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Sunraysia Bushwalkers September 2017

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Affiliated with:



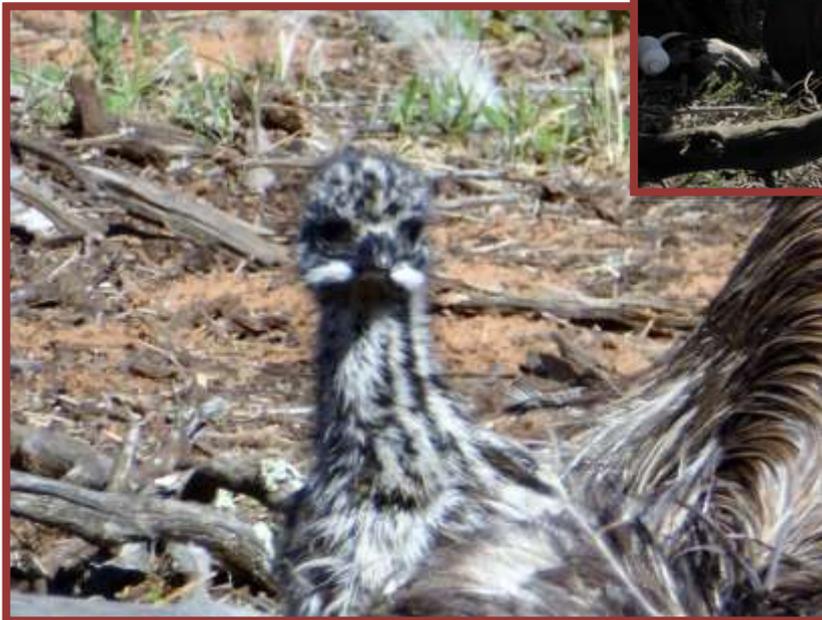
Membership Fees

\$40 per Person

Subs due 1st July

In this issue:

- ❖ **Sexton's to Chalka Creek**
- ❖ **Surviving a heart attack when alone**
- ❖ **Calendar**



To view the complete calendar please follow the link:
<http://www.sunbushwalk.net.au/calendarofactivities.html>

Sexton's to Chalka Creek Sunday, 13th August 2017



The weather forecast promised a cool but sunny start followed by a warm day. It proved to be accurate and the walking group appreciated the fine conditions.

The track into Hattah Kulkyne NP, via Colignan was OK but a little boggy in places, especially where 4WDs had cut up the track. Our convoy of five vehicles reached Sexton's without mishap, although some drivers collected a bit of clay for future use.

Twenty walkers, (including 3 Rotary Exchange students and 2 of Bill's vet colleagues) completed the walk from Sexton's to Chalka Creek and return. We headed west from Sexton's to reach Chalka Creek - about 2 klms. Chaulka at this point is dry. We then walked south to 'Oateys' where an embankment /regulator is holding back the pumped water in the creek. Chaulka at this point is brim full.

After a short break, the group returned to the vehicles via a wide arc. The highlights on this stage were the sighting of an emu on its nest and two wedge tail eagles' nests, one dormant and one in active use. Some emus were sighted and heaps of kangaroos. Rabbit control has been effective with very little evidence of their presence. Hattah looked good with a pick of green and a show of flowers. Some wattles were in full bloom.



Total distance of the walk was about 8 kms and the time taken was 3 hours.

Lunch was consumed on return to the vehicles with members taking advantage of a magnificent view of the Murray.



Twenty walkers is an excellent number and it was good to catch up with some members who have been away or busy.
SBWs members included Greg, Geoff, Dick, Judy, Tony, Jenny, Barb, Michael, Paula, Neil, Alison, Bill, Maria, Christiane and Peter.

Our next longish walk is Mt Henscke, (Sunset NP) on October 15.

Report by Peter



48 Years of Bushwalking in Australia.

Talk by Geoff Lay

**12th October 2017 at 8.00 pm
Lutheran Church hall,
Corner of Ninth Street and Olive Avenue.**

***DO please let Peter know in advance
if you will be attending this talk - Phone: 50221898***



Something we didn't learn at Remote First-Aid

Received as an Email

Let's say it's 7.25pm and you're going home (alone of course) after an unusually hard day on the job. You're really tired, upset and frustrated.

Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up in to your jaw. You are only about five km from the hospital nearest your home. Unfortunately, you don't know if you'll be able to make it that far.

You have been trained in CPR, but the guy who taught the course did not tell you how to perform it on **yourself**.

HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

This information is available as an email. If you would like it to be forwarded to others please contact the Newsletter Editor.

**Membership fees can be paid by Direct Debit
to Sunraysia Bushwalkers Inc.**

BSB 063520

Account No. 00907072

Please include your name with your payment



CALENDAR

| 2017 | | |
|-----------------|--|--------------------------------------|
| Sept 6th | Meeting | |
| 12th | Mundibbi Trail Bike Ride, WA | Contact: Michael 0400549988 |
| 16th - 17th | Mungo National Park A possibility if enough interest shown | To be discussed at tonight's meeting |
| TBA | Melb City to Walhalla Trek | Contact: Bill 0408231984 |
| 24rd - 29th | Burra / Hallet - Heysen Trail Day Walks | Contact: Peter 0458935239 |
| Oct 1st - 7th | Burra/Caroona/Gluepot Trip Base camping & Day walks | Contact: Peter 0458935239 |
| 4th | Meeting | |
| 12th | '48 Yrs of Bushwalking Across Aust' Geoff Lay - Cnr 9th St & Olive Ave. at 8.00pm | Contact: Peter 0458935239 |
| 15th | Mt Henscke, Sunset NP Day Walk | Contact: Peter 0458935239 |
| 28th - 29th | Federation Walk Weekend - Warburton area www.fedwalks.org.au | Contact: Meryl/Karl 50227676 |
| Nov 1st | Meeting | |
| 19th | Kings Billabong or Merbein Common Billabong | Contact: Peter 0458935239 |
| Dec | Christmas breakup TBA | |
| 2018 | | |
| March 3rd - 9th | Bike ride along the Western Vic Rail Trail Start from Maldon - ending Port Fairey | Contact: Peter 0458935239 |

Note: All activities and dates are subject to change. Always contact the Leader to register your attendance.