached X17 (= M22);
Rob Jung and Greg Craven reached M22;
Sue and Steve Kay reached X17 (= M22);
Rex Niven and Laurie Patrick reached X17 but missed X12 and incurred a penalty of 2 checkpoints;
Rob Edmonds and Paul Home reached M22;
David Bayliss and Torster Dowell reached M22 but missed M5,6,7 and incurred a penalty of 6 checkpoints;
Geoff Lawford and Rod Gray; Rob Cannon and Harry Schaap; David Trotter, Coralie Ginn and David Kennedy all reached M21/X16.

The following teams reached HH3 (not in order) :

Jol Shelton, Harry Burr, Peter Cameron, Andrew Rothfield, Fiona Milvain, Bruce Whimpey, Neil Blundy and Ross Stephens;
Nick Reeves, Gretel Lamont, Marcia Friend and Graeme Oakes;
Peter and Barry Moore and Jeff Carberry (missed M7);
Graeme Smith, Karl Hosteller and Mary Lamb (missed X6,11,12);
Lyal Harris, Ray Withers, Anne Miller (missed X6,7);
Warwick Davis, Paul Tresize and David McCredie;
Ian Whitford (ex Scott/Sigmont);
Peta Whitford (ex Weate/Rand);
Peter Jenkins, Stuart Strong, Graeme Byrne and Robert Coleman (missed M4,5,6,7,20);
Rod Phillips and John Berwick (missed M18,20);

The following teams started but did not finish the third leg:

Jean Krystyn and William Osborne (X13); George Spencer and Peter Ashby (M15); Brendan Clancy, Neil Roberts and Trevor Phillips (M16); Jim Grelis and Joe Wilding (M17); John Archer and Merryn Dawborn (X14, missed X2,3,4,10).

The following reached HH2:

Chris Hume, Chris Tsilenanis, Kenneth Deacon, Dennis Brown; Dianne Coon; Bill Meyer; John Templer, George Raitt and Prue Dobbin; Jacinta Howe, Sue Gawler, Andrew Jan and Ian Harley (missed X3,4,6); Andrew and Marian McLean, Malcolm Martin, Louise Keene (missed X2,3,4,5,6); Julie West; Tim Kiddle and Kathy Liley (missed X8,9,10); Jenelle Barwick, Ewen Templeton, Marg Coventry and Phil Ainsworth (missed X8,9,10); Sue Bruce and Tim Ekberg (missed 3,4,6); Les Southwell.

And the rest

Carolyn Sigmont, Bill Disseldorp, Cathie Seccombe, Peter Nelson, Marie Francken, Lyn Kirk, Jim Petherbridge, Louise Wilson, Andrea Harris (all HH1), and Ian Dunn, Derek Clayton, Bruce Brown, Dan Kildea, Adrie van der Velder, Emily Vriendinitje, Peter Druce, John Anderson, Bob Webster and Peter Young did not complete the first leg.

"Murrindindi Madness"

Perhaps one of the most surprising aspects of the weekend was the two or three male teams who thought they would race around the first leg and did not bother to take torches (!) or took torches with old batteries. Included in this group of "very silly" people were several wellknown orienteers (who shall remain nameless - you know what Australia's libel laws are like!).

See you next year.

Daren Fawkes

* * * * *

TRIP HIGHLIGHTS

July 17-18 Midnight Ascent of Feathertop
July 24-25 Beginners Snow walk and Ski touring
August 4 MUMC Dinner Dance
August 7-8 Alpine Instruction Course

* * * * *

TRIPS PROGRAMBushwalking

Date - July 17 and 18
Event - Annual Midnight Ascent of Feathertop.
 Will Tony find the mountain this year?
Standard - Medium mad to debauched
Leader - Nick Reeves (419 5708)
Transport - Private

Date - July 20
Event - Beginners' Snow Walk Instruction Talk
 7.30 pm in the Sports Union

Date - July 24-25
Event - Beginners' Snow Walk - or "Cohabiting with the
 cold white stuff"
Standard - Medium - Easy
Leaders - Greg Davies (829-0862) and Clare Morton
Transport - Van (numbers permitting)

Date - July 31-August 1
Event - Mt. Cobbler Walk
Standard - Medium
Leader - Fiona Milvain (?)
Transport - Private

Date - August 1
Event - Cathedral Ranges Day walk
Standard - Medium - Easy
Leader - Ian Moore (36-2429)
Transport - Private

Date - August 7-8
Event - Alpine Instruction Course at Mt. Feathertop
Leader - Nick Reeves - with other "heavies" as instructors
Transport - Private

Date - August 23-29
Event - Flinders Ranges bushwalk
Standard - Medium
Leader - Rob Jung (379-8948)
Transport - Private

TRIPS PROGRAM .. (Cont'd)Bushwalking .. (Cont'd)

Among the other vacation trips will be walks in East Gippsland, the Grampians, Hattah Lakes and the Alps. The Trips Secretary would like to hear from people who wish to go away over the summer. As usual there will be several trips to Tasmania.

* * *

Ski Touring

Date - July 17-18
Area - ?
Leader - Peter Hurley

Date - July 20
Event - Ski touring Instruction Talk
7.30 pm in Sports Union Building

Date - July 24-25
Event - Beginners' Ski touring at Mt. Stirling
Leader - Barb Whitely (329-0862)

Date - July 31-August 1
Area - Mt. Fainter
Leader - Mike Feller (20-2232)

Date - August 23-28
Leader - Andrew Rothfield
Area - ?

* * *

Orienteering

Contact Tony Kerr or Ian Moore for more precise details.

- Dates - July 18 in the Northern Brisbane Ranges. (MUMC is organizing this event - there will be plenty of MUMC members to help beginners, and there will be a BBQ after the event.)
- July 25 at Murrundindi (that seems a familiar name)
- August 1 at Macedon
- August 8, 15
- September 5 - "King of the Mountain" race at Mt. Macedon
- September 12, 19.

* * *

TRIPS PROGRAM .. (Cont'd)Canoeing .. (Cont'd)

Many trips are organized, etc., at short notice.
See the Trips Book, or contact John Templer.

Date - August 7-8
Event - Barkly River Race (practice and race)
Leader - Jol Shelton

* * *

Rockclimbing

Most climbing trips are organized at short notice.
Contact Peter Megans (874-7841) for more
information on trips.

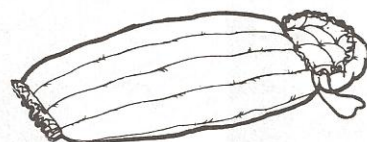
Date - July 24-25
Event - Women's Climbing Trip at Arapiles.
Sexism is alive and well in MUMC !!!
Leader - Cathie Seccombe

* * * * *

Kimpton SLEEPING BAGS

arctic bag

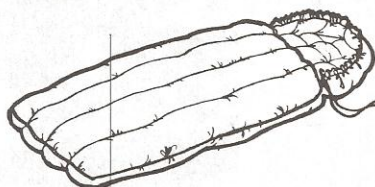
For sub zero temperatures and high altitudes. Cellular walls form lengthwise flutes, this stabilises the filling, ensuring even insulation and maximum resistance to cold throughout. There are no cold spots on the stitching, not even on the side seams because of these walls. The quilted flap hood is fitted with a draw tape and permits almost complete envelopment of the sleeper except for a small breathing aperture. When tied, the end allows no heat loss, however, in hot weather, the down can be compressed to the bottom and the end left open for ventilation, this makes the Arctic a dual purpose bag.



Filled with 2½lb. superdown.

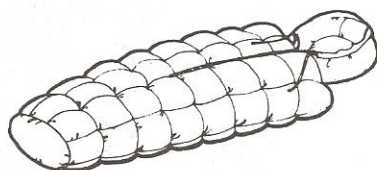
Body of bag cut 6'6" long x 32".
Total weight of bag 5¼ lb.

walled, hooded combination bag



Walled construction, the same as our Arctic bag. This hooded bag unzips to open into a blanket. Or, you can zip two bags together to make a double bag. Superdown filled

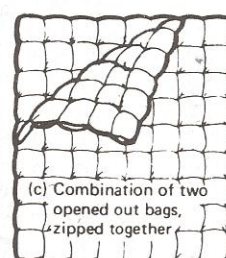
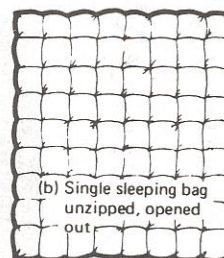
snow bag



For skiers, bush walkers and sportsmen who want warmth without weight: Fitted with an inside closing zip and adjustable hood. An added feature is the heavily padded, circular foot panel, for protection in cold conditions. Supplied with our special waterproof container bag.

combination sleeping bag

opened out to make a 6' 6" x 5' warm, light eiderdown, equalling the warmth of two pairs of blankets. For caravanning or camping purposes, it is simply zipped together, forming a single sleeping bag, or two bags opened out, can be zipped together, forming a perfect roomy double bag, capable of accommodating two adults or three children. Needs no bedmaking.

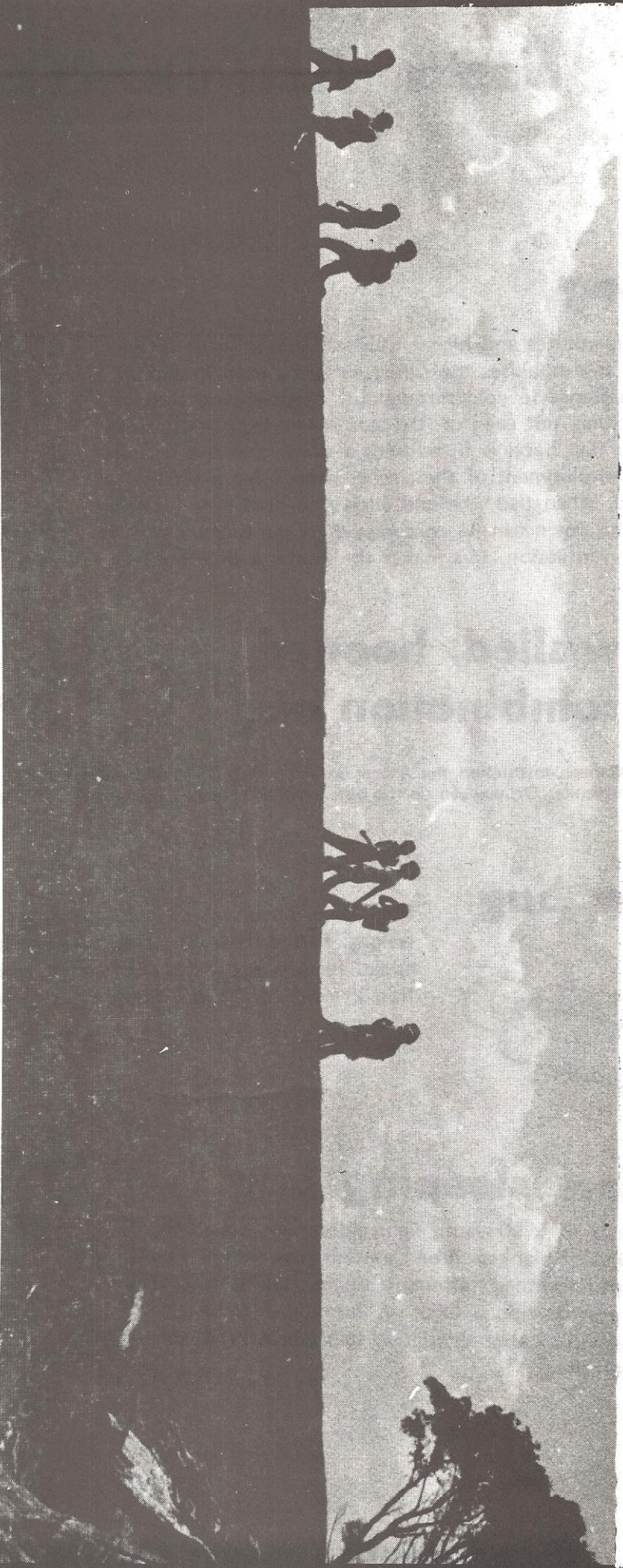


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