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Sunraysia Bushwalkers July 2013



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Membership Fees

**\$40 Per Person
Subs due July each year**



Our newest member Robert looking relaxed on the way to the Major Mitchell Plateau

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- ❖ **Eye in the Sky – a SPOT experience**
- ❖ **Brief report on the Major Mitchell Plateau overnight walk**
- ❖ **Calendar of upcoming events**

Major Mitchell Plateau walk

– Queens BD weekend 7-10th June 2013 –

With insufficient numbers to do the day walks that part of the weekend was abandoned.

As Tony was only able to travel Saturday it was decided that Robert, Roger & Christiane would travel down Friday afternoon and start the walk from Jimmy Creek campground Saturday morning and meet with Russell, Dick and Tony who would commence from the Mt William carpark after driving down on Saturday and arriving at their start at lunchtime.

We had heard that there was another activity on over the long weekend that included the Plateau walk but even though we were warned it came as some surprise when 5 vehicles pulled in at the Jimmy Creek campground, one even had a toilet in tow, at dawn. A group of about 8 were soon chatting around a camp fire and my curiosity overcame me and I went over for a chat. 'No', came the reply to my enquiry as to whether they were about to commence the Plateau walk, rather that they were the support crew for 150 (yes 150) walkers who had already started their walk for the day some 8 kilometres away. Within a few minutes 3 runners came in, picked up some breakfast and continued on. This was the start of the constant stream as all types of walkers/runners who arrived and proceeded on. The fortunate part of all this was that they had all departed before we were packed up and on our way. Only one person passed us during the morning and he was the tail end charlie collecting blue tap that had marked their track. This was all part of three days walking(?) as a community fund raiser – not unlike the Wild Dog Mail Trail that the club had been involved in two years ago.

Later in the walk we observed a helicopter (the next day) hovering in a gully for a considerable amount of time and subsequently discovered that they had been searching for a lost walker. We heard no more of this and assumed that it was probably not part of the 150 as they seemed so well organised.

The walk from Jimmy Creek to First Wannon campground is approximately 14 kilometres and mostly up. Christiane and I were well attended by Robert who very attentively keep us together a little like a sheep dog attending his flock by darting back and forth between the two of us. With all day to cover the distance we did not push ourselves and had a delightful walk up to the Plateau stopping for lunch at the last ridge that leads to the Plateau itself.

At the highest point of the walk the Cairn received a little attention with the addition of a rock or two.



Tony utilizing the capacity for his pack to also be a chair – causing much jealousy from the rest of the party



Later in the afternoon we were met by Dick jumping out from behind a bush as we approached the Wannon Campground having arrived only a short time before us. It was pleasing to see that there was only one other tent at the sight considering that it was the long weekend. Another couple turned up later in the day but there were only 10 of us at the site that evening. The next day we came across 6 walkers who had set off too late to get to Wannon and had ended up camped in the saddle at Boundary Gap (Dirag).

Considering that we had the shorter distance to travel we once again were a little casual in our approach to the remainder of the walk and spent time at the summit of Mt William to have lunch and by the time we arrived back in Tony's car at Jimmy Creek Campground the others has been there sometime. Rather than head back home it was decided to have a meal at the pub and set off the next morning. Tony headed for Melbourne, Robert awaited a lift to his parents and the remaining 4 headed for Mildura.

As we passed through Carwarp we made a detour to have a close look at the new solar array consisting of 40 high gain collectors and a further detour to view the new almond factory with its bunkers of almonds that appeared larger than any grain bunkers I have seen.

Ambulance Cover



As an unintended consequence of our proposed adoption of the new Constitution the requirement to be a member of an Ambulance Fund will lapse.

To enable Leaders to confidently look after the welfare of participants on a walk **they may refuse** a member's participation on a walk if that member is not prepared, if the need arises, to give their permission to call an ambulance if the member is unable to do so.

This is to make certain that the cost of an ambulance call-out is the responsibility of the member and not the walk leader.

EYE IN THE SKY – A view from the other side.

Over the last 12 months I have slowly been reading the book "*SURVIVE! REMARKABLE TALES FROM THE NEW ZEALAND OUTDOORS*" by Carl Walrond courtesy of Michael Jobe. An interesting read covering walks, climbs, water activities, the mind and other scary places.

So, when Callum announced his proposed solo tri-state walk, I had a few things running around in my head that were probably not there twelve months earlier or if they were then soundly suppressed.

Callum has a SPOT device almost identical to the one owned by the club and when you set a SPOT up there is a requirement to provide at least two persons as contacts in case they are activated in an emergency. In Callum's case, he had approached Dick & I to become those contacts and we were more than happy to be so nominated. Since then Callum has gone off on his own a number of times and we have received a SMS text saying '**Spotty** (Northings & Eastings of his location) **I AM OK. CALLUM MACG.....** together with date and time. So at various times upon answering the tone of an incoming message I have found Callum to be in territory unexpected and with the aid of Google Maps and the coordinates I have been able to locate that last message origin with great accuracy.

So when Callum made his announcement that he was proposing to walk from Dareton to Peebinga through an area of wilderness over a period of 9 days carrying up to 30 litres of water Dick & I were a little concerned. Callum advised us that he had upgraded his SPOT subscription to have the tracking function allow him to automatically transmit his location every 10 minutes and thus we could track his progress on our computers.

Due to a few last minute situations that required me to be elsewhere for 4 days prior to his departure it was not possible to check out the workings of Callum's SPOT tracker but when I returned and checked his first 'I AM OK' I located him about 10 klms from my home so hopped into the car and went straight to his location – no problems. A bit of discussion and we thought all was going well and we could then track his progress. WRONG!

Knowing he was carrying a mobile phone I sent a text message requesting some additional info – SILENCE.

Next night Dick & I set off with his next "I AM OK" location set into the club's GPS and having had a look at the Google Map as well. In the late afternoon we arrived at the approximate location that Google had shown as his location although the GPS said that he was another 24 klms further down the track. By

the time we realized that the GPS was not going to get us to the correct location it was dark and although we retraced our outward journey we were not able to find him in the dark.

We agreed that we would set off earlier the next afternoon with a laptop and having reset the GPS to the setting that has it using the Google Map co-ordinates we waited on the banks of the Murray for his 'I AM OK' message. On this evening he walked further and for longer than the day before so by the time he transmitted the message it was once again dark. Even so, with the correct setting for the GPS we were able to tell that he was 1.4klms from us and in the dark we located him within a few minutes. This allowed us to be confident that all was working well and as Callum walked away from the settled area into the Mallee Sunset Country we were able to track him with accuracy and more importantly felt confident that we could go straight to his last location if required. One concession that Callum made for us was that he would not go off track into the wilderness area. As he crossed the Calder Highway we made one further visit just to be sure in our minds that he was in a good place to continue on and we found him in good spirits and ready to proceed.

Although at the time of writing we have not spoken to Callum we have tracked him to his destination. Task accomplished. WELL-DONE CALLUM.

' A clue to the name given to Callum's SPOT device is his Scottish heritage

Back to "*SURVIVE! REMARKABLE TALES FROM THE NEW ZEALAND OUTDOORS*" which quotes from Laurence Gonzales' "*Deep Survival*" the Seven Rules of Adventure:-

- Commune with the dead.
- Perceive, believe, then act.
- Avoid impulsive behaviour: don't hurry.
- Get the information.
- Know your stuff
- Be humble.
- When in doubt, bail out.

These 7 rules are for keeping you out of trouble in the first place. Next he summarised actual behaviours. Not all survivors do all of these things but most do many of them:

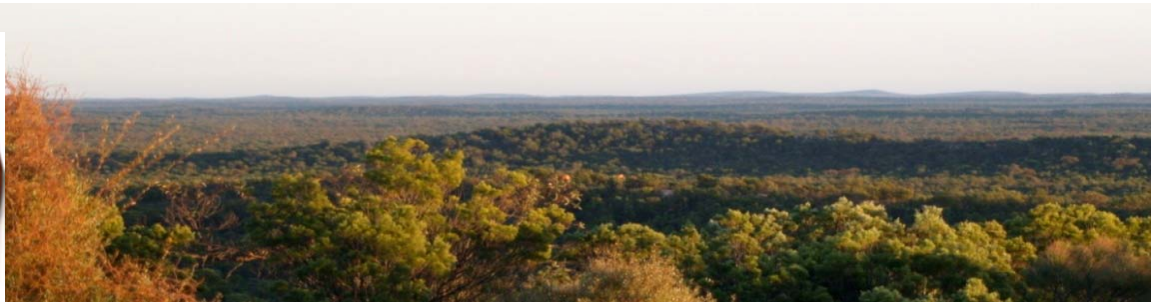
1. Perceive, believe (look, see, believe)
2. Stay calm (use humour; use fear to focus)
3. Think/analyze/plan (get organised; set up small, manageable tasks)
4. Take Correct, decisive action (be bold and cautious while carrying out tasks)
5. Celebrate your successes (take joy in completing small tasks)
6. Count your blessings (be grateful – your alive)
7. Play (sing, play mind games, recite poetry, count anything, do mathematical problems in your head)
8. See the beauty (remember: it's a vision quest)
9. Believe that you will succeed (develop a deep conviction that you'll live)
10. Surrender (let go of the fear of dying; 'put away the pain')
11. Do whatever is necessary (be determined; have the will and the skill)
12. Never give up (let nothing break your spirit)

Numbers 7 & 8 are mental strategies to avoid succumbing to an emotive state, for retaining focus and to while away the waiting hours.

Stay safe!



Spot the one who prepared!



PLANNED WALKS FOR 2013

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.

2013	Activity	Grade	Contact
3 rd July	Special General Meeting to adopt new constitution		Dick 50220300
5-6-7 th July	Ned's Corner Shearer's Quarters for the Winter Dinner – one or two nights stay	SE	Dick 50220300
7 th August	General Meeting		
4 th September	General Meeting		
September	Sunset Country Walk	SE	Dick 50220300
13 th October	Federation Weekend - Myrinong, near Bachus Marsh 20 – 25 Walks on offer Possible Ballarat walk 12th		SBW Web site
October	Great South West Walk 250 klms or sections thereof	MM	Roge 50257325 0488121648r
November	Bike Tour & Ramble – Tasmania 6 Days Devonport to Penguin & Ride in Deloraine area		Michael 04005749988

All walks are given a **two letter grading code**

<p>The first letter refers to the distance S - short (8-12 klms a day) M - medium (12-20 klms a day) L - long (20 plus klms a day)</p>	<p>The second letter refers to the terrain E - easy (mainly following form of marked track typically on flat ground) M - medium (mainly on formed tracks but may include some off-track walking with moderate climbs on or off track) H - hard (day or overnight walks which may require long or multiple steep climbs, cross country travel, creek crossings &/or some rock scrambling) R - rough (day or overnight walks in difficult terrain which may include long &/or steep climbs and considerable off track walking. May include special requirements such as requirement to carry extra water, experience in rock scrambling &/or snow, knowledge of survival)</p>
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Next Meeting
Wednesday 3rd July at 8.00 pm
at Drysdale's
2164 Fifteenth Street,
Irymple