



THE SYDNEY BUSHWALKER



JANUARY 2004

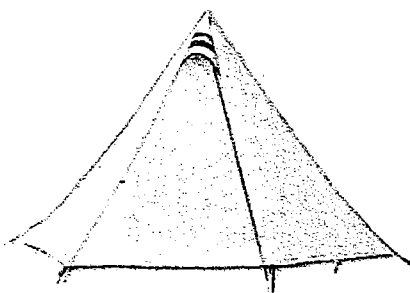


Print Post Approved PP 235723/01270



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

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 FLOOR Only

Price: \$ 169.00

WEIGHT

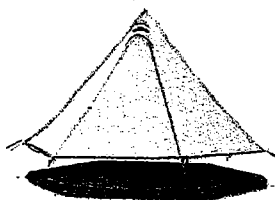
620 g

DESCRIPTION

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

FEATURES

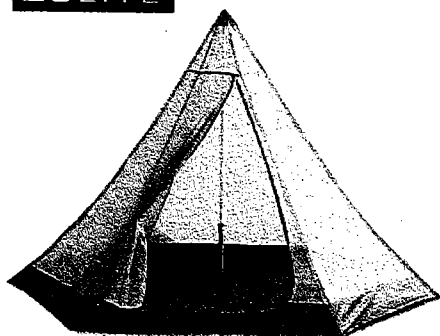
- Clips into Hex 3 canopy at 6 corners
- Abrasion resistant Cordura® centre



pole patch

- 6000 mm waterproof floor
- 4-inch bathtub design

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



JANUARY 2004

Issue No. 830

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



*Announcing
 For Your Enjoyment !*

1. **Wednesday 4th February**
 Navigation Training For New Members
 In the Clubrooms
2. **18th February**
 "The Bushwalkers Body - Avoiding
 Injuries" In the Clubrooms
3. **10th March**
 Annual General Meeting
 In the Clubrooms
4. **13th 14th March**
 Coolana Reunion
 At Coolana



WANTED

Persons willing to attend, to entertain or
 be entertained at the Coolana 2004
 Annual Reunion on 13th, 14th March



NEEDED

Adventurous, enthusiastic, capable,
 lovable, energetic, reliable, dedicated
 people to join the Management
 Committee in 2004

Summary of Contents:

1. **Index and Notices**
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- 8,9. **Muscle Cramps:**
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 Love has some suggestions*
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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

Annual General Meeting:

The Club's AGM will be held on the **10th March 2004**. The formal Notice Of Meeting, annual reports and Financial

Statements will be mailed to all members on or about the 13th February.

Our Club's Constitution requires that all business to be transacted at the AGM shall be specified in the notice convening the meeting.

Therefore, if you have any matter to be raised, or motion to be placed before the AGM would you please advise the Club Secretary, Leigh McClintock, in writing in time for the item to be included in the printed Notice of Meeting.

President's Report:

A major issue that occupied committee member's minds at the December meeting was what steps we could take to better prepare prospective members before they take on overambitious walks and in particular overnight qualifying walks.

For somebody who has not had a full pack on his or her back for any length of time, a medium club weekend walk is likely to be too much. There are issues of fitness, the right gear and equipment and what food to take.

What questions should the leader ask of someone not known to him or her?

Should the prospective member be given the third degree? Should the prospective member be subjected to a review by the leader of the content of his or her pack at the beginning of the walk and not allowed to go if the pack is too heavy or the equipment is inappropriate.

There are no easy answers to any of these questions although some leaders have their own routine, which includes some or all of the above and can amount to a fairly rigorous inquisition. The committee has decided that the subject should be kept open for debate to see if we can come up with a common strategy. Your contributions would be gratefully received from whatever perspective you have had experience.

As usual the Christmas party last year was a great success and really is very encouraging to see so many turn up for the event, some from far and wide.

See you on the track
Rosemary MacDougal

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) rmacdoug@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	

WANTED ASAP - 2nd Hand Camping Gear

A prospective member is anxious to extend her walking experience by buying tent, sleeping bag, pack etc. Must be in reasonable condition. Please call *Fiona* on Mb: 0412 390 771

Treasurer's Report - December:

Just a brief reminder 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 sets 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 December.

Bank Balance 1st December \$8,724

Income Received

Interest Income	209
Membership Fees	886
Total Receipts	1,095

Expenses Paid

Club room rent	1,296
Magazine postage	458
New members expenses	95
Coolana plant guards	810
Printer supplies	125
Other	290
Total Payments	3,074

Bank Balance 30th December \$6,745

As mentioned in my November report we received from Sydney Catchment Authority (SCA) the sum of \$4,500 in relation to our property in the Kangaroo Valley for various nominated purposes such as weed control and tree replacement. The first lot of expenditure against that grant occurred in December when a large supply of tree guards was purchased at a cost of \$810.

Maurice Smith - Treasurer

Advance Walks Notice

KAKADU - 18th to 30th June, 2004
Barramundi, Cascade, Koolpin and Twin Falls Creeks, to Jim Jim Falls.
Enjoy the delights and highlights of Kakadu's creeks. Distance - 130km - MEDIUM
Party limit - food party.

David Rostron - Ph: 9451-7943

Are you on the SBW Email List?

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

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

Editor's Note:

Well here we are again - another year starting out with very dry conditions, water problems and severe bush fire risk. This means that our walking conditions are far from ideal.

Looking back on the past year it is pleasing to see the number and variety of walks in our walks programme, despite many areas closed due to fires earlier in the year and restrictions on abseiling and skiing imposed by nervous public liability insurers.

On a personal level I regret the severe cutback to our social activities and the elimination of monthly general meetings. We have been limited to only one social night per month - all have been well organised with very good attendances. Surely in a Club with over 600 members we can meet more than once a month!

Perhaps in the coming year our new Committee could consider increasing the number of social and new members training nights. Members will respond to interesting and appealing presentations prompted by enthusiastic promotion, such as that carried out by Caro, our current Social Secretary, who provides emailed reminders and interesting magazine notes.

What do you think? With enthusiasm and good planning could we once more make our Clubrooms the place to be on a more regular basis and give new and old members the chance to meet and socialise more often?

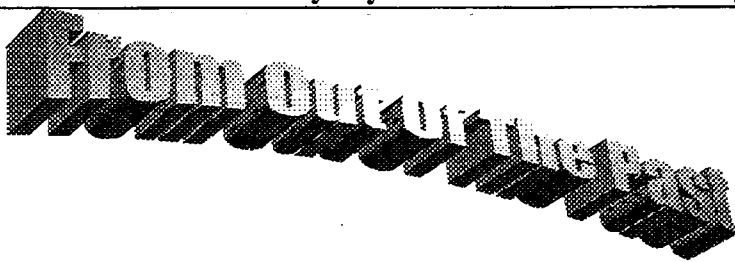
Now for this month's magazine. Many thanks to David Clayton, a non-member but an enthusiastic walker, for contributing an article on a subject particularly relevant to a walking club - muscular cramps.

Other articles include one from David Trinder, our Conservation Secretary who writes of WildCountry Vision, a major project of the Wilderness Society, supported by other conservation groups; Shirley Dean looks back on the magazine as it was 60 years ago; we report on the 90th birthday celebration of one of our earlier members; plus walk reports and articles from our regular contributors.

Bill Holland

Contributions Welcome:

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@hokey.net.au Fax: 9980 5476 (phone 9484 6636 first)



The wartime years affected SBW in many ways - not only were many members absent with the fighting forces but severe rationing of essential supplies restricted our magazine Ed

The "Sydney Bushwalker" January 1944

The Contents of this issue were:

The Ski Enthusiasts	'One of Them'	Pages 2 - 6
Grey Day at Era	M. Bacon	7
Our Own Meeting		8
Federation Notes		9
News and Views		10
Some Notes on North Era	Alex Colley	11
Letters from Lads and Lasses		12

As noted above letters were received from -

Betty Pryde (Qld)	Russell Huntley Tucker (Q'ld)	Sel. Norden (N.G.)
Frank Gentle (Torres Strait)	Bruce Simpson (W.A.)	Arthur Austin (N.G.)
Bill Burke (N.G.)	Norm Spedding (Australia)	Jock Kaske (Canada)
Harold Buckland (Egypt)	Brian Harvey (Darwin)	Tom Moppett (England).
Peter Allen (2) (England)	Bob Savage (Australia)	

but only Betty Pryde's letter was printed.)

The January Editorial is of interest

In this, the first issue of 1944, we have to announce further changes to "The Sydney Bushwalker".

In the last quarter of 1943, the Division of Import Procurement cut down our paper ration. As the result of an appeal, 17lb of the cut was restored but we are still below our old quota. In order to have as much space as possible for Walks Articles and Club Affairs we have appealed to our two regular advertisers, Paddy Pallin and Goodman Bros who have kindly consented to advertise every two months and three months respectively, instead of monthly. This will mean a considerable loss of revenue apart from the fact that the advertisements are always read with interest. We thank both the advertisers for their support in the past and hope that the time is not too far away when their advertisements will once again appear regularly.

Owing to an increasing demand for subscriptions to the magazine, it is regretted that new ones cannot be accepted from any but club members. Subscribers now number 90 and have increased by sixteen in the last months. Present subscribers however may renew their subscriptions when they fall due.

Shirley Dean

History Of The Early Years Of Coolana 1969 - 1983

I have gathered articles from members, articles from the magazine, as well as comments from the Coolana Committee. Now all I need to complete this history are photographs.

WANTED - (Only for a month)

- Photo of original house and garage 1969
- Photos of George Davison surveying Coolana 1970 onwards
- Photos of hut construction and George Gray - 1975 - onwards
- Photos of members digging in the water pipe line 1975 onwards
- Photos of the Hootenanny 1978

Please send to *Shirley Dean, 100 Cecily Street, Lilyfield. 2040* with your name and address so that I can return them promptly.

Coolana

"Coolana" is a declared Wildlife Refuge of 53 hectares with frontage to the Kangaroo River. The property has very high conservation value and was declared a "Wildlife Refuge" in 1974. It contains part of a natural cliff-line link from the upper part of Kangaroo Valley down to Tallowa Dam and the Morton National Park. This cliff-line is habitat to a remnant brush-tailed rock wallaby colony, a threatened species presently located in the vicinity of our property. There is some delightful and varied bushland on the site including grassy river flats, eucalypt forest, cycads, palm jungle and rainforest creeks. Wallabies, wombats, lyrebirds and many other flora and fauna species are endemic to the area.

All members (including prospective members) and their families may use "Coolana" at any time provided they abide by the requirements of the Wildlife Refuge classification.

December at Coolana:

During December and over the Christmas period various members were at Coolana enjoying the bush and or doing a bit of bush care and maintenance of the facilities. Tracks were cleared the road was worked on below the car park and many weeds met a grizzly end. Long straight holes were bored in the earth and some mowing of access ways was done. Helen reports that weed mats with a slit for a plant made from felt about 300mm square cost \$120 for 200, water retention is another obvious benefit of the weed mats.

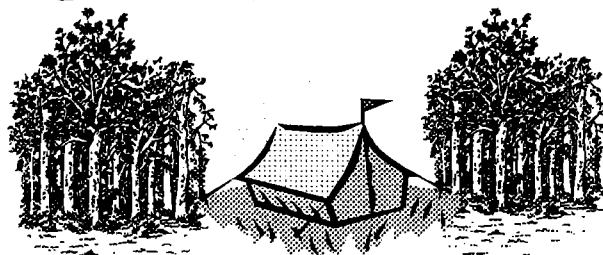


Gretel and Shirley have visited several nurseries in the area and are putting together several motions to purchase plants under the SCA Grant 2003. The 300 plastic tree guards for \$810 that were previously approved for purchase from the SCA Grant 2003 have been delivered to Coolana. The 600 star posts 1.6 metres long with a mass of near 1200 Kg are still in the planning stage, offers or suggestion on how to get 1.2 tonne of steel down the hill will be appreciated. The hope is that all materials and tools necessary will be at Coolana in time for the reunion, where people might like to prepare a tree hole and if the weather, rain and plant supply permit even plant a tree.

Don Finch

If you are interested in assisting us with bush regeneration, weed control or general maintenance, please phone Don on 9452 3749

The Annual Reunion



Let's Get Together Again at Coolana

This is your opportunity to meet old and new friends. Join us around the campfire at Coolana and be part of the fun on

Saturday/Sunday 13th, 14th March.

Special events for young and old.

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 Penrith, Katoomba & Blackheath for

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

Returns 4pm Mon, Wed, Frid.

Via Starlights, Mittagong & Marulan 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

WildCountry Visions

David Trinder



The future of protected areas will involve more scientific management and continuous links between major centres and connection between existing protected areas.

Before 1788 this country was covered by an ancient landscape that had evolved in isolation from other countries since it broke loose from the Gondwana land 45 million years ago. Most of our animals, plants and ecosystems are very different from those of any other country. Many of our animals hop on their two back legs instead of the normal practice of running on four legs and most are vegetarian and consequently have few predators. It was a wild and beautiful land sustaining an evolving and unique ecosystem over a long period of time in which the only interference from humans was from the indigenous Australians over the last 50,000 years of so. The recent arrival of white man from lands that are very different and their need for survival has

seen this country and its natural resources plundered unsympathetically.

Over the past 250 years Australia has lost more mammal species to extinction than any other country over this period and now has more threatened animal species than all but a few of the world's countries. However we still have more plant and animal species than most other countries and are still blessed with large areas of untouched natural landscapes.

The National Parks Association has formulated an Eastern Highland Conservation Blueprint describing how a continuous network of conservation reserves along the Great Dividing Range from the Queensland border to the Victorian border can be achieved. The plan promotes new national parks and nature reserves over public land such as non-commercial state forests and the purchase of private land. Selected priority gaps could be filled by voluntary but binding private land conservation agreements and in a small number of cases by revegetation.

As well as an unbroken link north to south, the plan involves major east-west corridors connecting the coastal belt of existing reserves and the outlying western, otherwise isolated, national parks.

The linked reserves will provide altitudinal and latitudinal variation and ensures long term viability by allowing plant and animal migrations that might be required due to climate change, bush fires and any other major catastrophe

A continuous link already extends from the Victorian border to Kangaroo Valley and a link to Sydney is achievable. More difficult will be some gaps between the Wollemi and the Queensland border. Parts already established involve major conservation areas such as Kosciuszko, South East Forests, Wadbilliga, Deua, Budawang, Morton, Greater Blue Mountains, Barrington, Werrikimbe, Oxley Wild Rivers, New England, Guy Fawkes and Washpool.

These state links are a part of The Wilderness Society's long term, central vision, the "WildCountry" that aims to produce an Australia-wide comprehensive system of interconnected protected areas. There are in place WildCountry projects in Western Australia, South Australia, Cape York and Northern Australia and the NSW project is being extended into Victoria and southern Queensland.

The Wilderness Society has been inspired by the US Wildlands Project which started in 1992 and has outlined a continent wide program based on the long term needs of plant and animal species. WildCountry will be based on cutting edge conservation science. The Society has set up a Scientific Council made up of leaders in the field of landscape ecology and its disciplines to develop the knowledge and inform the program.

The starting point will be the preservation of ecological processes and drivers that nurture biodiversity. This means focusing on large scale connections, interactions and flows and is necessary to preserve the health and functioning of the entire Australian environment for centuries and millennia to come.

Sources: NPA and The Wilderness Society web sites



Alice Wyborne - 90th Birthday*Don Finch*

Alice Wyborne celebrated her 90th birthday at Queanbeyan on the weekend of 11th, 12th January with relatives and old friends present, including sons Doone and Ross (from Vancouver - Canada).

Alice is very active, fit and well, although sporting a bruise from a recent fall



WILLIS'S WALKABOUTS

Jawoyn Explorer

16 May – 5 June**Arnhem Land Success!**

For the first time since 2000, we have permission to do a walk into Arnhem Land. The route takes us to the headwaters of the Katherine River in southwest Kakadu and southeast Arnhem Land.

This trip is special!

- This area is normally out of bounds to bushwalkers. You can't do this walk on your own.
- We will be accompanied by one or two local Aboriginal guides.

- This is the only Top End walk where we can have a helicopter food drop.
- Beautiful campsites and great scenery including the other Katherine Gorge that tourists never see.

This is a once in a lifetime opportunity.

Where else can you spend three weeks bushwalking with an Aboriginal guide?

Too long? The trip is in two sections, either of which can be done on its own.

See our website or ask us for more information.

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

Muscle Cramps – A Bane of Many Walkers

David Clayton

David Clayton is a qualified coach and sports trainer and coaches Jujitsu with the Peter Morton Academy of Judo Jujitsu Karate. He holds a Bachelor of Applied Science (Recreation Planning and Management) from the University of South Australia and is now a tourism consultant in South Australia. He is a regular walker and keen amateur photographer.

It's hot, you're tired and have just reached the summit ... you don't notice the valley before you as you roll on the ground clutching your calf, wincing from tremendous pain. Cramp will affect all athletes at some stage – it is debilitating and excruciating, but can be controlled to some extent.

Cramp in a nutshell

There are many scientific explanations of muscle cramp – it relates to electrolyte balance, levels of hydration, muscle condition, neurological function, diet, temperature and predisposition to cramps. To single out one particular cause is unreasonable at this stage.

The “cramp is caused by lactic acid build up” theory has been dispelled as just a myth – although it is regularly touted (including by me until recently). Muscles are made up of groups of fibres. In normal muscle function, individual muscle fibres tense and contract, but they will never all fire at the same time ... except in a cramp. Put simply, cramp is an involuntary tensing of the muscle or groups of muscles. The muscle tenses, and stays tense. Cramp ranges from involuntary twitches to rock solid muscles and can lead to muscle tearing – in extreme cases a cramp has the power to break bones. We do know that cramp is caused by neurological imbalance – the receptors that tell the muscle when to fire and when to release are blocked and the muscle is unable to release.



Cramps commonly occur in muscles that span two bones – prime areas being the quadriceps (front of thigh), hamstring (back of thigh) and calf muscles. These are the big muscles that propel us when we walk, run, climb and

jump. We commonly experience cramp in these muscles following extended activity and placing the muscles under sustained load. In walkers this may be carrying a pack over long distance, climbing a peak and even walking down hill. These activities place incredible demand on the muscles requiring increased levels of fitness and energy stores.

Beating cramp

Cramp can be controlled to some extent through diet and regular training. Leading up to a walk the single most beneficial thing you can do is to prepare for similar conditions. In fact, many trainers recommend super-training the muscles so that when the event

comes around, you are ready and walking, running, cycling etc is easy in comparison – much like preparing for an exam. Eating balanced meals is essential – a good start is to ensure intake of around 1 cup of vegetables per day and two pieces of fruit.

Whilst lactic acid is not the cause of cramp, many who have a high dairy intake suffer cramps. The fact that some nutritionists suggest that cow's milk is not highly beneficial, can cause build up of mucous, and affect the digestive process (lactose intolerance) is reason enough to consume milk in moderation. For those concerned with calcium intake, there are many foods rich in calcium – one being the humble almond, or try tinned salmon and mincing the bones.

We are particularly susceptible to cramp after placing the muscle under pressure for extended times, and then stopping suddenly. This may be climbing up a hill, then flopping down to catch the breath, or even stopping for a lunch break. The muscle continues to fire and cramps up – this can ruin your day/week! As simple prevention, when you take a break, drop your load, walk around and do some gentle stretching before sitting down. The little extra effort can save a lot of pain!

Training for peak performance

Hopefully you train regularly before an adventure. The following activities relate specifically to walking, but the concepts can be applied to most activities. Your training regime should consist of regular stretching, activity practice, specific muscle strength training and performance stretching. I encourage you to seek specific advice from professional trainers for your specific activity, and of course consult your GP and nutritionist should you suffer regular cramps.

We are all familiar with static stretching techniques where the muscles are gently stretched, becoming more pliable and flexible. Stretching encourages waste to leave the muscles and keeps them supple. It also has the effect of making the muscles “sleepy”, so is not appropriate before activity as it reduces muscle performance. Static stretching should be performed at evenings and after training. Rotate the spine gently, and perform hamstring quad and calf stretches.

Performance stretching or dynamic stretching stimulates muscle performance prior to activity. Gradually increasing the stretch by placing the muscle under light load helps in muscle conditioning and toning. It is useful first thing in the morning to encourage blood flow, and before training and even before setting out for the day. For those familiar with yoga routines the “sun salutation” is an excellent all round stretching routine. The following exercises you may find helpful:

Hamstring stretch: Standing upright, legs slightly bent, swing one leg forwards as if to kick a football, return to standing. Increase the height of the kick gradually and with more vigour. Repeat 20 times each leg.

Quadriceps stretch: Standing upright, legs slightly bent, swing one leg backwards while bending forwards at the hips – your body should form a “T” – return to standing. Increase the height of the kick gradually and with more vigour. Repeat twenty times each leg.

Calf Stretch: Standing upright, take a comfortable step forward with one leg, both feet pointing forward. Bend at the waist to place the back leg under load. Lift the toes of the front foot and tap rhythmically – to increase the stretch, place more load over the front leg. Tap for one minute each foot.

Back and abdominal stretch: Stomach crunches – while lying on the back, knees bent at right angles, hands on the thighs, raise the shoulders off the ground until fingertips pass the knees. Reverse stomach crunches – while lying on the ground, bring the knuckles to the temples, and raise the shoulders off the ground and pulse. To increase the load hold the shoulders off the ground and rotate the shoulders – tapping each elbow on the ground. If sharp pain is felt stop immediately!

Strength training is a good way to put cramp prone muscles under pressure. The load bearing muscles of the buttocks, quads, hamstrings and calf muscles can be targeted with these simple exercises:

With weights: take a bar bell and load it to say 10-15Kg (you can increase the load as the muscle increases condition) and rest it across the back of the shoulders while hanging on with both hands. Lunge forwards and lunge back to standing – placing the 4 muscle groups under. Repeat 5 times each leg for 3 sets (work up to 10 reps for 5 sets).

Without weights: Take a good pace forwards, with both feet pointing forward and ensure that your weight is balanced evenly between both feet. Bend the back knee (allow the heel to rise off the ground) and pulse – every 10 seconds squat down so the quad (back leg) and hamstring (front leg) are under pressure. Repeat for 60 seconds each leg. You should feel the onset of muscle fatigue quite rapidly. Stretch out the muscles.

Of utmost importance is training under similar conditions of your trek. Practice carrying a load over distance, carrying it up hills, around town, through your district. The more you get used to carrying a load the easier you will find your trip, and the less likely you are to suffer cramps.

Preventing cramps in the field

You've trained for the walk, you're fitter than a mallee bull but you are still at risk of cramp. Simple maintenance while away will keep you cramp free – much like carrying rain jacket prevents rain (according to Murphy anyhow!).

Dehydration can lead to cramp – the best thing you can do for yourself is ensure your fluid levels are adequate. Under pressure we often forget to drink, and by the time we remember, it is too late. Monitor

your urine colour – paler is better! I have found keeping a hydration pack or water bottle handy encourages me to drink more often. Take regular small drinks, rather than over gulping and getting that unpleasant sloshy feeling. Also hydrate before going to bed, and on waking ensuring that your fluid levels are adequate before setting off. If you tire of water try adding a sports drink powder, cordial or a touch of fruit juice to make it more palatable – the presence of small amounts of glucose can speed the absorption of water.

Lack of vital minerals and electrolytes can lead to cramp – eating a balanced diet while away ensures the body has the required vitamins and minerals and all the other goodies that food gives us. Particularly after heavy sweating, a pinch of salt with the evening meal is enough to replenish sodium in the body. Eating a good breakfast and a good dinner keeps the body ticking over – packing fresh veggies is always a nice treat. Another good method is to cook a decent meal and dehydrate it. I can not stress enough the importance of maintaining nutrition while away.

Build up of waste can lead to cramp – performance stretching in the morning conditions the muscle ready for work. Gentle static stretching in the evening encourages waste to leave and reduces muscle soreness and stiffness. Follow the exercises above (at a reduced level) to prepare body each morning and evening.

Dealing with cramps in the field

After all the preparation, some people are still susceptible to cramp. Unusual muscle actions may also speed the onset. Managing cramp after its onset is therefore vital to prevent long-term muscle injury and reduce pain. The muscle is often sore for many days; remember that the aches and pains after cramp are often a sign of muscle bruising or tearing so should be treated as such.

Stretch the cramped muscle gently – in most cases this will encourage the cramp to release. Continue to stretch the muscle gently for around 15 minutes.

Massage the affected muscle – light massage can help to release the cramp. Massage stimulates blood flow, speeds recovery and relaxes muscle.

Apply pressure to trigger points to release the cramp – press the fingers in gently – this is very painful and should be done carefully. Knead the muscle gently until the muscle is soft and pliable, and then stretch gently. Cramp may reoccur several times before going away.

Continue to stretch gently, rehydrate, take on food and rest before continuing. Resuming the pressure of walking under load and climbing too soon will stimulate cramp once more.

Cramp is a sure fire way to turn your walking into a bad memory. Adequate preparation, nutrition and continued maintenance will reduce the chances (of the onset) of cramp. Even if you are not a cramp sufferer it is a good way to keep your body in tip top shape for maximum performance and endurance.

Happy cramp free walking!

David Clayton

THE WALKS PAGES

Walks Notes: *Barry Wallace**Walks notes for the period 1st to 23rd November*

It is not clear how much help Caro had with the planning for her trip from Golden Stairs to Devils Hole via the end of Narrow Neck over the weekend of 1, 2 November, but the party of five seems to have worked up a sweat despite the wide variety of weathers; sun, rain, hail and cool winds, they experienced. They described Cedar Creek as a slippery but beautiful mountain stream with the occasional waterfall. Bunba Yakka Creek on the other hand was heavy going with large boulders, scree slopes, and an abundance of lawyer vine, not to mention the waterfalls. There does not seem to be any report for David Trinder's qualifying walk out to the Kowmung River and Christys Creek that weekend;

Four day-walks went that weekend; with Ron Watters leading a party of three on his Saturday walk out from the bridge at Goodmans Ford on the Wollondilly. They enjoyed fine but windy conditions and reported great views from the high points. Nigel Weaver's Sunday walk from The Golden Stairs to Kings Tableland via Mount Solitary had a party of 4 with generally fine conditions punctuated by the occasional shower. Roger Treagus reported a party of 19 on stage 16 of The Great River Walk, enjoying easy going in the bushfire-burnt areas between Wisemans Ferry and the upper reaches of Mangrove Creek. They finished the walk with a riverside barbecue, sheltering on the verandah as the rains came and the temperature dropped to 12 degrees. Leigh McClintoch was also out that day, with a party that varied in number between the morning and afternoon sections of his walk out from Blackheath. There were 6 on the morning section to Porters Pass and Centennial Pass but only 4 stayers were there for the afternoon walk to Horseshoe Falls and Bridal Falls. Weather conditions included most of the possible variations except perhaps snow.

Wayne Steele led an overnight qualifying walk into the Kowmung via the Uni Rover Trail over the weekend off 8, 9 November with a party of 6, fine weather and a full moon. The views off Sombre Dome ridge were described as excellent. Zol Bodlay led a Saturday bush 'n beach walk along various of the Northern Beaches between Frenchs Forest and Narrabeen Lakes with a party of 15. A report on this walk will probably have appeared elsewhere in this magazine. Of the Sunday walks, Heike Krausse led a party of 10 on her walk from Campbells Rest near Bundeena on what was supposed to be

an easy walk. Before morning tea 30% of the party were either disabled in some fashion or separated from the main group. It all got better from there however, though the attrition rate remained high, with 5 completing the walk. The survivors were generally of the view that the stupendous views, the delightful grotto of ferns, the lyrebirds and the invigorating (?) storm made the effort worthwhile.

Peter Love cancelled his walk in the Colo wilderness scheduled for the weekend of 15, 16 November but for some reason Maurice Smith appears to have led a trip out from Yalwal that weekend with a party of 5. There is no report for Tony Holgate's Saturday walk in The Blue Labyrinth. Stage 17 of The Great River Walk went OK on the Sunday despite some last minute problems with access permission for a paintball range. The party of 12 didn't start walking until around 1030 hours and still had time for an extended swim at Popran Creek at lunchtime.

Tuesday 18 November was the mid-week walk that week, with Bill Holland leading a party of 4 on his walk out from Mount Victoria to Porters Pass. Conditions were initially misty but cleared to a pleasant day as the walk progressed.

The superb swimming holes of Ettrema Creek were unfortunately off limits due to the very wet conditions that prevailed for Maurice Smith's qualifying walk in the Budawangs over the weekend of 22, 23 November. The party of 7 coped with the foul conditions and no doubt learned a good deal about the doubtful pleasures of bushwalking in the rain. Zol Bodlay's Saturday walk in Marra Marra National Park, having been cancelled in March due to bushfires, fell victim to heavy rains this time around and was again cancelled. No report appears to have been received for the Sunday qualifying Chinese Archaeology walk in the Gosford area programmed by Patrick James. The party of 5 out on Ken Smith's Sunday qualifying walk from Springwood to Glenbrook enjoyed fine weather for most of the trip, but saw evidence of the previous day's rain in the creeks and waterfalls along the way. They didn't entirely miss the experience however, as over the last hour of the walk conditions progressed from showering lightly to pelting rain.

The supply of walks reports seems to have dried up at this point. I will try to cover from here in next month's report.

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One on One with a GPS:

My Advanced GPS Instructional on Sunday 14th went as scheduled but with only two of us. Four others had booked but there were late cancellations - so it was a "face to face", close contact, "one on one" instructional and I think very beneficial to both.

So for those of you who couldn't make the day but would have liked to - another day will be scheduled later this year.

Bill Holland

SBW - Royal National Park - 13th Dec

Five of us set off on a hot day to walk in the Royal National Park from Waterfall to Heathcote. I would have preferred to follow Kangaroo Creek but due to an injury had to avoid scrambling. Uloola Falls was falling again at last and we looked at the Aboriginal rock carvings nearby. Due to the fires the track is obscured once you reach the Guramboola Ridge and we seemed to have moved too far east so I pulled out my map and compass to re-orient us. It was quite funny to see Maurice pull out his GPS and, yes, we used it to confirm our position. I wonder if anyone else has ever needed a GPS in the Royal!!

We took the Wattle Forest track to the Hacking River and enjoyed some treats at Audley before heading around Robertson's Knoll and down to Kangaroo Creek for a wonderful swim in a deep pool before climbing the hill and out to Heathcote.

I was particularly pleased to see the bush regenerating, especially with the recent rains and the Christmas bells were prolific. Reiko was pleased to see her first goanna and we all watched him pretending he was part of the tree.

Maureen Carter

Melbourne Uni Mountaineering Club:

We are having our 60th Anniversary Dinner in August of next year and are trying to get the word out to our thousands of ex-members and associates.

Obviously, given the long period of time, it is often difficult tracking people down. I have attached a flyer with details of how to add your name to the contact list for the dinner. We would REALLY appreciate if you could pass on this information on to your members and, if possible, post the flyer somewhere visible in your local outdoor store or clubrooms.

Reply to Carys Evans carysreb@yahoo.com.au

Five Days at Berrara Beach - Dec 2003

It was the first week in December and at the beachside cottage we expected to frolic in the sun, walk in the shade of the forest, swim in the ocean etc. etc. Well, the preceding weekend it bucketed down - no worries we said in Sydney, by time we drive down Monday morning it will be fine. But it wasn't.

So, in typical SBW fashion we adjusted to the



conditions; some of us cycled along the roads and bush tracks and most of us went for a walk along the beach and into the forest.

By Wednesday the weather improved. Our numbers had grown to thirteen and we had a great time in the Carters Cottage.

Berrara Beach is a great place. Highly recommended - rain or shine.

Bill Holland

Bondi to Coogee 13th January:

We started with twelve members meeting at the southern end of Bondi beach at 6 pm. Four more joined along the way with another jmeeting us at Coogee for dinner on the lawn - a total of 17. However, only eight opted for the return walk to Bondi in the dark; the rest stayed on for an extended dinner - it seemed a pity to limit our stay at Coogee to one hour

The night was humid but fine although storms threatened on the return walk to Bondi. Interesting to see the agility of the board riders surfing at each beach and the lights reflecting on the waves.

This walk has become an annual event and some have suggested that other evening walks be added to our Walks Programme to take advantage of the extended daylight saving hours.

Bill Holland



Forgotten Something ? Leaders - don't forget to send in your Walk Report forms

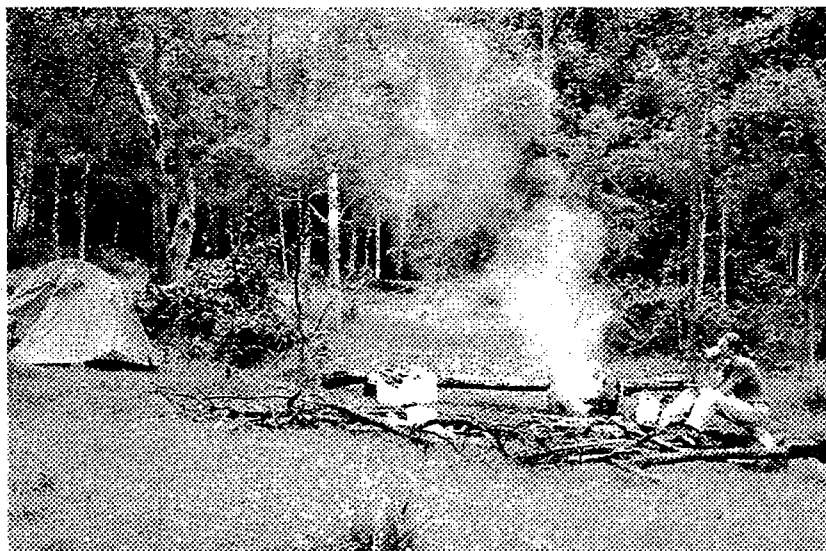
Silent Series No.1 – Grose Valley December 2003 : Caro Ryan

Leader: Caro Ryan Walkers: David & Lillian Everitt, Philip Worledge.

'It is in deep solitude that I find the gentleness with which I can truly love my brothers.' Thomas Merton

One of the best things about being an SBW leader, is the ability to put on walks that *you* want to do, go to places *you* want to go and it's an added bonus that you get the joy of sharing it with other people.

I've always been drawn to the idea of *retreat*. It has a long and inspiring tradition, from a myriad of philosophies and religions and with 2003 having been quite a full-on year, I felt the need for *retreat*. To separate myself from the noise of life, the 'things' that surround our everyday and spend time thinking, listening, meditating, reading – whatever!



(In one way, every time we step out into the bush, we are sending ourselves on retreat. The fresh air works wonders in more ways than just physical fitness – something that really goes without saying for most bushwalkers!)

Hence, this walk was going to be very different from the usual SBW 'Walkers n' Talkers', from the start. The 9.30 am meeting time at Blackheath and the ensuing car shuffle (END: Perry's Lookdown – START: Victoria Falls), meant that we didn't hit the track until just before 11 am. Ah, the retreat had started with a SLEEP IN!

People have asked me how exactly does a silent walk work? It's all very simple really. 'Flexible Rules' are the call of the day. In a nutshell, we are

quiet whilst walking (with a fairly easy going pace) and quiet at most of the breaks. This allows people to go and sit by the creeks, lean against the trees and spend time alone. If we need to talk, say for navigation purposes or to get feedback from the group, we do. If people want to stop and take photo's or have a few minutes at a beautiful spot, we do. So for our group, morning tea and lunch were taken away from each other – which gave us time to read, sleep, look around, etc. Then, on getting into camp at Little Blue Gum, we set about getting firewood and put up our tents in whispers, and then came together for the usual happy hour. However, it appeared as though the bush and the silence had woven it's magic over us. Whenever we did speak, it was always with our voices lowered and quiet, as though not wanting to break the precious silence.

One of the most remarkable things about the trip, was realising just how noisy the bush really is. We were all surprised at the huge variety of birds that we heard throughout the trip and with the recent rain, the creeks and Grose River were pounding. I even managed to see a large wallaby grazing (possibly even a kangaroo) in the bushes before it sensed me and took off. It would have heard us much earlier if we'd been the usual 'Walkers n' Talkers'. Around the campfire at night, we were treated to not only the wonderful sight of fireflies dancing around our campsite, but the sound of the illusive Grose Valley brumbies neighing in the distance.

Day two dawned with yet another sleep in (a retreat indeed!) with one member of our party managing to get up at the 'crack of noon'. This gave us the morning in the quiet, to do whatever took our fancy – read, sleep, listen to the sounds of the bush, sit by the river, etc. We then came back together for packing up the site and lunch, again with our voices lowered.

After lunch, all that was left was a brisk walk through to Blue Gum with a short time of contemplation there, before the joy of Perry's, our cars and the Gardeners Inn!

Yes, a silent walk is something very different to what is the SBW norm. Silence for some people can be a frightening or unnecessary concept and is certainly a discipline. I personally came back very refreshed, both inside and out and was thinking about when/where the next Silent Series walk could take place.

'Experience teaches us that silence terrifies people the most.' Bob Dylan

If you think that you'd like some time-out and find the idea of coming on a silent walk appealing, check out the Autumn walks program when Silent Series #2 will appear on the program over the Easter long weekend. It will be 4 days and 3 nights with an option to spend Saturday night alone in the bush, away from the group, completely self-sufficient!!

In the attitude of silence the soul finds the path in a clearer light, and what is elusive and deceptive resolves itself into crystal clearness – Mahatma Gandhi (1869-1948)

Ettrema Wilderness Area (In The Wet) November 2003 *Susie Arnott*

Leader : Maurice Smith Participant : Ted Nixon, Steve Dolphin, Lillian & David Everitt, Katie Ellinson, Paul Baker, Susie Arnott.

It rained Monday to Thursday. It rained all Friday. And all Friday night. It was still raining at 5.15 on Saturday morning when we set off bound for Nowra and the Ettrema Wilderness Area. We hit Wollongong and the heavens opened. It bucketed. "He'll have to call it off," we decided as the wipers slapped back and forth, battling the water sheeting down the windscreen. I thought of the warm bed I'd left back in Sydney. I'd probably be back there in a couple of hours to find the kids still fast asleep, unaware that their mother had driven to Nowra and back in the wee small hours . . .

I hadn't counted on the determination of our fearless leader . . .

In a blink we'd overshot the right MacDonalds (Bomaderry) and had pulled into the wrong one (South Nowra). After a hasty U turn we arrived, breathless, to find Maurice and his five musketeers ready and rarin' to go, unconcerned by the raindrops they kept blinking out of their eyes. The walk was on and wimps need not apply.

Bullfrog Creek having been eliminated from the route, we moved to plan B, and crowded into David and Lillian's Jeep which followed the red Subaru sixty kilometres down the rut-ridden, mud-slicked 'road' to the Quiera Clearing. Here we hopped out, donned rain gear, and started walking. About a kilometre up the road we turned off to head through open woodland to Pardon Point, the first of a series of landmarks named on a 'convict' theme by Wilf Hilder. We stood among scattered rocks at our designated lunch spot and squinted through the mist and rain to catch the odd glimpse of what would clearly be a stunning view in good weather; then retreated to a not-so-scenic rock overhang which was, nonetheless, dry. We sat and munched and stared out at the rain.

After a slight detour and muddy traverse to reposition ourselves on Transportation Spur (!), we began the seriously steep descent to Ettrema Creek. Pink and white wax flowers in abundance softened the gloom around us, and hidden birds called to each other across our path. Ted our bird expert identified Fantail Cuckoos and Eastern Spinebills while the rest of us marvelled at how much knowledge could be carried around in just one head!! Steve's frequent sightings of "Lesser Known Spotted Twits", however, were quickly identified as fraudulent.

We reassembled at the bottom of the spur to find Maurice gaping at a waterfall gushing down the gorge, and collectively realised the (only) advantage of walking in the rain, after a week of rain. Many times our leader was to gasp, "I've never seen this creek, (rapid, pond, waterfall) so full (fast, deep, powerful)!" Depending on whether we were looking or wading at the time, these utterances of awe struck cords of terror or wonder deep in our hearts.

And so into Ettrema Creek. Right in. Ankle-deep, knee-deep, thigh-deep. At last the Volleys I'd suffered in all the way down through the ankle-jarring rocks and mud came into their own. I sloshed through, trusty soles gripping like suction cups. However in places it was hard to see the bottom through the rushing water so a sturdy stick came in handy for depth sounding and balance! We clambered over huge boulders hurled down from the cliffs we could glimpse through the mist, and past more than one rock fall which looked only hours old. Swimming holes swollen to twice their normal size were tempting, until we thought about how it would feel to pull sodden clothes back onto a sodden body in the sodding rain!

We chose a campsite under the casuarinas by the water and (miraculously!) it stopped raining long enough for us to get (most of) our tents up. We collected wet wood which our fearless and clever leader constructed into a pyramid and after much fanning with 'sit-upons' and weeping from smoke inhalation we had a pyromaniac's dream crackling and roaring in our midst.

As I headed for my tent later I eyed off Katie and Paul's Taj Mahal sitting next to mine and the thought crossed my mind that if we were in for a massive thunderstorm there'd be room in it for three. However my fears were unfounded. Although it rained constantly most of the night, (some say only from 3am) I stayed dry as a bone and slept like a log!

Next morning the weather again held off long enough for us to pack up and have breakfast, the rain starting only as we set off again down Ettrema Creek towards Jones Creek. The crossings became more and more treacherous, with the water running fast and deep, and it came almost as a relief to at last fall in to shoulder level so I wouldn't have to worry about it any more – except that in the process I almost drowned Paul who had kindly held out his hand!

We reached the junction of Jones and Ettrema Creeks and had morning tea at the 'boutique' campsite that had originally been our intended overnight spot. We cricked our necks staring up at Thompson's Cliff then about a kilometre later we bid a damp farewell to Ettrema Creek and headed up a 'tiny ridge', barely noticeable on the map, but in fact like a toothcomb of sandstone weathered in straight planes cut so cleanly that in places they came away in our hands. Maurice warned us that by the time we got to the top we'd be scraping our faces off it. We understood what he meant as we crawled through the slippery mud and scree loosened since the bushfires destroyed the vegetation which held it all in place. Both Paul and Lillian had serious leg pain problems by now but they battled on uncomplaining.

Then came an interesting search for Jingle's Pass. We all came at it from different spots and eventually reunited for a damp and very cold lunch, full of admiration for the clever dog who found the pass and gave it his name.

We didn't hang around, and raced to the top after lunch to look back towards Thompson's Cliff and admire how far we'd come. At that point the mist lifted almost enough for us to make out our shadows, but this disappeared as soon as we'd noticed and sure enough it started to rain again.

One more look out over the junction of Ettrema and Myall Creeks to admire the mist and the almost vertical mud slip which Steve dubbed the 'one stop slippery slide', then on to a friendly dry overhang for afternoon tea. We dropped down to Myall Creek for the last "I've never seen it flowing like this!" comment for the afternoon. After some concern about how we were going to cross it, we chanced upon a very strategically placed log with hand holds and rocks. Then up along the cliff line admiring (from our dry vantage point) the gushing Myall Creek, and out to the clearing which led back to the cars.

Once again luck meant that the rain stopped just as we changed into warm dry clothes, then it started again for the bone-jarring ride out down the much-more-muddy-than-yesterday road, nonetheless negotiated brilliantly by David, and back to dinner in Berry.

Maurice confessed that this had been the wettest walk he had ever led, but, as we sat in the dry bar, our plates piled high with burgers and chips and alcohol close at hand, we agreed that it had been well worth the effort.

Notice - Camp Fires and Stoves



All members are advised to check the restrictions on lighting fires in intended camping areas. Be aware that high to extreme bush fire danger currently applies throughout much of NSW. This means that fires in the open are 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.

Try Something A Little Different !



Some weekends offer more than a weekend walk - there's perhaps a little sparkle added; something unusual to cater for warmer conditions or perhaps the not quite so fit walker.

Here are some offerings from the Summer Walks Programme:

February:

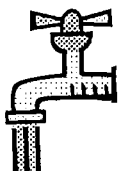
14th, 15th Prospectives Training Weekend
A training weekend for new members
- see details on Page 16.

21st, 22nd Prospectives - Big Night Out No. 1.
An easy camping weekend for new members in preparation for weekend walking

21st, 22nd Kangaroo Valley Canoe Trip
Saturday morning start from Tallowa Dam for two hours to a five star camping site.



21st, 22nd Kangaroo Valley Easy Walk
Saturday morning start walk in for an hour to meet and camp with the canoeists coming in from Tallowa Dam.



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 day walk can be between 3 - 4 litres. More if you are carrying a heavy week-end pack!

The Third Degree

Peter Love

When you ring a leader, with whom you have not walked before, you may be asked a number of questions. The purpose of these questions is to determine as best as is possible whether the walk that you are considering is the right sort of walk for you at this stage of your bushwalking career. The safety and enjoyment of you and other members of the party depends on your being open and honest in your answers.

The questions will vary from leader to leader and from walk to walk. Some of the questions you may be asked include:

- Are you a member or a prospective member? A leader may assume a prospective member may need more attention before and during the walk. Also the walks report, that you sign and the leaders need to complete, asks if you are a M/member, P/prospective, V/visitor. A full member is assumed to have the requisite knowledge, experience and gear to suit the upcoming walk.
- What bushwalks have you done in the last month or two? How do you keep fit? Have you previously done a walk like this upcoming walk? This is to determine your level of bushwalking fitness and your ability to judge what an easy / medium / hard walk is. If the walk is qualifying (Q) and needs to be cut short because of an unfit walker the walk may no longer be regarded as a qualifying walk. If this happens other prospective members on the walk will miss the opportunity to complete a qualifying walk.
- Which other club leader(s) have you walked with before? A leader may check with the other leader you nominate to ascertain if it is likely that you can handle the walk that you want to book onto.
- Your phone number? It may be necessary to contact you about changes in the arrangements before the walk. Your phone number is another requirement on the walks report. Also the leader may give your name and telephone number to another walker so shared transport may be arranged.
- In which suburb do you live? Leaders will usually try to assist with transport by giving your name and phone number to other walkers who may be able to assist with transport. Or the leader may give you another member's name and phone numbers to contact to arrange transport.
- Are you willing to take your car and how many passengers can you take? Again this is to help with the transport arrangements. If you don't

have transport let the leader know. There is no guarantee, however, usually the leader will try to arrange a pick up or a meeting point with other walkers.

Depending on your answers to these or other questions, leaders will give you information about the walk, like;

- Yes, there is a vacancy on the walk and I will put your name down
- 'this walk is not for you'
- 'yes, we will be in the creek for about 3kms, so avoid heavy leather waterproof boots'
- 'you will need water for the day'
- 'expect a late finish'
- and so on with other relevant details.

Please keep in mind leaders are volunteers who give their time, energy and expertise so others can share the enjoyment of bush walking. As leaders may receive tens of phone calls about a particular walk, their patience may get a little thin at times, so please be understanding.

So next time you get the third degree from a leader, think about their responsibility to you and other party members, and try to assist by giving accurate information in a spirit of cooperation. See you on a walk sometime.

Peter Love SBW Walks Secretary

Coolana Training Weekend:

The next new members training weekend will be held on 14th, 15th February at Coolana on the beautiful Kangaroo River.

This weekend offers an opportunity for new members to gain practical experience in navigation, first aid and bush craft. It is a very sociable weekend where you can meet other newcomers and gain from the experience of older members. Time for some swimming in the river. See the Summer Walks programme for more details and contact numbers.

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

OF INTEREST TO NEW MEMBERS*Heike Krausse***Hello from Heike**

We have now passed the "season to be jolly" but the festive season never really ends in SBW, we like to enjoy ourselves all year although some may say we have a masochistic way of doing so.....

There are many little ways in which new members can feel awkward or uncomfortable when joining in with a group who perhaps know each other quite well, either from previous trips or who simply have been there and done that before - even if meeting for the first time all the walkers in the proposed trip.

It has been evident to me that this often is apparent at Happy Hour, the time for relaxing, and sharing, easy if you know people; difficult if you don't - and really tricky if everyone else knows each other and you are the only new walker in the bush.

After water and wood has been collected, tent/fly possies found, sleeping bags lofted, SBW traditionally have had a "Happy Hour". This is often the best part of overnight camping, after a solid days walking, we have time now to sit back to relax, revel in the surrounding nature and reminisce/chat/plan the next day, future walks, past experiences, life in all it's complexities or simply muse on the wonder of being out bush.

It is usually held around the campfire and there is happiness in the sharing of interesting company and some edible/drinkable goodies that have been stashed away for just this moment. Everyone brings a little nibble of something to share and a small (this is relative...) amount of their favourite tippie. The "hour" is a bit of a misnomer also as it often extends to several.

I know I felt embarrassed and discomfited on my first overnight walk with the club sans a happy hour nibble and toddy. This was despite the most gracious and easy humoured group of walkers you could wish for on a first trip. Although they did their best to make me feel most welcome I still felt dismayed that I had nothing to contribute. Being now on the other side of things having many a happy hour around my waist (so to speak) I know I think nothing of it.

New members cannot be expected to know all of our little traditions and I would think all established overnight walkers would share my sentiment that, as a new member and being on your first overnight walk with the club, you are most welcome at happy hour as our guest.

There is never any shortage of food and wine to share, most people bring generous amounts.

As the evening mellows most are so full with Happy Hour goodies that their planned dinner ends up being taken home again, to remain in pack until next walk!

So what can you take on your second overnighter!! Some like to be very "Gourmet" and bring olives or a cheese - but really best avoided as suitable only in winter as they can get very smelly and slimy in summer - plus can be heavy.

Think light and least propensity to be crushed. Spicy rice nibbles, bahji mix, peanuts/cashews go down well but carry in small quantities as they are heavy. Soya crisps and Pringles (because of the container) are popular. Dehydrated hommos, a rare treat especially if zinged up with a little extra paprika, can be obtained from the "Greek" (actually more Kosher) Deli at St Ives.

Sweet alternatives for "afters" are, marshmallows, Biscotti (great for dunking in a hot toddy), chocolate of any sort.....although again not so good in summer. Left over Christmas cake (with an extra dousing of brandy!!).

Wine is popular. If quality is your penchant decant into a reduced soft-drink bottle * for a lightweight transport option

** Fill an empty soft drink bottle with boiling water via a funnel. It will shrink up to a stronger yet still light container and the screw-top still fits.*

If quality is not such an issue the wine sacs, available at most Liquor Outlets are good, just pack them in the billy to avoid puncture. Of the three available the "red" in my opinion is the most palatable. Some like more "bang for weight carried" and go for a spirit. Some have the audacity to mix a good rum with lemon barley cordial.....apparently on a cold evening it's magic but I'm yet to be convinced.

So....here we are already into the New Year, but why stop celebrating? Life is good and it only gets better out bush!

Please welcome on your next walk: Sheila Gray, Joelle Morin, Sandra McKenzie, Adam Hodgson, Anton Baggerman, Josef Musilek, James and Margaret Swinton.

Striding on into full membership are: Rowan Murphy, Suzanne Aubran-Sauran, John Bradnam, Maurice Kwan, David and Lillian Everitt

SOCIAL NOTES

January 2004 Social Blurb

Happy New Year everybody! I hope you all managed to find some peaceful and relaxing times over the Christmas and New Year holidays.

We had a great turnout at the annual Christmas party in the grounds of the Kirribilli Neighbourhood Centre and a huge thanks to everyone who came along willing to help set and clean up. Yet again, Eddie the caretaker at the clubrooms was very patient in waiting for us to leave later than planned!

By the time this magazine hits your letterboxes, we will have had two social events this month. Tonight, saw a breathtaking

sunset down at Balmoral enjoyed by 30+ people which included some new faces – great to see you there guys! This will be followed by the *KAKADU SLIDE AND PRESENTATION NIGHT* later this month – if the planning stages are anything to go by... this promises to be a great night.

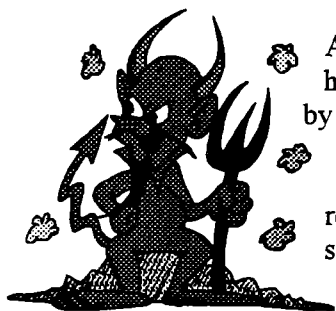
February is due to be a fabulous month of informing and training at the clubrooms. Wednesday 4th Feb is going to be the first of our *NAVIGATION TRAINING nights*, headed up by Mark Dabbs. This will then be followed up on Wednesday 18th February, by a special presentation "*The Bushwalker's Body - AVOIDING INJURIES*", by our very own Jouni Leppanen who is a Musculoskeletal Therapist.

2004 sees the exciting introduction of a great bunch of people, with the very original name of *SOCIAL TEAM*, to help out in the running of social activities at the club. So keep an eye out for these *keen beans* at upcoming social nights and stay tuned to this column to learn who they are!

See you on the track! Cheers Caro ☺



Setting up the picnic at Balmoral Beach



Hell is Unfair

A man died and was taken to his place of eternal torment by the devil. As he passed sulfurous pits and shrieking sinners, he saw a man he recognized as a lawyer snuggling up to a beautiful woman.

"That's unfair!" he cried.

"I have to roast for all eternity, and that lawyer gets to spend it with a beautiful woman."

"Shut up!" barked the devil, jabbing him with his pitchfork. "Who are you to question that woman's punishment?"



New Adopted Parents

Morris and Becky were delighted when finally their long wait to adopt a baby came to an end.

The adoption centre called and told them they had a wonderful Russian baby boy and the couple took him without hesitation.

On the way home from the adoption centre, they stopped by the local college so they each could enrol in night courses.

After they filled out the form, the registration clerk inquired, "What ever possessed you to study Russian?"

The couple said proudly, "We just adopted a Russian baby and in a year or so he'll start to talk. We just want to be able to understand him."

REMINDER! The Annual General Meeting will be held on Wednesday 10th March 2004 at 8pm. The President and other Office Bearers will be elected for the coming year. Come along and register your vote.

**“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

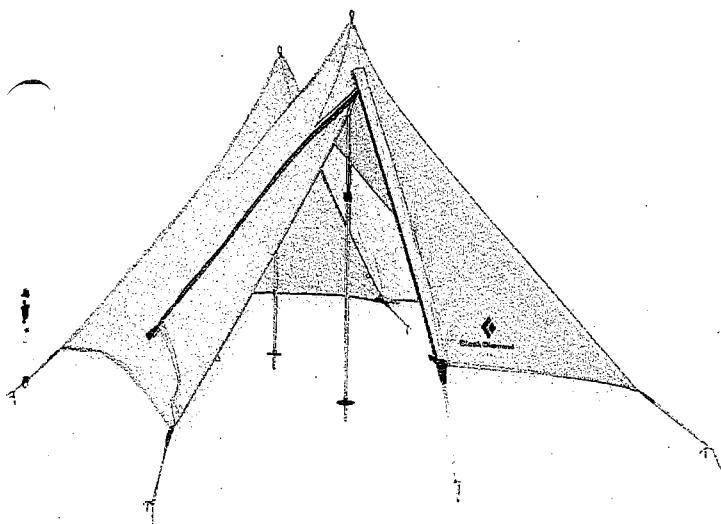
then move up to Black Diamond, exclusive to Paddy Pallin.



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.)

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