



THE SYDNEY BUSHWALKER



NOVEMBER 2003



Print Post Approved PP 235723/01270



1045 Victoria Rd
West Ryde 9858 5844

Come in and see one of the best lightweight and roomy bush walking tents currently available. It sleeps 3 and weighs in at only **2340** grams complete (with the mesh inner tent and pegs.) Or just **1260** grams fly, pole and pegs.

GOLITE HEX 3 or 4 SEASON SHELTER

USES

3 or 4 season hiking or backpacking, winter camping, mountaineering

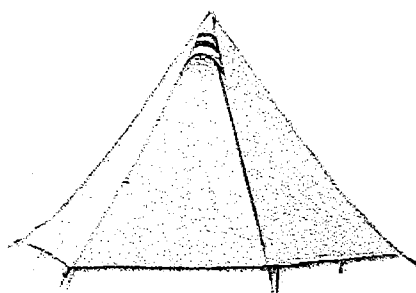
Price: \$ 599.00

WEIGHT

800 g canopy + 370 g pole + 90 g pegs and sack

DESCRIPTION

This 4-season, extremely versatile, roomy 3-person, canopy-style shelter is bound to become your favourite all-year home-away-from-home. Unlike a tent, which essentially



HEX 3 FLOOR Only

Price: \$ 169.00

WEIGHT

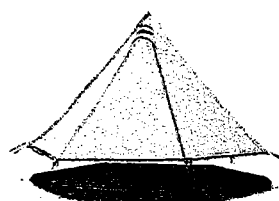
620 g

DESCRIPTION

Perfect for those who want a waterproof floor, but don't need full bug protection.

FEATURES

- Clips into Hex 3 canopy at 6 corners
- Abrasion resistant Cordura® centre



pole patch

- 6000 mm waterproof floor
- 4-inch bathtub design

requires you to use poles, inner tent with floor and fly whenever you pitch it, the Hex 3 is a component system: You can use just the canopy with or without a floor, or just the bug net inner tent, or the canopy with the bug net. And you can pitch the Hex (canopy or Nest) over a paddle on a canoe trip, or over a ski pole on a ski-tour. Or hang the canopy via its top loop from a branch or a line suspended between trees. You can dig a snow pit under it and increase the amount of usable space; you can pitch it over rocks; and you can put it up quickly by yourself in the nastiest weather. How's that for versatility.

Dual roof vents provide excellent air flow, and the supplied extra guy lines can be used to pitch the leeward side (the side facing away from the wind) well off the ground to increase ventilation. SiLite construction and the six-sided shape with extra stake-outs midway along each side add up to an incredibly wind-stable, weatherproof shelter. Functional details include reflective, adjustable guy points: the adjustability ensures a good, taut pitch, while the reflective strips simplify pitching the Hex in the dark (and mean that it's much easier to find your Hex when returning to camp after dusk - and less likely that you'll trip over a corner once you have...)

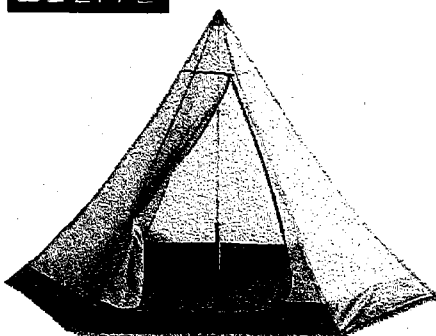
Available in Sun for people who want to be seen, and Forest for those who don't.

For even more versatility, there will be a new trekking pole extender that will enable you to leave the Hex 3 pole at home and use any standard trekking pole to pitch the Hex 3! Available soon

FEATURES

- SiLite™ silicone-impregnated rip stop nylon
- Hexagonal shape sheds elements superbly
- Adjustable aluminium centre pole (also available as a separate item)
- Top loop
- 2 large roof vents
- 2-way door zipper
- Reflective adjustable stake out loops
- 9 Y-stakes
- Floorless design
- 4-season palace for 2 or home for 3
- Stake sack, SiLite™ stow sack included

HEX 3 NEST (No pole)



Price: \$259.00

WEIGHT

1080 g net + 90 g pegs (if you already have the shelter then you won't need to take 2 lots of pegs and keep the weight down)

DESCRIPTION

The perfect companion to the Hex 3 shelter when you're heading into mosquito or insect-laden adventures. Can be pitched separately when desert camping.

FEATURES

- No-see-um mesh canopy
- Full length 2-way C-shaped door zipper
- Foam cone pole seat at apex Pole Only Pole Only
- Abrasion resistant Cordura® centre pole patch
- 6000 mm waterproof floor
- 4-inch bathtub design
- Stow sack

Pole Only
Price: \$85.00
Weight 370 g



NOVEMBER 2003

Issue No. 828

THE SYDNEY BUSHWALKER is the monthly bulletin of matters of interest to members of

The Sydney Bush Walkers Inc
PO Box 431 Milsons Point 1565.

Editor: Bill Holland
Production Manager: Frances Holland
Printers: Kenn Clacher, Barrie Murdoch,
Tom Wenman Don Brooks Fran Holland

NEWS AND COMING EVENTS:



2004 Membership List

Next year's List of Members will be finalised shortly. If you have changed your address or phone number recently, please advise:

Members: Pam Morrison
Prospectives: Heike Krausse
The advice should be in writing directed to the Club's postal address. This will ensure that our records show your current address and prevent delay in receiving the magazine each month.



Christmas Party: Wed 17th Dec from 7 pm
Christmas fare at the Clubrooms!!



Evening Picnic: Wed 7th Jan : from 6 pm
Triple B - Beachside Bash @ Balmoral



Early Bookings: The extended walks over the Christmas/New Year period are very popular. You would be well advised to make your booking ASAP to avoid disappointment.

Summary of Contents:

1. **Index and Notices**
2. **President's Report:**
3. **Treasurers Report:**
3. **Editors Note:**
- 4,5. **Letters to The Editor:**
Two letters this month
- 6,7 **Campfires Burning:**
Pamela Irving writes about the acceptability otherwise of burning rubbish on camp fires
8. **Ferals, the Second Greatest Peril:**
The second greatest threat to our environment is how David Trinder describes feral pests
- 9 - 15. **The Walks Pages:**
Starting with the summary "Walk Notes" by Barry Wallace, followed by Tony Crichton's report of the 2003 classic "Kanangra Walls to Katoomba in a Day" and Ron Watters reminiscing the 1953 "Christmas on the Kowmung" epic.
- 16,17. **Of Interest to New Members:**
Heike talks of Giardia, prevention and treatment
18. **Social Notes:**
Another month of fun n' frivolity in the SBW Social Pages!!

ADVERTISERS:

Alpsport	Front cover
Eastwood Camping	9
Paddy Pallin	Back cover
Wilderness Transit	5
Willis's Walkabouts	7

The Sydney Bush Walkers Inc.

Our Club was formed in 1927 for the purpose of bringing bushwalkers together; enabling them to appreciate the great outdoors; establishing a regard for conservation and promoting social activities.

The Club's main activity is bushwalking but includes other activities such as cycling, canoeing and social events.

Our Walks Programme (published quarterly) features day walks on most Saturdays and Sundays, some mid week walks and overnight weekend walks.

Extended walks are organised in areas such as Lamington, Snowy Mountains etc as well as interstate.

Our meetings are held every third Wednesday evening at 8 pm at Kirribilli Neighbourhood Centre, 16 Fitzroy Street, Kirribilli (near Milsons Point Railway Station).

Visitors and prospective members are welcome.

General Enquiries: Phone 0500 500 729

SBW Website www.sbw.org.au

Office Bearers

President:	Rosemary MacDougal
Vice-President:	Wilf Hilder
Public Officer:	Maurice Smith
Treasurer:	Maurice Smith
Secretary:	Leigh McClintock
Walks Secretary:	Peter Love
Social Secretary	Caro Ryan
Membership Secretary	Pam Morrison
New Members Secretary:	Heike Krausse
Conservation Secretary:	David Trinder
Magazine Editor:	Bill Holland
Committee Member:	
Barry Wallace	Pamela Irving
Delegates to Confederation:	
Jim Callaway	Wilf Hilder

Contact The Committee:

Members are welcome to contact the following officers with questions on Club management and other matters.

President : Rosemary MacDougal
9428 5668 (h) rmacdougal@bigpond.com

Treasurer: Maurice Smith
9587 6325 (h) or mauricethewalker@ihug.com.au

Members Secretary: Pam Morrison
0418 463 923 or at pamm@unsw.edu.au

Vice President: Wilf Hilder
9587 8912

New Members Secretary: Heike Krausse
For prospective membership enquiries phone 9998 0587 and leave a message

President's Report:

In October Roger Treagus conducted our leaders planning night which was attended by a number of new leaders and prospective leaders keen to make a contribution. Some leaders want to be adventurous, others are happy to lead walks that they have been on and others want to learn the ropes. All of this is very encouraging with the result that our walks program for the summer months is packed with terrific walks. At our November meeting we grappled with some interesting issues brought to our attention about the web page. We were asked to consider whether we have too much information on the site, which is accessible to the public in general. One such issue is that descriptions of walks could lead to non-members using the information to lead their own walks. There is a general disclaimer on the site and as there are only about ten hits per week, we do not perceive that there will be lots of people finding our site and using the information in that way. A special membership page may be the way to go but the significant difficulty with that is the use of pass words and how we communicate that to you. Nevertheless, our website sub committee will look at these matters and report back. That committee has indicated that it may recommend we send out a survey to see what you think of the site and what should and should not be on it.

We have also looked at whether we should have a Prospectives Development Sub- Committee. This discussion has been driven by the fact that we have an influx of prospective members and to see how we might make it easier for the transition to full membership. We came to the conclusion that we have enough happening in this area for the moment. For example, on the first Wednesday in February next year, Mark Dabbs has agreed to do a navigation training night at the clubrooms. If you are wanting to move onto full membership but feel that you need some help in this area then this is the ideal opportunity. This is particularly so if you cannot get to the regular sessions at Coolana where this training is also given. See you on the track

Rosemary MacDougal

*Some Guinness was spilt on the bar-room floor
When the pub was shut for the night
Out of his hole crept a wee brown mouse
And stood in the pale moonlight*

*He lapped up the frothy brew from the floor
Then back on his haunches he sat
And all the night you could hear him roar
"Bring on the goddamn cat!"*





Treasurer's Report - October

In last month's magazine was a brief note to the effect that I will not be standing for re-election as Treasurer at the March 2004 Annual General Meeting. So if you have the necessary accounting skill and the desire to assist our wonderful club then it is time to put up your hand and volunteer. The following is my report on the club's finances which are in a healthy state.

Set out below are the figures for October.

Bank Balance 1 st October	\$6,294
<u>Income Received</u>	
Interest	96
Membership Fees	40
Total Receipts	136
<u>Expenses Paid</u>	
Magazine postage	396
<u>Transfers</u>	
Transfer of funds to Cash Management Account	2,172
Total Payments	2,568
Bank Balance 31 st October	\$3,862

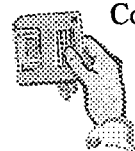
Coolana Fund

The Coolana Fund is a sub-set of some of the club's investments in low risk blue chip debentures, government bonds and cash management accounts.

At 1st January 2003 the value of the Coolana Fund was \$21,563. In the year to date the fund has received \$2,778 in income (interest on investments and donations) and has expended \$950 (mostly council rates on Coolana). At 31st October the balance of the Fund stood at \$23,391.

Maurice Smith - Treasurer

Contact The Editor:



Copy for publishing in the SBW magazine should be received by the Editor by the end of the first week of each month. Letters stating your viewpoint on matters of interest are most welcome.

Please send your submission in by mail (preferably typed), on floppy disc, by fax or by email addressed to The Editor

Telephone: 9484 6636
Email: billholl@hotmail.net.au
Fax: 9980 5476 (phone 9484 6636 first)

Editor's Note:



Reading of our Treasurer's Report in the adjacent column and his intention to seek a replacement at the next AGM prompts me to consider my own position as Editor.

After three years of editing your magazine I think that maybe it is time someone else was given the opportunity to express their ideas and use their creative abilities to bring you the Club news each month.

With this in mind I am offering any member who would like to consider nominating as Editor to contact me in advance of the AGM. This provides the opportunity to assist with the final preparation of the magazine in the months before the AGM and learn the extent of skills required to carry out the task. Be assured the requirements are not onerous but reasonable time is required for at least the week before printing.

Now, looking at this month we have a variety of articles and two letters with a couple of jokes to complete the issue. Many thanks to those of you sending jokes to me - they lighten my day but not all are suitable to publish in this magazine.

Next month the magazine will be published one week earlier than usual to reach you ahead of the last minute Christmas mail.

Bill Holland

Notice - Camp Fires and Stoves

All members are advised to check the restrictions on lighting fires in intended camping areas. Be aware that NSW may face dangerous bush fire conditions this summer. This means that fires in the open will be restricted and may only be used under certain conditions eg. a camp fire for cooking purposes.

However, most national parks, reserves and forest areas around Sydney have Local Fire Bans which mean no fires of any nature are permitted. Total Fire Bans may be declared on days of extreme fire danger and fires in the open, including cooking and camp fires, are totally prohibited for the period of the ban.

Lighting any fire in the open on a day of "Total Fire Ban" may lead to a fine of \$5,000 and six months imprisonment.

This applies to any naked flame including camp fires and camping stoves.



Letters To The Editor:

Camping in the Cold

I loved Heike's account in the October 2003 edition of The Sydney Bushwalker of a cold night spent in a camp cave on Mt Talaterang. It reminded me of a couple of memorable experiences of my own.

The first was on what I call a 2½ peaks trip in mid-May around 20 years ago, just after I became a full member. It started at Kanangra Walls, proceeded to Mt Stormbreaker, Thunder Bend, Mt Paralyser, Sally Camp Creek, Nooroo Gable to Mt Guouogang, finishing at Queen Pin. I don't think I had even looked at the weather forecast and for warmth and protection I took what I had taken on my previous walk a month earlier— a thin cotton jumper and a plastic cape groundsheet (what is that, some may ask!) — without discomfort. This was in an attempt to go light, at the urging of the walks leader, one Bill Capon.

It started to rain as we set out on the Saturday morning, and the rain continued pretty much for the duration of the trip. That didn't matter so much on the first day as, even though the temperature on top of Paralyser was 5°, we kept moving continuously all day before camping at the base of Nooroo Gable and were able to light a fire there. Next day though, the temperature on top of Guouogang was 4° when we arrived there and we had to wait a few hours around a fire for the stragglers. Then came the cold bit — across the tops in the rain with only a thin cotton jumper and cape groundsheet for protection from the elements. Heike's Goretex would have been most welcome.

The other occasion was a walk, also one May, from the Bimberamala River up Colley Spur to the top of Currockbilly Mountain and back down Maurice Spur. Because of the forbidding reputation of Colley Spur (steep scrubby 900m climb) it was a clear case of go light. The Walks Secretary at the time persuaded the leader however that for environmental reasons it should be a fuel stove-only trip. The Secretary's name — Bill Capon of course.

I think that I had consulted a weather forecast, and for some reason I did not think that it would be wet or cold. So I took no fly, and after some contemplation left my thermals in the car. My pack probably weighted less than 7kg, including a fuel stove, a Gore-Tex parka, one jumper and a three-season sleeping bag with silk inner. The rain began about halfway up the spur, and although it stopped by bedtime, the cold 80km/h wind didn't.

So I faced the night without a tent, or a cave, or a fire. The Trangia was not of much use for warming one's self prior to bed. The three-season sleeping bag was not of much use either in an 80km/h SW wind on the exposed top of Currockbilly Mountain. I don't know what the temperature was, but it was cold enough to freeze solid a wineskin containing about 2½ litres of water. It was a pretty cool night. Heike's experience with a fire, a cave and a winter sleeping bag looks cosy by comparison.

What would I have done differently if I had known at the start of the walk what I knew at the end? I would have taken the thermals that were sitting in the car. And I would have taken a beanie, not socks — “if your feet are cold, put on a hat” — and maybe made more efforts to better utilise my groundsheet to shed the wind. The extra weight would have been around 300g. I might also have prevailed on other party members, who were all snugly ensconced in fully enclosed tents, some with one to a two-person tent. But self-esteem prevented that. Sometimes pride can be the heaviest burden.

Kenn Clacher

Leaders Handbook

This is an excellent idea, particularly the clear enunciation of trip objectives and their priorities. Even though many of the points made in this handbook are commonsensical and/or well understood by leaders and experienced walkers, it is great to have it all in one document. May I add a couple of points regarding party unity. While one cannot be too dogmatic on this point, I believe that it is highly desirable to maintain *visual contact* with all members of the party at all times, especially when off track. This not only avoids losing individuals, but ensures that the pace of the party can be maintained by the slowest walker. One way to proceed is to have the slowest walker walking just after the leader. Whatever happens, it is highly undesirable to have the slowest walker last (even in the care of the tail-end-Charlie), where he or she tends to become both physically and psychologically stressed. Another related point is that I believe that the most efficient way to proceed (important when objectives are reasonably ambitious) is to walk at a steady pace rather than in a stop-and-go fashion. It follows, that the fastest way to get to the objective is to proceed at the fastest *sustainable* rate for the slowest walker.

Sev Sternhell

Leaders Discussion Night – Encouraging New Leaders *Roger Treagus*

A constant supply of new walk leaders to replace walk leaders who become inactive can never be taken for granted

One of the matters that the Club needs to manage is to ensure that there are sufficient walk leaders to support an interesting and varied walk program. A constant supply of new walk leaders to replace walk leaders who become inactive can never be taken for granted. The Club must take steps to attract them. On the Walk Leaders night held on Wednesday January 15th over 20 leaders gathered to look at this issue and seek some solutions.

I think many members from time to time think about leading a walk but don't follow it up because the perception is:

- a.. It seems like too much responsibility
- b.. you need tonnes of experience
- c.. you need to be ultra-fit

Also some members may feel that the organisation or logistics behind leading a walk seems a bit daunting and would appreciate support from experienced leaders which may not be necessarily be forthcoming.

Leaders at the meeting discussed these misconceptions and came up with some actions;

Firstly that there should be support freely available for prospective leaders - someone they can call on to discuss their walk, give advice and perhaps come along on the actual walk if the new leaders felt it would help.

Secondly - the walks secretary is to supply to existing leaders a list of standard walks suitable for new leaders to adopt. These are walks that are well documented, over familiar ground not presenting too many challenges and with known walk times. The idea here is to minimise some of the guesswork and unknowns out of the walk that might instill some confidence into a new leader.

Thirdly, existing walk leaders will be asked to be on the lookout sensitive to people in their walk group who look like they might be keen about leading walks so that the walk leader can discuss their ideas and encourage them to take that first step. I would ask all walk leaders to assist in encouraging members who are thinking about this step.

I would welcome ideas and comments about encouraging new leaders. Are there other ways the process can be made easier and more attractive.

Personally I became a walk leader because I got so much out of showing other walkers some areas around Sydney that I felt were special and giving walkers a great experience. And I've loved doing it. I'm sure all walk leaders do.

So if you are reading this and thinking, "I think I'd like to do that and lead my own walk" please let the club know about it. There's lots of help and experience to call on that is available to you.

There will be more leader's discussion nights next year which will be advertised in the social program. I would encourage people who are thinking about leading a walk to come along. That's what the night is for.

NSW WILDERNESS TRANSIT

BUS To 

JENOLAN CAVES. KANANGRA WALLS.

YERRANDERIE GHOST TOWN

STARLIGHTS TRACK. BUNGONIA CAVES.

WOG WOG. NERRIGA

Departs from Sydney's Campbelltown Railway Station

Via Pennith, Katoomba & Blackheath for

Kanangra Walls Mon & Wed at 11am. Frid at 7am

Returns 4pm Mon, Wed, Frid.

Via Starlights, Mittagong & Merulan for

Wog Wog-Nerriga Tues. & Thurs & Sun at 11am

Returns 4 pm Tues, Thurs, Sun.

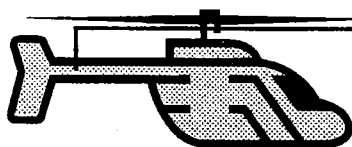
Yerranderie Ghost Town first Saturday in each

month, returns Sun at 1 pm (any Friday min 6)

Group booking discounts or charter service

Tel 0246 832 344 Mob 0428 832 344

www.wildernesstransit.com.au



EPIRB – Emergency Position Indicating Radio Beacon

SBW has purchased an EPIRB for use by club members, in particular walks leaders. If you would like to take the EPIRB for a walk give Leigh McClintoch a ring on 8920 2386 and arrange to collect it.

Campfires Burning

Pamela Irving



On the recent Kakadu trip there was some discussion on what should or shouldn't be burnt on the campfire and whether Sydney Bush Walkers has a policy on this issue. I brought the subject up at

the October Committee meeting and it appears that it is left up to the individual or perhaps the leader of a particular walk to decide what's acceptable practice.

I contacted Dr Kate Short, an environmentalist whose field is toxic and hazardous chemicals, to get a more accurate insight into what is actually formed when eg plastics or paper/cardboard with printers inks/glues are burnt.

Kate's response: (definitions are on next page)

"One definitely should not burn anything out in the bush except ordinary paper/cardboard; not plastic... although the lighter grade plastics do not contain chlorine and hence do not release dioxin-like compounds when burnt... they may release other nasties depending on the additives to the plastic which depends on its functionality. Pollution release in these circumstances will usually be in quantities that really are of no significance in terms of relative stress on the bush... but as we would agree it is the principle of the thing that is often so important... so take back to base all plastic stuff.

Re inks and glues on cardboard.... yes there will be a tiny impact but once again, it is not really a major stressor to the natural environment when such tiny amounts are considered. Some folk may argue cumulative impact (ie 1000 bush walkers burn x over y period =...???) so if people are concerned about this unquantifiable calculation (well almost so) then take it all back.

From a rationale perspective however, I think other pollution issues are more important and this particular issue can be relatively easily solved."

Although it appears from the dioxin definition that dioxins are also a natural by-product of just burning wood on a campfire, I agree with Kate that "it is the principle of the thing that is often so important..." Also we don't know what other chemicals are released or what their effects are when burning manufactured articles. Carrying out all plastics and perhaps paper/cardboard with ink/glue encourages good anti-pollution habits both in the wilderness and the real world.

Another aspect that was discussed at the committee meeting was the issue of being considerate to one's fellow campers and not to burn any rubbish until everyone's finished cooking. Another issue raised in Kakadu was the burning vs. burying of unwanted food. I can't see a problem with either as basically it is all organic material being returned to the earth. However I'm happy to be corrected on this.

I have been told that goannas dig up buried tampons in the belief that they are food and can choke on them... I have seen no written studies on this issue but it sounds plausible so ladies please carry out/burn all sanitary products. (I'm sure everyone except the most ardent advocates of the "carrying out what you carry in" principle draws the line at carrying the above or used toilet paper for days on end on hot days in the bush...). However in some designated Wilderness areas everything must be carried out. How many have had the "poo tube" experience? (this is a plastic tube sealed at one end about a meter long which is sunk into the earth with the opening level with the surface. One does one's business in it and then the whole tube is capped and transported back to the real world. What happens to it then I've chosen not to enquire...)

A perhaps more significant bush pollution issue is the transporting of seeds from weeds on our vehicles/boots/clothing/packs etc. I was about to set out on a walk from a roadway following a creek into dense bush when the leader pointed out that most of us had seeds from the weed Cobblers Peg clinging to our socks. Most weeds deep in the bush are transported along waterways. A far more sinister form of pollution than that caused by burning rubbish and one rarely addressed in bushwalking circles????...

And finally, there are the advocates of no campfires at all. One reason I was given is that it removes dead wood, which is the habitat of small creatures. Everyone has had the experience of seeing ants and beetles racing along burning branches which never seems to bother anyone except perhaps the occasional bushwalking Buddhist. Any bit of dead wood is potentially the home for creatures large and small. Perhaps like the burning of rubbish this issue comes down to a personal choice, eg if wood is scarce in a particular area, think twice before using it for a campfire.

See definitions and Editor's Note on next page

Leaders - Please check on park closures and fire bans before commencing your walk !

Definitions:

Plastics: any of a group of synthetic or natural organic materials which may be shaped when soft and then hardened, including many types of resins, resinoids, polymers, cellulose derivatives, casein materials, and proteins.

Organic materials: just those compounds containing carbon (a bit more complex than this, but this will do for our purposes).

Dioxins: chlorinated dibenzo-p-dioxins. There are more than 75 different dioxins

Organochlorins: compounds of organic materials and materials containing chlorine

Use: Dioxin is an unwanted by-product in the manufacture of the herbicides 2,4,5-T and 2,4D and other organochlorin compounds. It is also formed by the combustion of many organic compounds in the presence of chlorides. Thus it can be formed in minute amounts when coal, oil and wood are burnt and the same applies when plastics are burnt in household or municipal incinerators. Also found in soot from flame-grilled BBQ chicken, crematoria emissions, car fumes and bushfire smoke.

Effects on health: Dioxin is persistent and is one of the most toxic man-made chemicals known. In sublethal doses can cause liver damage and severe skin disorders. Is fat/lipid soluble and residues are found in meat, milk and eggs.

Effects on our surroundings: Dioxin is immobilised in the soil and only breaks down very slowly. In the "bound" state it produces no toxic vapours and is best left undisturbed for 15 to 25 years

Source: *A-Z of Chemicals in the Home* (Kate Short) *Quick Poison* *Slow Poison: Pesticide Risk in the Lucky Country* (Kate Short)

Editor's Note:

SBW supports the NSW Confederation of Bushwalking Clubs Code of Conduct. Here is an extract from the "Bushwalkers Code" of the Confederation of Bushwalkers NSW covering the matters raised in Pamela's article.

- Pack it in, pack it out Don't carry glass bottles and jars, cans, drink cartons lined with aluminium foil and excess packaging. If you can't resist carrying such things, don't leave them in the bush. Remember, if you carry a full container in, you can carry the empty one out.
- Remove all your rubbish including food scraps, paper, plastic, aluminium foil and empty containers. Don't burn or bury rubbish. Burning creates pollution and buried rubbish may be dug up and scattered by animals. Digging also disturbs the soil, causing erosion and encouraging weeds.
- Carry a plastic bag for your rubbish. If you find litter left by irresponsible people along the track or around a campsite, please remove it. Show you care for the environment, even if others don't.

For more information on "Bushwalkers Code of Conduct" can be found on our website or by accessing [/www.bushwalking.org.au/code.html](http://www.bushwalking.org.au/code.html)

Did You Know?

SBW will pay a \$50 subsidy to you for successfully completing a certified first aid course?

**WILLIS'S WALKABOUTS**

There is no one else

Kimberley Kakadu Red Centre

Willis's Walkabouts is the only Northern Territory tour operator offering bushwalking trips which take you far beyond the 4WD tracks into wilderness areas where no vehicle will ever go.

Why northern Australia?

- No worries about exchange rates.
- More than 50 trips, no two alike.
- Spectacular scenery and predictable weather.
- Clear tropical pools, perfect for swimming, pure enough to drink.

- Aboriginal rock art.
- True wilderness where you can walk for days or weeks without seeing a soul.

Overseas?

No one else offers the kind of bushwalking trips we run in Southern Africa and the Americas.

Want more info?

Check out our website or ask for our brochure and find out why our clients come back again and again, year after year.

www.bushwalkingholidays.com.au



Willis's Walkabouts 12 Carrington St Millner NT 0810 Email: walkabout@ais.net.au

Phone 08 8985 2134 Fax 08 8985 2355

Ferals, the Second Greatest Peril

David Trinder

The worst threat to our ancient forests and their biodiversity is the direct destruction by land clearing, a problem I covered in my October report. The next greatest threat is invasive species in our rivers, forests, seas and pastures by animals, plants and fish.

When the land clearing problem has been solved ferals will be the worst problem and it will be with us for the rest of the century.

There are few small native animals remaining because every feral cat, dog and fox probably eats one everyday. The poor critters don't have a chance, they evolved without carnivorous animals preying on them. Many of us struggle to rid parts of our local areas of weed infestation, most of us have seen water holes and camping areas churned up by wild pigs and large areas of national parks infested by blackberries, lantana or scotch broom.

More than 2700 weeds have become established in Australia and every year another ten take root. Hundreds of foreign species infest our seas and insects such as fire ants and European wasps have become established. A patch of bush infested by weeds might include an over-storey of eucalypts and an impenetrable mat of weeds, resulting in a reduced community of birds and other wildlife. This is a simple world with low biodiversity.

There are two parts to the problem. First is the invasive species we already have and many are not completely eradicable. We have to kill them but in most cases that will only keep them at bay.

The second issue is to prevent new species coming in, and the importance of this is often underestimated. There are new invasions of exotic insects, weeds and marine species and even the occasional vertebrate still coming in. We need to get better at preventing them from getting in whether legally, illegally or by accident and to be able to respond quickly to eradicate new arrivals.

Dr Barry Traill, an ecologist, with expertise in woodlands and forests is President of the national "Invasive Species Council" (ICS) a newly formed conservation group dedicated to countering the growing threat of invasive species. They see their major work in campaigning and point out that the Federal Government has increased funding into quarantine and related bio-security.

Until recently 1080 fox baits could not be placed within 500 metres of a residence. Consequently in many Sydney council areas baits could be placed nowhere. With

community consultation the distance has been reduced to 150 metres with the benefit that foxes can be controlled near residential areas.

Some researchers have recently found the South American speckled mosquito fish in Sydney wetlands. This species is a small aquarium fish that has undoubtedly been released from a home aquarium and it has completely displaced regular mosquito fish.

Many areas that are not protected in National Parks State forests or Wilderness areas are invaded by weeds and exotic animals that eat the native animals. These invaders not only reduce biodiversity they impact on rural production. Animals that kill native animals also kill livestock. Plants that replace native plants infest paddocks and reduce productivity. Exotic animals such as pigs and goats spread livestock diseases.

In the past farmers have blamed national parks for being sources of weeds and breeding grounds for feral animals. Now the objectives of both the park managers and the farmers are similar and an alliance with both working together to allocate resources to reducing ferals has broken the cycle of blame and resulted in greater trust and reduced stock losses.

Pest species control programs are expensive, \$16M per annum has been spent recently by various agencies on eradication of pest animals. It is likely that increased funding will be allocated to a cooperative approach in future years. Even with increased resources governments cannot achieve control, they need the help and labour of the community.

In urban areas many local councils fund "Bushcare" teams using local volunteers, including some of our members. Volunteer community effort already occurs on rural private lands and Travelling Stock Reserves.

Reference National Parks Journal October 2003.

Easy Camping at Coolana:

The Christmas/New Year holiday period is an ideal time to rest and relax at Coolana. Why don't you join us for a few days?



Camp fires are permitted at Coolana at all times other than when total fire bans apply to the Shoalhaven area.

Campers are asked to use the indicated fireplaces to avoid scarring the camping ground. Please use only fallen timber and ensure that your fire is completely extinguished before retiring to your tent.

Also, be aware of the danger from falling branches and avoid camping under the wattle trees.

Engineered to Carry

Whether it's bush walking, mountaineering, cross-country skiing, trekking or travel, a pack is your best friend or worst enemy. Why? Because you depend on the agility and comfort that your pack provides.

The Mont Moto-Active™ adjustable harness system is deceptively simple, fast to adjust and easy to fit. Available in three sizes and featuring interchangeable harness components, a truly "best fit" is possible, and "best fit" means a truly comfortable carry.



MONT

*Back
Country
Pack*

- Innovative designs, detailed construction and quality materials.
- Anatomically contoured hip-belts.
- Spandura and 3D Air-Flow fabrics for body contact points.
- Bar tacks on the important high stress points.
- Triple stitched with webbing bound seams to ensure massive seam strength.
- We use Evazote foams, the most durable, high quality foams available.
- Hip-belt secures directly to the aluminium frame-stays for direct load transfer.
- Only highest quality Duraflex buckles.
- The shoulder yoke adjusts independently of the frame stays.
- Dual aluminium frame-stays adjusted and reinserted in seconds.

MONT

Something Better.



eastwood
camping
centre

www.mont.com.au


Mont Adventure Equipment; The Australian company with over 20 years of manufacturing excellence.

3 Trelawney Street Eastwood.
Phone : 02 9858 3833.

All packs personally fitted
by our experienced Staff.

Equipping you to enjoy the Australian and World environment.

THE WALKS PAGES

Walks Notes: *Barry Wallace*11th September to 8th October


The weekend of 13, 14 September saw Jim Percy leading a party of 4 minus 1 on his qualifying walk out from Queens Road at Lawson in the Blue Mountains.

A view was expressed that although the recent fires have made the going easier in some areas, the recent strong winds have dropped enough trees across the way to just about even the score. Ian Thorpe led the party of 4 on his Saturday walk out from Govetts Leap as a substitute for the programmed walk in the vicinity of Carlons Farm. They went to Carlons but it was closed due to what I expect was hazard reduction burning, although back burning would certainly have been a more impromptu activity. The weather turned out good and the views were described as great. Sunday saw Patrick James and a party of 11 going on a tour of some of the railway dams between Cowan and Hawkesbury River in place of his programmed trip out from Faulconbridge, due to closure of the Victory track. No report appears to have been received for Tony Holgate's Barrington Tops walk that weekend.

Bill Holland had a midweek walk scheduled for Tuesday 16th September but I do not seem to have any report for this. That could have been the e-mail without the attachment perhaps.

Tony Holgate cancelled his weekend qualifying walk out from Kanangra Walls over the weekend of 20, 21 September. He did send a note indicating that his starters had all transferred to Jouni Lepannen's Kanangra introductory trip the same weekend but there is no report for this walk to date. Maureen Carter was forced to cancel her weekend trip in the Buddawangs due to a skiing injury on the weekend prior to the walk. It seems to have been a dark weekend for Qualifying walks. There is no report for Rosemary MacDougal's Saturday qualifying walk in The Royal. Nancye Alderson led a Saturday walk from Rhodes along the Parramatta River with a party of 4 and very pleasant conditions. Errol Sheedy was out that day as well, with a party of 12 on his walk out from Waterfall. They were unimpressed with the forecast of 27 degrees maximum when it rained through to lunchtime with the temperature at morning tea sitting at 15 degrees. They did agree however, that conditions were good for walking.

There were two qualifying weekend walks over the weekend of 27, 28 September. Tony

Marshall had a party of 6 on his trip out from Yalwal. Tony Manes led the other qualifier, also in Morton National Park but this time in the Talaterang area. The party of ten enjoyed a wide variety of weathers, most of them on the same day, ranging from sunny with wind to snowing with wind. Conditions were generally clear with extensive views. Rock orchids were in fine display but conditions are still very dry with even less water in Talaterang Creek than this time last year. One of the two Saturday walks was led by Michael Bickley who led a party of 12 on a trip out from Cowan. Ron Watters led t'other, with six starters. Conditions were persistently windy with low temperatures and a constant struggle for members of the party to remain on their feet. Nevertheless the country they walked through was attractive, as were the views; and the hamburger and chips at the take away in Mittagong seemed to round off the experience nicely. You may have read Caro Ryan's account of the trials of negotiating the information highways and byways of the NPWS and other authorities when she agreed to run Vicky Garamy's Sunday walk to Ruined castle in her stead. Just for the record there were 7 on the informationally challenged expedition. Conditions were beautiful and there was a variety of flora and fauna along the way with wildflowers aplenty, dancing water dragons, a goanna Vs currawong altercation, black cockatoo stalkers and lizards of various lengths and stature. Things went more smoothly on Jim Calloway's Sunday walk from Engadine to Waterfall with no official communications of note. Wildflowers were in abundance though the going is still slow due to fallen trees, particularly along the creeks. Jim seems to have found a variety of orchid called flying duck orchid for the first time in that area. He also bemoans the increasing turbidity of the Woronora River.

There was an extended midweek walk over the period 29th September to 2nd October in the Deep Pass area of the Wollemi National Park with Bill Holland as leader. The 7 starters enjoyed fine weather initially, and spent time exploring the various gorges and visiting the Natural Bridge, but when the rains came late on Wednesday they retreated to Robyn O'Bryan's farm.

Next came the October long weekend, with a variety of walks for all tastes. There were two qualifying weekend walks, with Tony Manes leading a group of 10 on his walk in the gardens

of Stone National Park, and Carol Lubbers with 7 starters for her trip up Constance Gorge. Tony reported rain on the Sunday and Monday, with slippery conditions, and some interesting interludes of navigation for the prospectives with a partial whiteout on the Monday adding to the suspense about getting home. All turned out well, with the group coming out in daylight and enjoying a meal at the Lithgow Workers. Carol had similar weather conditions to Tony's mob but they were more impressed by the displays on native Clematis festooned through the trees. They also seem to have come out early with mention of late lunch and or snacks at the Lithgow Workers.

There were other weekend walks that weekend. Maurice Smith had 7 on his trip out from Newhaven Gap in Morton National Park. There was some minor embarrassment over the exact location of the saddle onto Mount Sturgiss, but Maurice says he will go back next autumn and find it from the top. Mark Patteson led 11 stout souls on a voyage of discovery among the wineries around Bathurst. Between times they walked to Mount Cannobalas and Evans Crown as punishment. Tony Holgate had a trip programmed to Guy Fawkes River that weekend but no details are to hand.

Jim Calloway led a Sunday walk from Engadine to Heathcote with a party of 11 and lots of wildflowers and some Aboriginal rock carvings along the way. Jim's favourite pool/lunchsite has suffered badly as a result of the 2001 bushfires, having become half filled with sand. Drats! There is no report for Ian Rennard's Monday walk in Brisbane Waters National Park but this nonetheless brings to a end the walks reports for the month.

The Mid-Week Walkers:

Just think about it – 365 days a year available for bushwalking. That's the challenge facing some of our mid-week walkers (retirees) but others have to organize days away from work to join in our activities.

Well, thirteen of us made time available to go to New England National Park at the end of last month. We stayed in two cottages "The Residence" and "the Chalet" at Banksia Point for a memorable experience. The weather was kind and although gas heaters had replaced the roaring log fires we had no trouble coping with the cold nights at 1,500 metres. We walked on trails around Point lookout, Cathedral Rocks and Dorrig National Park. And all this for a cost of \$35-00 each.

Now we are looking forward to our next extended activity - which is

Berrara Beach Holiday Cottage - South Coast
Mon 24th Nov - Fri 28th Nov. Already we have adequate numbers for an enjoyable week of swimming, walking canoeing and cycling. If you would like to join us and have your name added to the Mid Week Walking Group please contact Bill Holland Tel: 9484 6636
Email: billholl@hotmail.net.au

Mid Week walks In December

Here are the mid-week day walks in the coming month. Full details are shown in the Summer Walks Programme

Tuesday 9th Dec: Davidson Park SRA
An interesting walk with historical aspects. Easy 12 km,

Friday 26th Dec Kuringai Chase NP
Spend Boxing Day walking then the rest of the day boating picnic & things aquatic

Park Closures !

At current date 11th November, some areas in our national parks are closed. Leaders are reminded that they MUST comply with park regulations including fire bans, track restrictions and park closures. Please check with the NPWS web site www.npws.gov.au for up-to-date information

Blue Mountains National Park

Giant Stairway at Katoomba

A natural landslide has occurred above the halfway point of the Giant Stairway near the Three Sisters at Katoomba. A section of the track is impassable. Access remains open to the Lady Game Lookout and Honeymoon Bridge. There is alternative access to the Federal Pass via the Dardenelles Pass, the Furber Steps and the Scenic Railway.

The areas listed below are also closed:

- Track from Govetts Leap Lookout to the base of the waterfall and to Grose Valley
- National Pass from Valley of the Waters to Slacks Stairs
- Nepean Lookout Road, and Nepean River Track from Euroka and Jack Evans Track

Wollemi National Park

The park is open, apart from the following areas which are closed:

- Pipeline Pass walking track and Starlight Canyon area

For further information, please contact the Blue Mountains Heritage Centre on 02 4787 8877.

Kanangra Walls to Katoomba in a Day - 6th September, 2003 *Tony Crichton*

The "K-K" is SBW's annual benchmark long distance day walk and has been held each year since 1989. The walk starts at Kanangra Walls carpark and finishes at the Iron Gate on Narrowneck Peninsula near Katoomba, being about 42 kms – a walking marathon. It is a walk for the fittest SBW members and requires a great deal of training over the preceding winter months. Traditionally it has been attempted as a 12 hour walk from 6am to 6pm although not everyone in a given year would finish in that time. This year I decided to attempt the walk in the traditional time.

There was a lot of interest in the walk this year. At one stage we had 17 interested persons but for various reasons 6 dropped out before the day i.e. injury or other commitments. I am pleased to say that everyone that wished to do the walk and who had completed the minimum amount of training walks, which is a prerequisite for a walk of this nature, participated in the walk this year.

For the K to K to go ahead we need a great support crew which has been headed up in recent years by Tony Manes and Kay Chan which has been gratefully appreciated. This year's support also included Jouni Leppanen, Helen Bauer, Peter Love and my wife Gail.

We met in the Grandview Hotel carpark at Wentworth Falls then had dinner at a local Chinese restaurant in Katoomba. We then drove to the Uni-over Track campsite not far from Kanangra Walls and were asleep by 10.30 pm.

Our group was up as usual up at 4.30 am to give us enough time to pack up and drive to Kanangra Walls to commence the walk at 6 am with our support crew. We said our final goodbyes to our support crew 5 kms into the walk at Crafts Walls after consuming plenty of Kay's cold drinks and the odd tim tam or two.

Our aim was to get to the Cox's River by 12 noon and leave Yellow Dog by 1pm. Our strategy was simple – jog down hills and along flat bits then walk up hills and along difficult rocky areas or where trees have fallen. We had a very fast group of people. We made Cloudmaker by 8.54 am, Dex's Creek by 11.45am and crossed the Cox's River by 12 noon. On the way through Maurice unfortunately stubbed his toe hard against rocks hidden in grass and broke the middle toe on his left foot. It was a great

effort by Maurice to complete the walk with such an injury.

We all reached the top of Yellow Dog by 1 pm and left by 1.15 pm after a short lunch. We had a quarter of an hour to make up. At the Splendour Rock turnoff the first group of six walkers started to jog the flat and downhill bits until we reached Medlow Gap. The rest followed in various groups closely behind us. We all made good pace up Deberts but I started to run a bit flat near the top of Taros Ladders due to a staminade overdose. Tony Manes and the support crew were surprised to see us so early. It is always great to see the smiling faces of our support crew in the small overhang above Taros. We replenished our depleted bodies with fruit juice and biscuits which is always a great treat.

The first group took off along Narrowneck not long after so as to beat any cramps which can set in if you rest for too long. As time was starting to run short for the 6 pm finish, several of us decided to jog along the remainder of Narrowneck which paid off with Jim, Richard, Ian and I finishing between 5.15 and 5.20pm.

Every walker who participated in this year's walk finished before 5.50 pm ahead of the 12 hour deadline. A great achievement by all the party – I am not sure when this was last done, not for a number of years anyway. I don't think anything has given me as much satisfaction in years. Well done to all my fellow walkers.

A hot shower at the Grandview Hotel soon had us feeling human again. We celebrated our efforts together with a nice meal and plenty of good ales and wines.

Thank you for a day of great camaraderie, it is the continuing support of your fellow walkers and support crew that gets you through a challenging event like the K to K.

Leader: Tony Crichton

Participants: John Bradnam, Jim Cryor, Richard Greenhill, Bill Hope, Trevor Kloeden, Patrick McNaught, Jenny Paton, Mark Patteson, Ken Smith, Marianne Smith, Maurice Smith, Ian Thorpe. A total of 13 walkers.

Support Crew: Helen Bauer, Kay Chan, Gail Crichton, Jouni Leppanen, Peter Love, Tony Manes.

Park Closures !

At current date 11th November, some areas in our national parks are closed. Leaders are reminded that they MUST comply with park regulations including fire bans, track restrictions and park closures.

Please check with the NPWS web site www.npws.gov.au for up-to-date information

Kosciuszko National Park

Periodic and temporary closures

Some popular destinations which do not have fire trail access have been closed. The closed areas are:

- Mt Pilot and Big Boggy area
 - The Kerries, Brassy Mountains, Rolling Ground, Dicky Cooper Bogong, Pretty Plain, the Tabletop area, the summit of Jagungal and the Geehi and Valentines headwaters.
 - Historical huts including Mawsons, Tin, Teddys, Tantangra and Four Mile Huts
- Elaine Mine, Lorna Doone Mine and the Glory Farm Walk in the Yarrangobilly Caves precinct

Christmas on the Kowmung (1953)

Ron Watters

This year marks the 50th anniversary of Ron's 1953 walking expedition when (as a teenager) he walked down the full length of the Kowmung River. A re-creation of this walk is featured in our Summer Walks Programme for period 27th December - 4th January

Bert Pelham fired up our youthful imaginations to do the Kowmung. At one of the many social gatherings at his Mortdale home he told us stories of his trip down the river in the late 1930's. I just can't remember the year.

We were active members of the Rucksack Club of Sydney and in Repins Coffee shop, that Sydney icon now demolished for Centrepoin, Brian Davidson, David Henson and I planned Christmas on the Kowmung 1953.

We would begin at Gingkin a little farming community south east of Jenolan Caves, cut across to the Tuglow River and follow the Tuglow to its junction with Hollanders River - the source of the Kowmung.

We allowed four days to walk/swim/scramble to Church Creek and then would exit up Church Creek along the Inglis Selection Track to Water gully, Byrnes Gap and finish at the Silver Mines Hotel in Yerranderie. Hopefully we would be in time for the afternoon bus to Camden and the evening train to Central. Warragamba Dam had not been built and the road traversed the beautiful Burragorang Valley with its winding river and massive sandstone cliffs. On previous trips we had walked the Kowmung from Yerranderie to its junction with the Cox River at the foot of White Dog and up the steep climb to Kelpie Rocks and on via Tarros Ladders to Katoomba.

Well if we missed the bus we planned an extra day to walk to Central Burragorang hoping to hitch a lift on the way. At Central Burragorang Millers had a coal mine and as the coal trucks crawled up the hill you could walk alongside and always get a lift to Blackwattle Bay where the Fish Markets stand today.

We carried four - pocket A frame rucksacks. Those with style had leather inserts in the pockets to minimize wear and tear from the scrub. Three Paddy's golden Japara A tents for sharing, aluminum pegs, (tent poles did not exist then), down sleeping bag, and oiled japara ground sheet cape. These capes were multi purpose. Equipped with press-studs and eyelets they became raincoats. They fully enveloped the pack to give one the appearance of a camel. They were sleeping mats (with a close up aroma of linseed oil!). And thin on the hard ground. And likely to catch fire if hit with a flying spark from the campfire. Alas there were no such luxuries as thermo rests. Wrapped around the packs and tied with cord the groundsheets waterproofed the packs that would float merrily down rivers.

Ex army turtle neck sweaters were the go, and like Henry Ford's car you could have any color so long as it was grey or Khaki. Paddys japara wind jackets (navy blue or green) and of course a beanie, usually hand knitted by mum with matching woollen socks. Leather boots with clover pattern hobnails. Volleys existed but we thought they were for the tennis court.

And we could not survive without the M & B tin! Lightweight aluminum with screw tops and coming in a variety of sizes they were waterproof and carried the corn flakes or porridge, jams, honey, powdered milk, dehydrated vegetables dried apricots, custard powder and the matches and first aid. M&B (May and Baker) were tins that came from chemists and originally stored pills. There were no plastic bags.

The four litre canvas water bucket was essential for camp at nights. Many is the night I have seen a colleague shift position at the camp fire and sit only to arise with bemused expression and to the mirth of all - having sat on a full water bucket!

Our diet was pretty basic so it was just as well we would begin with a meal of steak, egg, tomato and chips on the night before the walk. Breakfast of cereal or porridge with milk and some raisins, lunch of vita wheat biscuits (we called them razor blades) and honey or jam, some dried apricots and perhaps some chocolate and dinner of dehydres veggies with poloney sausage, (like devon) spiced with powdered soup mix followed by apricots and custard and jelly. BMI jelly came in blocks and could be dissolved or eaten in chunks. Tea to finish. Alas no freeze dried meals existed. Nor did salami or dried pasta.

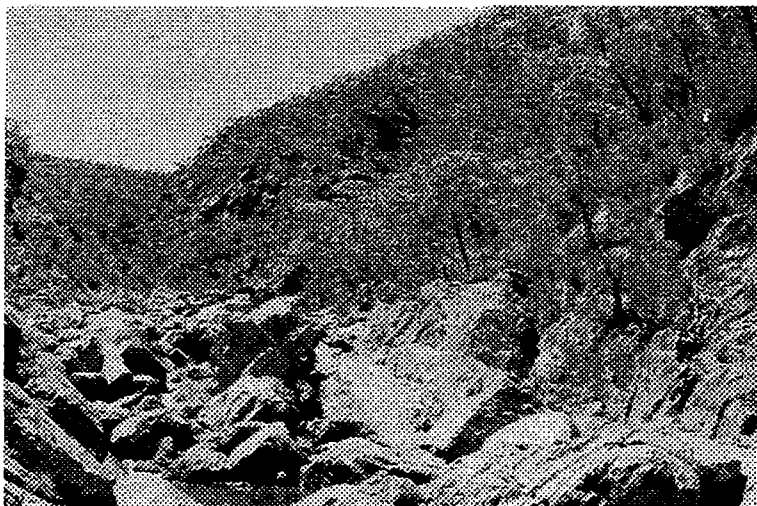
We did not carry water because the streams were drinkable. My pack was 9 kilos and the others similar though Les could not do without his many brands of chocolate.

There were no 1:25000 CMA maps for the area. We had a Blue Mountains Tourist map and various sketch maps with the comforting word "approximate" written across them in large letters.

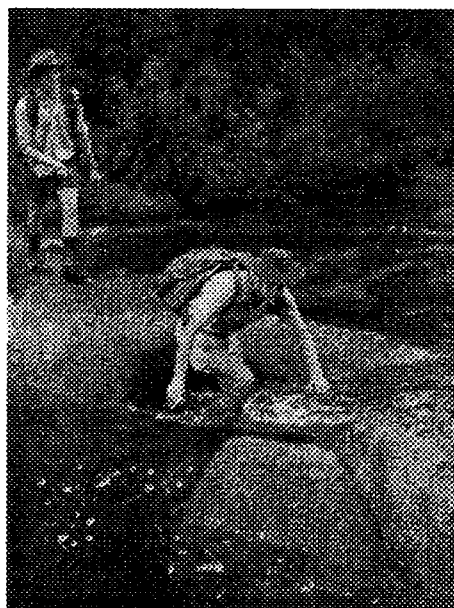
And so late on Christmas Eve we tumbled out of Sidleekies big charabanc taxi to a clear moonlight night in Ginkin. Not a swinging place, just a few houses and a one-room school with verandah. We went back to school - slept on the wooden verandah. We were up with the birds and off to the Tuglow. The open meandering stream gradually closed in with outcrops of limestone (an area of sink holes and caves) and disappeared beneath me - over Tuglow Falls. A lovely three stage 25 metre fall with two streams joining in a rocky bowl then dividing and rejoining to splash in to the Kowmung.

To my left I could see the sheer cliffs of Chardon Canyon on Hollanders River. We sidled high as the Kowmung looked scrubby and bouldery. One leg up and one down on a very steep slope was slow going. Near Gridiron Bends we came down. We did not wish to be posted on a riverside cliff.

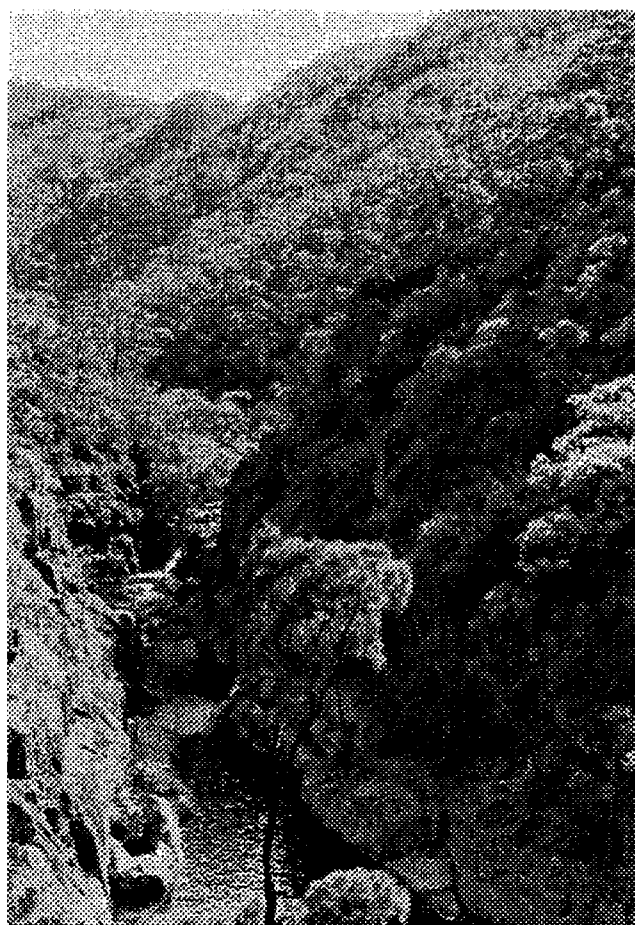
In the late afternoon we hit the first bank of 25 rapids and scrambled, rock hopped waded swam our way through to camp just before the start of Morong Deep.



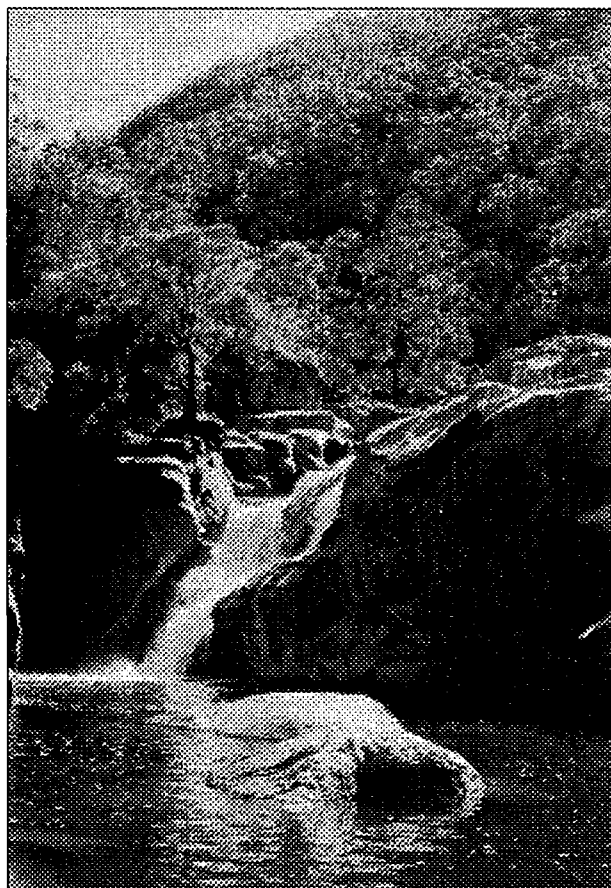
Upper Kowmung



Crossing the Kowmung just upstream from Morong Falls



Pool in Morong Deep.



Falls in Morong Deep



Honza with lame wallaby

Honza befriended a small wallaby with a sore foot but to his amazement was bitten for his efforts

We set up the tents and relaxed over a cuppa. Being Christmas night I had brought some slices of Christmas pudding. We shared it round. Rather like the loaves and the fishes but with Dapper John's custard, and contributions of orange and green jelly we thought it tops for the occasion. Brian "bird" Davidson gave his take off of Nat King Cole, popular singer of the time, accompanied by Les on the mouth organ. Around the flickering campfire we yarned about trips done and trips to come and settled down for the night to the accompaniment of the gurgling river. A wonderful sound to sleep by. We rose at first light and at 0630 were in the river literally.

Nothing like a compulsory swim to fire one up for a long day on the river. There was a bank of 25 rapids followed in quick succession by 40 more. Wrap up packs and swim pushing the pack in front. Climb out, scramble on the true right (always) reach the top of a cataract, scramble down to the closest ledge to the water check for likely obstacles, lower pack with cord and jump into those black pools, bomb fashion, to keep near the surface Great fun on a mid summer morning.

And so it was that in mid morning we came upon a 15 meter waterfall crashing into a deep dark pool. Dapper John brought up the rear and Ron Miller stood on top of the falls. The rest of us were on a curving ledge about 3 meters above the water. And I digress for Dapper John was always immaculately attired on walks. He had two striking shirts that he proudly acclaimed in his Geordie accent had been designed by himself! One was bright red with yellow sleeves and the other bright green with yellow sleeves. And of course there was not a mark upon them. And with lightning changes between swims had kept his shorts dry.

But he had a rush of blood to the head and shouted "hey Ron catch". The shorts flew through the air. Ron leapt in vain to take the mark. He was neither Cazaley nor Adam Gilchrist and the shorts fluttered for a brief moment then descended where the pounding water drove them to the black depths. Dapper John peered anxiously from the top of the falls willing those errant shorts to surface, but alas they did not! They would grace the bottom of the Kowmung forever.

Much mirth. But our John was ingenious and as I have said always dapper. So from his oiled japara groundsheet he made a diaper and proceeded with aplomb. And the rapids kept on coming and coming and successions of long pools. Drifting along I would gaze up at the clear blue sky and watch wedge tail eagles soaring overhead. Ah this is the life.

We passed Morong Creek and admired the falls and the Savage Cataract. And pressed on. And at the end of a 13 hour day we emerged from the Deep and made camp on the river bank at the Ruby Creek junction below Mt Moola. We could not believe it. We had fully expected to have been sleeping on some rock ledge or shingle bank in the gorge.

The birds sang to us as we ate our porridge and watched the first rays of the sun creep into the valley. The river banks widened out and we made excellent

time around the many sweeping bends. Only one challenge to go - Rudders Rift below the Moona Loombah Steeps. By now we had our rock hop, scramble, swim routine down to a fine art and sailed through. We lunched on our razor blades: "vita wheats" in the green Hatcher's Hollow, admiring the Wedge tail bluffs. And in the early evening arrived at Church Creek. Tents up, firewood organized then into the river splashing around and out for a celebratory cup of tea. Even the prospect of more stew to come was inviting.

Darkness fell and then we saw the blood red glow over in Christys Creek. Fire! and a large one. There were no fire warnings in those times. In fact no National Parks and Wildlife Service. No Kanangra Boyd National Park, No fire trails. If the fire jumped the river then into the river we would have to go. Not a pleasant prospect.

So we slept fitfully and rose at first light and left. No time for breakfast, that could come in Yerranderie.. Full steam ahead we went up Church Creek and on to the Inglis Selection track, Water gully and Byrnes Gap. We knew this route well.

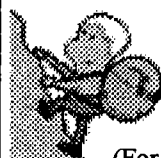
In places smoke was coming off trees. At 0900 we passed the Yerranderie Post Office and up the last mile to the Silver Mines Hotel. But the pub was not open till 10! We sat on upturned beer kegs in the sun and gazed out to the Tonali Tableland and Lacy's Gap where we had been just a few months before.

But first a few words about the Silver Mines Hotel. Just one storey and a galvanized iron roof it stood in glorious isolation atop a hill with views from the yard to the Tonali Tableland. Inside, the bar took up two thirds of the one room. The other third sold an eclectic mix of food. Tins of herring in tomato sauce, iced vo vo's, camp pie, tins of sliced peaches, arrowroot biscuits, lemonade and ginger beer and some aspros.

So we had breakfast of some tinned herrings and celebrated with schooners of beer, yarning the morning away. At 1:30PM the bus to Camden arrived and in we went two Rons, two Brians, David, Les, Honza, Eric, Bruce and diaper (sic) to the last John.

Party: Ron Watters, Ron Miller, Brian Davidson, Brian Petrie, David Henson, Les Flynn, Honza Tillay, Eric Parris, Bruce Cunningham, John White.

Weekend Walking Gear for Hire



The club now has a small pool of weekend walking equipment available for hire. The

rates for weekly hire are:

Weekend pack: \$15

Sleeping bag: \$15

(For hygiene reasons you must provide and use

your own sleeping bag liner)

Sleeping mat: \$5

Ground sheet: \$2

Tent: \$20

Complete kit \$50

Equivalent refundable deposit required.

Contact: Geoff McIntosh 9419 4619

Walks Over Christmas and New Year



The holiday season is an ideal time for extended walks in the high country or along the beaches. There is extended daylight in the evenings for enjoying the meal around the campfire. The extra days provides time to access the more difficult or remote areas. The SBW extended Christmas and New Year walks are shown below. Please refer to the Summer Walks Programme for details of leaders and contact numbers.

26th Dec - 1st Jan: **Victoria – Alpine National Park** (unaffected by this year's bushfires)
Tamboritha , Moroka area. Creeks, mountains, gorges, high plains and the only natural lake in the Victorian alps in northern Gippsland. Swimming opportunities

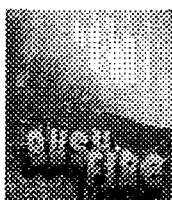
26th Dec – 3rd Jan: **Nymboida NP**
Mann and Nymboida Rivers. Scenic river walking, one or two compulsory swims possible. Lots of optional swims along the way. Mostly following rivers and open ridges on day one. No steep climb out at the end, all down hill. Car camp at the end. Grade: Easy / Medium 50 Km

27th Dec – 2nd Jan: **Croajingolong – Nadgee NP**
Mallacoota –Cape Howe – Nadgee Lake – Little River –Merrica River.
World Biosphere reserves with limited access. Coastal cliffs, shore platforms, sand and boulder beaches, sea caves, estuaries and coastal lagoons, Beautiful coastal flora. We may see seals, rare birds or an even rarer Blue Whale Fuel stoves required. Small party limit. Grade: Medium 65 Km

26th – 28th Dec: **Kanangra Boyd NP**
Walk from Yerranderie Road to Kowmung River and spend 3 days doing nothing but relaxing by the river, reading a book, soaking up the sun, going for a swim or if feeling energetic, maybe even go for a walk. Three hour walk in and 4 hour walk out. Grade: Easy / Medium

27th Dec –4th Jan: **Kanangra Boyd NP**
Travel the full length of the Kowmung from Tuglow Creek to the Cox's River. This is the 50th anniversary of SBW member Ron Watter's 1953 walking expedition Swims with packs compulsory, lots of rock hopping, exposure through Morong Deep, and beautiful campsites. Grade: Medium,

What to Do in a Bushfire !



During the current very dry conditions and the high to critical fire danger period, the following advice is very relevant to our bushwalking activity. Fires may be encountered either when driving to or from the walk or during the walk. Information is as extracted from the website www.ema.gov.au/managementcomminfo/community/bushfires.html)

If Caught In A Fire When Driving - Shelter in the Car

Don't drive into or near bushfires. If caught in a bushfire don't drive through flames or thick smoke. Stop in an area of low vegetation. Leave motor running and airconditioner (recycle), hazard lights and headlights on. Stay inside unless near safe shelter. Keep vents, windows and doors closed. Lie inside, below window level, under a woollen blanket for skin protection.

After the main fire-front passes, if car is on fire or heat and fumes inside are severe, get out and move to already burnt ground, keeping your whole body covered with the blanket.

The fuel tank is unlikely to explode in the period you need to stay in the car while being shielded from the deadly radiant heat of the main fire-front.

If Caught In Fire On Foot - Seek Shelter

Don't panic - cover all exposed skin and hair.

Move across-slope, away from the fire-front, then down-slope towards the rear of the main fire-front. Find open or already-burnt ground. Don't try to outrun fire, or go uphill, or through even low flames, unless you can clearly see a safe area very close by.

If you can't avoid the fire, lie face-down under a bank, rock, loose earth or in a hollow, or if possible get into a dam or stream, but not a metal water tank.

Emergency Survival Requirements

If faced with the dangers of body dehydration, smoke inhalation and radiant heat from flames, emergency protection is possible, even in high-intensity fires. Wrap yourself in a heavy, pure wool blanket and carry water to drink; use moistened blanket corner as a smoke mask.

OF INTEREST TO NEW MEMBERS

Hello from Heike

Going bush is the chance to leave the stresses and woes of the working world behind, forget the office politics, the phones, the breacrap speak, the deadlines, the phones, the committees and pressure to be at the top of whatever your choice of financial gain is and did I mention the phones....ever wondered why you get filthy looks if your mobile is still attached to your belt or starts to ring from the depths of your pack??? Give yourself a dose of antihypertensive and leave it at home or off.

But coming out of bush you can gain a few things beneficial...stress relief, camaraderie, wilderness skills, a sense of adventure, but also not so beneficial scratches, sunburn, dehydration, sore muscles and perhaps this months subject that happy little parasite Giardia...

Giardia is probably the most common intestinal parasite and waterborne disease. It is contracted via what is known as the faecal-oral route. That is, we swallow the cysts of the Giardia that have been pooped out of someone or something at some stage.

Giardia can be spread person to person by poor personal hygiene and close contact but contaminated food can also be a source however, water is the main route of transmission and the problem for us is that very few cysts are needed to cause the infection.

10-25 is plenty, >25 cysts will cause infection in 100% of cases, plus the little blighters are extremely tough and can survive along time in the environment. (2-3 months in cold water).

How do you know if you have it? Well often you may not, most infections are subacute with vague symptoms such as tiredness, nausea, abdominal discomfort/indigestion, more smelly farting....More severe symptoms are the ones that may include "explosive diarrhoea" (or not getting to the loo in time...), "mushy, greasy or malodorous stools", watery diarrhoea alternating with constipation, even low grade fever and vomiting.

Lab testing to confirm Giardia can be difficult, poking around in your poo sample using special stains or solutions and looking for the cysts under a microscope is one way but there are also new immunoassay tests that are more sensitive. Antibiotics, laxatives etc may mask the cysts. If you suspect you may have Giardia best chance for a diagnosis is to provide 3 samples collected at intervals of 2 days. (Your GP/lab will give you some pots and a brown paper bag..)

Treatment can be from a couple of different

drugs taken for usually 5 days (some have nasty side effects if taken with alcohol, so you'll have be teetotal for a day or two too). And so to my catch cry prevention, prevention, prevention.....

Be strict with personal hygiene. Wash your hands, (sounds basic but you'd be surprised at how many never do) after going to the loo and before preparing food.

Giardia doesn't differentiate between humans or animals, so water infected by animal sources will infect you too.....Source your drinking water with care or disinfect it using commercially available pellets, just check they will kill Giardia and use as directed. Heating water to 45 degrees for 5 minutes should destroy the cysts, less time required at higher temps. If you have a filter the pore size should be < 1 micron, cysts are about 5+ microns.

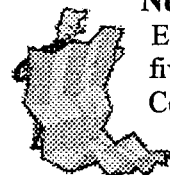
Wilderness areas should be safer but it is a case of drinker beware.....

(Info source : *The Physician + Sports Medicine*. July 2000)

Please welcome on your next walk: Letitia Rowsell, Ajaya Jayarao, Justine Francis, Graham Bell, Gerard Kenny, Katrina Graham, Glenn Gunning, Pamela Gratton, Amanda Dunn, Alison Ninio.

Striding on to full membership are Michaela Floyd and Chris Birch.

New Members Training Weekend



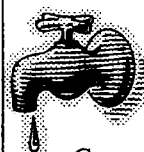
Eleven new Members, one visitor and five members enjoyed fine weather at Coolana for the training weekend. The

Kangaroo River was the lowest for many years (ankle deep for a short distance at the old ford).

The new members gained practical experience in navigation, rock scrambling and bushcraft. Proceedings were enlivened when in the still air at midday a large tree decided to lose half its trunk and crashed a few metres from the party. Saturday evening featured an extended happy hour and an entertaining campfire

The next training weekend will be held on 14th, 15th February 2004

Water Is Very Important !



Please remember that walking in summer requires ample intake of water. In these drought conditions good quality water may be very scarce.

Consumption on a hot day walk is between 3 - 4 litres . Much more if you are carrying a heavy week-end pack!

SOCIAL NOTES

Hi All,

Welcome to yet another month of fun n' frivolity in the SBW Social Pages!!

Roger Treagus' leader's meeting in October was full of really good information for those of us who are contemplating taking on the mantle of becoming an SBW leader. He showed us that it isn't hard and there is heaps of encouragement and assistance for us. There was great input from a variety of different leaders on the night, all willing to offer advice in route planning and tips. We are always on the lookout for new leaders, so if you're thinking about it, why not have a chat with the leader on your next trip?

Can you believe that Christmas is nearly upon us? Well, in true SBW tradition, we're hosting a Christmas Party at the Clubrooms that is not to be forgotten. It's a potluck affair, so BYO a plate, dish or bowl of something to share - drinks will be provided. The night will be starting at 7pm and we'll be needing people to help with the setup / cleanup.

Until then.. happy walking!

Cheers Caro :)

Key Dates From Our Social Programme:



Wed 17th Dec Christmas Party from 7 pm
Ho ho ho (& a bottle of rum?!) - Get me Christmas fare in my tum!!



Wed 7th Jan : Evening Picnic from 6 pm
Triple B - Beachside Bash @ Balmoral
As a fresh start to the year - we're getting together again at the *south end* of Balmoral Beach. BYO food & drinks. Fish n' chips are available nearby. Why not contact Bill Holland to go on his short walk prior?

Are you on the SBW Email List?



Once a month, we send out a friendly email to SBW Members and Prospectives.

Currently, we have over 200 email addresses and we'd love yours to be one of them.

Your address will not be provided to any other party and all correspondence is sent out blind (i.e. no-one else can see your address)

The email acts as a reminder of the upcoming social event for the month, along with a short note on something of interest to our members. If you'd like to be added to the list, simply send an email to: social@sbw.org.au

Made My Money !



A young man asked an old rich man how he made his money.

The old guy fingered his worsted wool vest and said,

"Well, son, it was 1932. The depth of the Great Depression. I was down to my last nickel.

"I invested that nickel in an apple. I spent the entire day polishing the apple and, at the end of the day, I sold the apple for ten cents.

"The next morning, I invested those ten cents in two apples. I spent the entire day polishing them and sold them at 5:00 pm for 20 cents. I continued this system for a month, by the end of which I'd accumulated a fortune of \$1.37.

"Then my wife's father died and left us two million dollars."



Chemistry Class

A professor of chemistry wanted to teach his 5th grade class a lesson about the evils of liquor, so he produced an experiment that involved a glass of water, a glass of whisky, and two worms.

"Now, class, closely observe the worms," said the professor while putting a worm into the water.

The worm in the water writhed about, happy as a worm in water could be. He then put the second worm into the whisky. It curled up and writhed about painfully, then quickly sank to the bottom, dead as a doornail.

"Now, what lesson can we learn from this experiment?" the professor asked.

Johnny, who naturally sits in back, raised his hand and wisely, responded confidently, "Drink whisky and you won't get worms."

Advanced GPS Instructional Sun 14th Dec



We will start with scanning and calibrating the local area map (Hornsby), marking a route to walk, printing a copy (also a track profile) and downloading the route to a GPS. Then walk the route using the stored waypoints. After the walk we will upload the actual route to the computer and store the record. *Bill Holland 9484 6636*

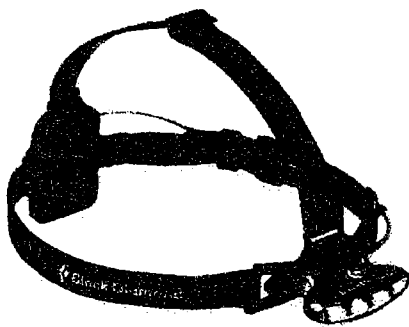
Members' contributions to this magazine are very welcome. Send in your interesting stories of recent walks, letters, notices, jokes etc by mail (preferably typed), on floppy disc, by fax or by email addressed to The Editor . Email: billholl@hotmail.net.au Fax: 9980 5476 (phone 9484 6636 first)

“We have to use with skill what simple equipment we can
carry on our backs to achieve shelter,
prepare food and have a night's rest”

If you really want to get the best
out of what you carry with you,

Paddy Pallin, 1900-1991

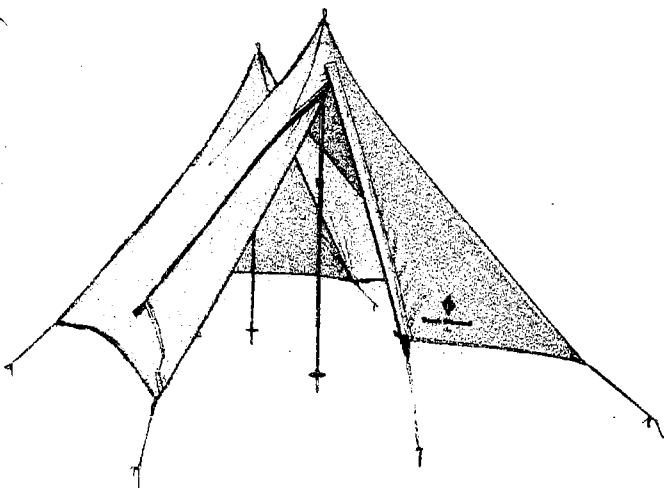
then move up to **Black Diamond**, exclusive to **Paddy Pallin**.



Black Diamond Moonlight Headtorch: Constantly frustrated with replacing your torch battery? Then the Moonlight is for you. With 4 ultra bright, energy efficient LED bulbs, it provides 70 hours of constant light. It weighs a mere 90g (without batteries) so you'll hardly know you're carrying it. Ideal for night walking, cooking and reading.



Black Diamond Contour Trekking Pole: Trekking poles don't just improve your balance and reduce the strain on your lower limbs; they help re-distribute the load to your upper limbs as well, meaning you can keep going for longer. The Contour, featured, is ideal for comfort over long periods of walking with an ergonomic 15 degree correction angle in the upper shaft and soft dual density hand grip. It also features a unique NEW adjustment system, making these the most easily adjusted poles on the market.



Black Diamond Betamid Tent: When you want to go ultra-light or you need extra storage space, the Betamid has you covered. This compact, floorless tent will go anywhere and pitches using a pair of trekking poles! Weighing in at a fraction over 1kg, it sleeps two and stands strong against the elements. (Optional, detachable tub floor is also available.)

Store locations: Sydney: 507 Kent Street • Miranda: 527 Kingsway • Parramatta: 74 Macquarie Street • Katoomba: 166 Katoomba Street

Also in Canberra and Jindabyne

Website: www.paddypallin.com.au

Mail order: 1800 805 398