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Membership Fees
New Members \$30
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Sunraysia Bushwalkers

March 2012

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Affiliated with:



Well, this is the beginning of another great year for further bushwalking events and adventures.

And adventures they will be, with the planned bike ride and walk in New Zealand in March and 7 intrepid walkers doing a crossing of Britain from one side to the other in June.

The remaining Club members still will have plenty of walks to choose from and enjoy. Do check out our calendar and also our up and running web site.

www.sunbushwalk.net.au

Canoe down the Murray Paddled and written by Tom and Tessa

With a few days off work over the Christmas period we decided we wanted a bit of an adventure. What better way to get out into the wilderness and make the most of one of the local area's finest features than to take a trip along the Murray? With only one approaching experienced in canoeing among us (Tessa only having been in a canoe twice), it certainly had the potential to turn into an adventure!

All packed and ready to go, Wildside Outdoors provided a door to door service and picked us up from home early on Tuesday 27th December. Despite getting an early start, the sun still felt strong as it came beating in through the windscreen on the drive down to Wemen. A taste of what was to come!



Along with a two-man open Canadian canoe, we also hired a couple of big barrels and a small waterproof bag for all our gear. This proved to be quite a generous amount of space – enough to hold a small tent, two sleeping bags & mats, stove, fuel & cooking utensils, food for 4 days and a few books. Unlike when you are hiking, or touring on a bike, weight is much less of an issue in a canoe – so some luxury heavy food items like onions and a small bottle of rum could even be accommodated! The barrels fitted nicely in the middle space of the canoe too – so not taking away anyway valuable legroom.

It was nearly 10 o'clock by the time we actually set off from Wemen. A fairly strong head wind made for a slowish first couple of hours. It didn't take too long to get into a steady rhythm though and we'd allowed plenty of time to cover fairly short distances so we could enjoy the scenery. The two-kilometre markers on the New South Wales side of the river helped us keep track of our progress (although you did need to keep quite a close look out as they varied in position on the trees and could sometimes get quite camouflaged). As well as the river map and these riverside markers, Tom also wired up a high-tech navigation system as a back up – a GPS running off a special 'travel' fold-up solar panel, carefully positioned across the barrels in the canoe.



Apart from a short stop for lunch, we paddled until about 2.30pm, before starting to keep an eye out for quiet sandbars on the Victorian side. This proved to be a bit more difficult than anticipated – school holidays had brought out lots of car campers. We struck lucky however at Ki Bend (24km downstream from Wemen) – and staked our claim on the empty sandbar. Before setting up camp we went for a quick dip in the river to cool down and get clean (well, cleaner). Despite the scorching sun, the water was still pretty chilly, and Tessa couldn't stay in the water too long before goosebumps appeared!



After setting up camp (Tom cleverly constructing some shade with a piece of tarpaulin) we relaxed for a couple of hours – reading and enjoying the peacefulness of the river. This particular sandbar seemed to be a prime nesting spot for cockatoos – which initially provided a source of live entertainment (but did turn into a bit of a noisy neighbour situation later on!) The wind was particularly strong at Ki Bend – which seemed to help keep the mosquitoes away but we decided it was probably sensible to wait for it to die down a bit before having a campfire.

After an Eritrean dinner of ‘shiro’ (dried chickpeas & spices that you add to onions & tomato paste) and rice, we were in bed by 9.30pm. We both felt pretty wiped out after a day in the sun and using muscles not used to being used!

The next morning we woke feeling refreshed – if a little stiff across the shoulders and upper arms! The wind had died down a bit and the current just seemed to carry us along, making the second day’s paddle to Tapaulin Island a very relaxed couple of hours. We did get a shock when we came around one bend to be faced with two naked fishermen quickly scurrying to shore! From this point onwards, in the absence of a boat’s engine, Tom thought it best to cough loudly before turning any corners, to make ourselves known!

We set up camp, this time on the New South Wales side – next to the Tapaulin Island Reference Area (about 27km from Ki Bend). While Tessa lay in the shade, engrossed in her book, Tom went to explore the area and discovered huge piles of tree trunks deep in the forest, presumably washed in during the previous summer’s floods.

As we were making good progress, we decided to stay put for two nights. On the third day, we paddled across the river to Chalker Creek and went for a walk. This was very pleasant – and it was good to revisit the same part of the Hattah National Park that we had been through on our bike ride with the Bushwalkers in September. This time we sat and had morning tea where previously we’d waded through water with our bikes! We got some good views by climbing a couple of sand dunes, had some good kangaroo sightings and also saw a family of wild pigs. The paddle back across the river to camp was enough to convince us you wouldn’t want to have to paddle too far against the current!

After a day off, it was nice to get back in the canoe the next morning. Again we took it fairly easy – and paddled about 23km, to just past Colignan. Out of the National Park now, we got a sense of returning to civilization. We camped on the New South Wales side again, but this time opposite blocks and pumps. To try to keep away from the noise of the pumps (and civilization!) we set up camp behind the beach, in a wooded, shaded spot. We did come out onto the beach later on however, to have a ‘wee snifter’ and watch the sun go down.



Great dining area



With only about 14km remaining to Nangiloc (our pick-up point) so we had a leisurely paddle for our final morning. Our final stop before Nangiloc was to see the 'Big Gumtree' marked on the river map – well worth a visit and a good photo opportunity.

Big tree, big hug

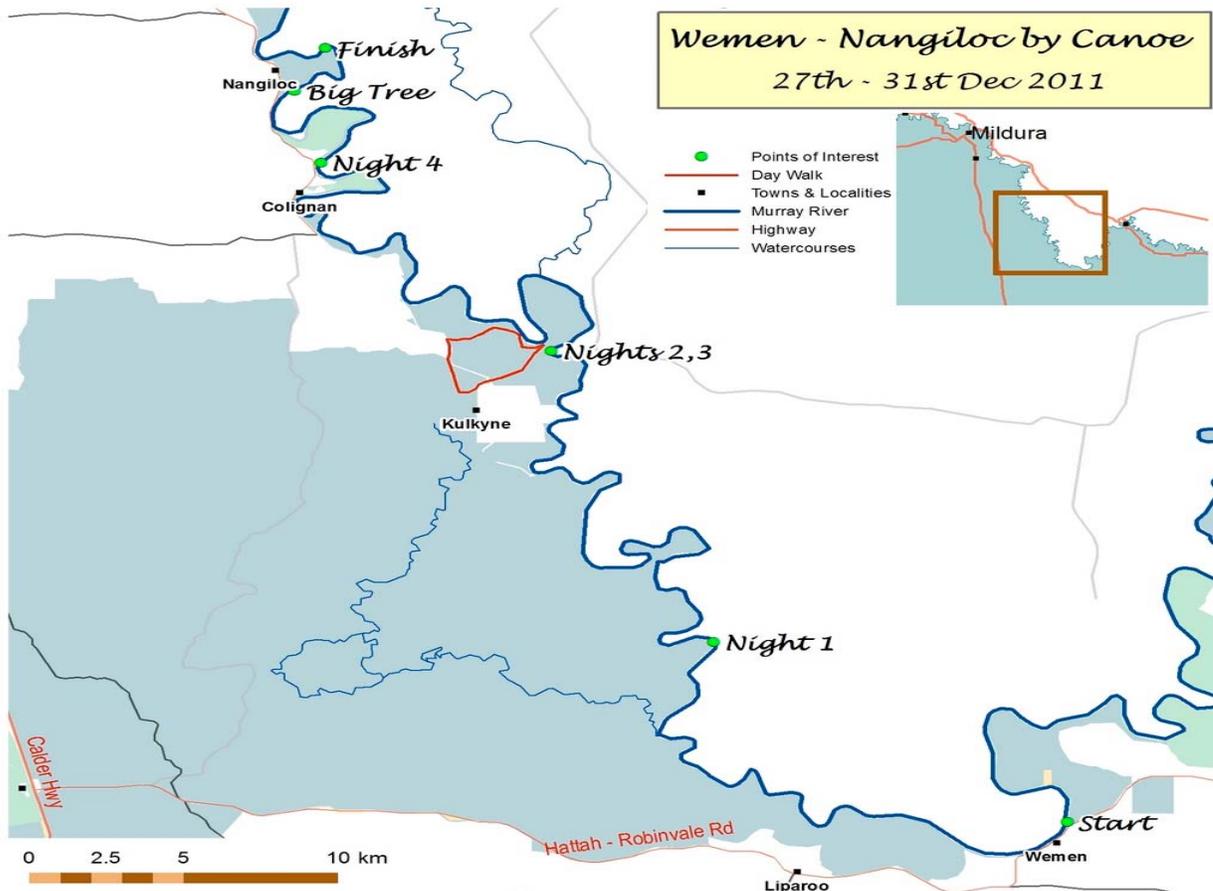
Paddling

around to the top of the bend at Nangiloc we pulled in to our last sandbar. After a swim and some lunch, we headed up to town (leaving our stuff to collect later). We worked up another sweat just on this short stroll – the temperature now approaching 40 degrees. It was well worth it though for the cold beer that was waiting for us in the Nangiloc Tavern! Before too long, our lift arrived and we collected our gear from the riverside and headed back up the road to Mildura – suitably relaxed and with a sense of achievement (and looking forward to a shower!)



There's nothing quite like a good cold beer!

XX



Australian scientists in snakebite ointment breakthrough

Rubbing snakebites with an ointment that slows the functioning of lymph glands could boost survival times by 50% according to new research by Australian scientists.

In experiments on humans and mice, researchers showed a class of compounds called nitric oxide (NO) donors delays the entry of toxins from potentially deadly snakebites into the blood stream. Nitric oxide, a molecule involved in regulation of blood pressure and the control of brain activity, have been shown to lower blood pressure in patients who suffer acute strokes.

Read more about it in the September 2011 edition of Bushwalking News Victoria.

Looking after Gortex

Many of us wear Gortex or other 'breathable' garments. If they start leaking, then they need to be washed. Just like any other item you wear, your wet-weather gear and your gortex boots need to be kept clean.

Some tips can be found on the following web site.

But before applying them, remember to read the manufacturer's instructions and always follow the instructions on the item.

Source: Gortex Care Centre

<http://www.gore-tex.com/remote/Satellite/content/care-center/washing-instructions>

Read more about it in the September 2011 edition of Bushwalking News Victoria.

Non -Progressive Progressive Meal

Sunday 12th Feb. dawned clear, calm and not too hot. I even skipped church so that some fresh bread buns could be prepared for the opening meal for the start of our bushwalking season. What a meal it was. Starting with Moroccan Carrot soup and cold Borsch, followed by a great selection of salads, BBQ and wonderful sweets to suit anyone's palate. It was very difficult to make the decision to finally leave the fantastic repast and take ourselves home. Many thanks to Dick & Wendy for their hospitality.

Written by Barb

Some drink from the fountain of youth.

Others merely gargle



PROGRAM SUMMER/AUTUMN 2012

If you intend going on any of these trips please contact the Trip Leader by 8 pm the Thursdays beforehand so that arrangements may be finalized. Unless a minimum of 4 walkers (including the Trip Leader) have registered by Thursday evening walks may have to be cancelled.

Day & Date	Activity	Grade	Trip Leader	Phone No	Comments
MARCH					
Wed 7th	GENERAL MEETING – Bring along some interesting photos.				
2nd/15th	NZ Ride & Walk	MH	Michael Jobe	5023 8257	Otago Rail Trail & Routeburn Track NZ
Sat 24th	Mulcura Island	SM	Noel Hayward	5025 7455	Walk across Mulcura Island to Lock 8.
APRIL					
Wed 5th	BUSINESS MEETING				
Sun 15th	Bike Ride Merbein	SM	Michael Jobe	5023 8257	Ride through Merbein Common
MAY					
Wed 2nd	GENERAL MEETING – Slide Show of 1970's Kayak Trips down Tasmania's Franklin River				
Sat/Sun 5-6th	Mungo Loop MTB Ride	EL	Noel Hayward	5025 7455	Supported overnight ride, camp at Belah Camp
JUNE					
Wed 6th	ANNUAL MEETING				
Sat 23rd	Explore Pooncarie	SE	Dick Johnstone	5022 0030	Explore the river, cemetery & historic Pooncarie Pub
JULY					
Wed 5th	GENERAL MEETING – non Business Meeting				
Sun 22nd	Bike Ride Red Cliffs	SE	Michael Jobe	5023 8257	Explore south of Red Cliffs Boat Ramp.
AUGUST					
Wed 1st	BUSINESS MEETING				
Sat/Sun 18th/19th	Belated Winter Solstice at Pine Plains Lodge	SE	Noel Hayward	5025 7455	Join us around a big campfire, for a camp oven banquet.
Sun 26th	Ride or walk, Abbotsford Bridge	SE	Michael Jobe	5023 8257	Explore west of Abbotsford Bridge
SEPTEMBER					
Wed 5th	GENERAL MEETING – non Business Meeting				
Sat 22nd	Mt Henschke day walk	SM	Noel Hayward	5025 7455	Optional vehicle camp O/N or pack camp beyond Mt Henschke
OCTOBER					
Wed 3rd	BUSINESS MEETING				
Sat/Sun 20th/21st	Grampians Overnight walk	MH	Roger Cornell	5025 7325	Alternate day walks from Halls Gap
NOVEMBER					
Wed 3rd	GENERAL MEETING				
17th/18th	Murrumbidge Canoeing	ME	Barb Cornell	5025 7325	Yanga Woolshed to Murray

ADVANCE WARNING 2013 -14 WALKS.

April 2013	Waldheim Huts Cradle Mountain. Day or overnight walks around the Cradle to admire the autumn foliage of the <i>Nothofagus Cunnungham</i>	Noel	5025 7455
April 2014	Himalayan Walk. Everest Base Camp and/or Goyko Lakes	Noel	5023 8257