



# THE SYDNEY BUSHWALKER



MARCH 2008



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March 2008, Issue 880

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THE SYDNEY BUSHWALKER  
is the monthly bulletin of matters of interest to members of  
**The Sydney Bush Walkers Inc**  
PO Box 431 Milsons Point NSW 1565.

**Editor:** Pam Campbell  
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*Opinions expressed in this magazine are the opinions of the authors and do not necessarily reflect the policies or views of The Sydney Bush Walkers Inc.*

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## About Our Club

The Sydney Bush Walkers 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 Program (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 The Snowy Mountains, the Warrumbungles as well as interstate i.e. Victorian Alps

Our meetings start at 8pm and are held on Wednesday evenings (see Social Program) at Kirribilli Neighbourhood Centre, 16 Fitzroy Street, Kirribilli (near Milsons Point Railway Station).

Visitors and prospective members are welcome [www.sbw.org.au](http://www.sbw.org.au)

### Office Bearers

Members are welcome to contact the following officers on club matters:

**President:** David Trinder  
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**Patrick James**  
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#### Delegates to Confederation:

**Jim Callaway**  
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(no email address)

**Wilf Hilder**  
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## PRESIDENT'S REPORT

By the time you receive this we will have a new committee and since I am standing for a second year in this position there is a good chance I will be somewhere on the new Committee. Also I expect that we will have a few new members, new blood, with us. The Committee members don't like the thought of the Committee being a closed group and unavailable to the walkers.

We want to reduce the number of people at Committee Meetings to a manageable number. It is difficult running a meeting and resolving a problem with fifteen people putting their opinion in. The Constitution has been changed so that Committee members can be absent from most meetings. A core group of office bearers is essential. When the Committee is large some members will be bored because they don't get to participate, will refuse to serve again and will not recommend service to other members.

The Committee has big plans for the forthcoming year. As I have said before, we propose to rebuild the web site

- to make it more up-to-date
- to make membership more attractive to potential members especially young males
- to make it more useful to members, and
- to save the office bearers time.

The walks program might be amalgamated with the magazine and be issued electronically as an option. The website was built years ago by John but it is now difficult to change, we want to make it changeable by committee members.

Ron Watters has been keeping records of attendances at walks over the past few years: we propose to analyse these records to determine which types of walks people are doing. On the surface it appears that members are not doing overnight walks like they used to.

I would like to thank the Committee members for the large amounts of work they have done over the past year. It is all voluntary and completely unpaid. All parts of the Club have been running well and that is due to the diligence and effort by these members.

*David Trinder*



**FOLLOWING ARE TWO REPLIES TO CHRIS DOWLING'S LETTER IN THE JANUARY MAGAZINE**

Dear Editor,

There are a few problems with Chris Dowling's complaints about the focus of SBW being on the past, not the future and the volunteers wasting their own time at Coolana. Firstly it is obvious that Chris does not bother to read the Coolana reports published in the magazine each month. If he did he would realise that Coolana is all about the future and is also fulfilling the club's obligation under its own constitution.

The work carried out at Coolana is on the Riparian land owned by Sydney Catchment Authority and the money received in the way of grants is to do our small part in keeping part of Sydney's water supply as pristine as possible. Also to help SBW to do its share in maintaining a small part of the bush as pristine as possible for the enjoyment of all bushwalkers. Any bushwalker who is not interested in the environment should resign and join a Four Wheel Club and do bush bashing with a vehicle for fun.

We have a policy at Coolana - if you have a complaint you fix the problem. The March AGM will be an ideal time for Chris to put his hand up and volunteer for say the Business Manager (more advertising), New members Secretary (attracting new members), Committee member (ways to rejuvenate SBW) etc. There are probably 20 to 30 volunteer jobs (including the magazine wrappings, printing teams) to be filled for 2008 and each individual team member is working for the club and I am quite sure all these team members would not consider that they are stuck in the past.

I was amused by Eddy Giacomel's article worrying about the club's future as any Club member of a few years standing would remember Eddy's performance when the club was trying desperately to update the web site (Gail and Tony might like to comment), a few years ago and all the obstructions that Eddy and a few others put in the way. The problem was rectified by a member who came to the rescue and had the expertise; maybe Chris has these skills and can fix the problem which is occurring again?

There would not be a club, company, organisation etc. in this country who does not continually use their past achievements, celebrate their birthdays etc. and 80 years is not bad considering the rapid changing world.

**Gretel Woodward**

**To the Secretary,**

It would be remiss of me if I did not reply to Chris Dowling's letter, as my father was first President and his phrase was "Let us reunite".

Reunions have been occurring since the club turned 21 and they and the past are very important to a club like ours with its history. We should be proud of the past and our past members, this is what has kept the club going.

We have a superb walks programme (and always have had) - we have a number of excellent leaders with a wonderful variety of walks - our membership is strong and always has been, compared with other leading clubs and we have never needed to advertise for members as our reputation is well known.

We have a club property which we should be proud of - what other club can boast of having such a fine property where anyone can go and enjoy the bush. Some of our older members who have put a lot into the club don't want to do a walk every weekend but want to take time off from walking to relax. Without Coolana, which was purchased by club members, we would not survive on "just" walking and Coolana has been used to train lots of new members who have come to the club without the club having to advertise. Sure, we're a walking club and this has always been our main function but we have always been a strong social club and have included in our programme such other physical activities as canoeing, pushbike riding, snow skiing, abseiling etc.

Committee positions have always been hard to fill, this is the case with most clubs but unfortunately in order to have a walking club a committee is necessary to organise it, but it has not stopped the club from going ahead.

Many members have never been on the club Management Committee; I have been there and done that, so I am aware of the problems - let's not be negative, let's look to the future as well as the past for without the past and its members, this club would not exist. I believe the club is as strong as ever and will continue to be one of the leading clubs in the country.

As an aside, having been chairman of the 60<sup>th</sup> Anniversary Committee I would like to see the major reunions held every 5 years if only to cater for the "older" members.

Yours faithfully,  
**Ian Debert**

## LETTERS TO THE EDITOR, continued...

### Letter to our fellow SBW Club Members

As some members will know Bill and I have not had the best of times over the last few months, but are now both on our way to being healthier and we hope soon "back on the track" where we hope to see you before too long.

We so sincerely would like to express our thanks for all the kindness, support, cards, letters, calls, emails, encouragement and love in the real sense of the word that we have been showered with over this time.

For those who are new to our club, there is probably no better group to be part of to walk with and share their challenges, adventures and wonderful supportive help when needed whether on some walk incident (accident or "misplaced"), or as in our case when ones' life patterns change for awhile. Over the years we have heard many others quietly say "what would I do without the SBW" and joining Sydney Bush Walkers was probably the very best decision of my life (except of course for the arrival of my three beautiful daughters).

This rather reads like I'm pushing for new "committee volunteers" but of course I am not (too late now for 2008 anyway) though for Bill and I it has certainly been our way of giving back a little of what the club has meant for us. I would however like to encourage you to enjoy and be part of their kindness, friendship and support at all times and be as one with this amazing club of humans.

*Thank you again for so much,  
Regards, Bill and Fran Holland*

### STAYING HYDRATED ON BUSHWALKS

The days are still hot and walkers need to ensure they carry adequate water on day and weekend walks.

A person's body, during an average day in a temperate climate loses approximately 2.5 litres of water. This can be through the lungs as water vapor, through the skin as sweat, or through the kidneys as urine.

It is recommended that you drink at least 3 litres of water a day, this will increase for very hot summer days.

Since the body cannot tolerate large deficits or excesses in total body water, consumption of water must be roughly concurrent with the loss (in other words, if one is perspiring, one should also be drinking water frequently).

When doing a weekend trip, it is wise to ask your leader if water is available during the trip, if it is not, you need to bring water at the start.

## TRIP SECRETARY'S REPORT by Tony Holgate

Autumn walking...., the temperature dropping, days getting shorter, but one of the best walking seasons. Warm enough to swim and cool enough to enjoy those long ridge climbs. Get out there and enjoy our bushland, before winter sets in.

What do you do when you get your new program? Scan it for walks you want to do? Call a friend to see if they want to walk with you? Ring a leader to make sure you are booked in?

I'm just back from a weekend of 2 day walks off the Bell Road. And what did I learn? That we are lucky to have such beautiful areas to walk in close to Sydney, that there will always be another walk that I have not done, that we have such great leaders to organise our walks and that we have enthusiastic, friendly, competent, interesting members to share our weekends with. And that we have new members and potential members that want to share our enthusiasm.

What are you doing next weekend, or the one after that?

See you on the track ...

**Tony Holgate**  
Walk Secretary  
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0434 968 793 (mobile)  
[tholgate@optusnet.com.au](mailto:tholgate@optusnet.com.au)

## MESSAGE FROM THE EDITOR

Next month there will a new Editor of 'The Sydney Bushwalker'. I wish him/her the best of luck.

There have been some high points during my term as Editor as follows:

- Researching information by liaising with the longer standing members for the 80th Anniversary Edition
- Being a member of the 80th Anniversary Committee responsible for the celebrations at Manly Dam.

I have learnt so much during the last two years about all aspects of being an editor, namely:

- meeting deadlines
- formatting documents in Microsoft Word (thanks to Maurice Smith for helping me with the headers and footers and section breaks).
- listening to members of the club to find out what they wanted in the magazine

I hope to see you on the walks circuit.  
**Pam Campbell**

## INSURANCE 2008-2009

### Important message regarding Notification of Injuries under the Confederation's Insurance Policies

It is important for member Clubs to be aware that the following have to be complied with in the event of an incident/accident occurring involving serious personal injury:

1. That a detailed Incident/Accident Report is completed by the Leader of the Activity for the Member Club's records.
2. That the Member Club or leader notify the Confederation's insurance officer Denise Kruse (email: [d.kruse@bigpond.com.au](mailto:d.kruse@bigpond.com.au)) of the accident and our Insurance Brokers, MARSH Pty Ltd (Mr Fred Grima: Phone (02) 9761 7328) is also notified (the Confederation's insurance officer can do that or a claim from can be lodged).
3. That the injured person or their representative request a claim form from the Confederation's insurance officer for completion and return to MARSH irrespective of whether it is their intention at that time to lodge a claim. This action is necessary to ensure the interests of the injured person are fully protected in the event that they wish to pursue a claim at a later date.
4. That a representative from the Member Club follow up with the injured person on a regular basis, and no less than every six weeks, as to their progress to full recovery. In the event that it is found that the injured person may not be responding to

5. medical treatment or that they may require long term treatment this fact must be reported to the Confederation's insurance officer who will liaise with the injured person.

An Incident/Accident involving serious personal injury will always be one that requires immediate medical attention and possibly hospitalisation of an injured person. However it is always possible that the extent of the injuries incurred may not be obvious at the time of the Incident/Accident and therefore it is important that your leaders act on the side of caution when responding to any event which may have occurred.

Please also note that Personal Accident claims are required to be lodged "within a reasonable time". If the Insurer is prejudiced due to a late lodgement of a claim they may consider declining the claim or limiting the benefits payable to what would have been payable had the claim been lodged at a reasonable time.

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Ph: (02) 9764 4232

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## AUSTRALIAN BUSHWALKING WEBSITES

<http://www.bushwalkingholidays.com.au/>  
Official website for WILLIS'S WALKABOUTS owned and operated by Russell Willis who conducts trips in:

- Kakadu and the Top End
- The Kimberley and Pilbara
- The Red Centre
- Africa and the Americas

<http://www.environment.gov.au/parks/kakadu/>  
This website has information regarding the main tourist attractions, tools to assist the bushwalker such as maps and various walks and accommodation in Kakadu National Park which is governed by the Department of Environment, Water, Heritage and the Arts.

[www.smh.com.au/travel/activities-interests/national-parks-bushwalking/](http://www.smh.com.au/travel/activities-interests/national-parks-bushwalking/)

This website has trips and getaways for singles and families both in Australia and the UK.

<http://www.john.chapman.name/pub.html>  
Author and bushwalker John Chapman gives information about walks in every State in Australia.

<http://www.bibbulmuntrack.org.au/Events/Great-Australian-Bushwalk.aspx>

The Bibbulmun Track stretches nearly 1000km from Kalamunda (Perth hills) to Albany (south coast) through the heart of the scenic south west of Western Australia. The website has a calendar of events and information about campsites and organised walks.

<http://www.parks.tas.gov.au/recreation/bushwalking.html>

The Tasmanian Parks & Wildlife Service website is a guide to all you need to know, all you need to do and all you need to take when planning a walk in Tasmania's wilderness.

## CONSERVATION NOTES

### Rare butterfly colony exists in Bendigo



It's a discovery that has caused quite a flutter among insect lovers.

A TAFE conservation student has found a new colony of the threatened Eltham copper butterfly - a rare species that exists

only in Victoria.

The butterfly, distinguished by bright coppery-gold patches on its wings, had previously been seen in just three areas of the state: Eltham, Nhill and Castlemaine.

The latest sighting near Big Hill in Bendigo has raised the possibility that more colonies may be found elsewhere.

"If this species is now popping up in Bendigo, there must be other pockets it could be in," said Peter Johnson, a senior biodiversity planner at the Department of Sustainability and Environment.

Up to 50 of the butterflies have been spotted at the one-hectare Big Hill site, and the department estimates there could be as many as 200 in the colony.

The butterfly is listed as vulnerable to extinction under the Victorian Flora and Fauna Guarantee Act. Experts estimate there are fewer than 2000 of the insects alive during each season.

Bendigo Regional Institute of TAFE student Julie Whitfield found the butterfly while researching a land management project late last year.

She noticed that sweet bursaria plants in the area were flowering prolifically, and recalled that the plant, the butterfly and a native ant have a symbiotic relationship, relying on each other to survive.

Within a week, Mrs Whitfield spotted her first Eltham copper butterfly.

"It might open up people's eyes ... so we find other populations out there that will help with preserving the species," she said.

*Chee Chee Leung*  
*Sydney Morning Herald, January 23, 2008*

### SA Government to ban plastic bags by 2009

FREE single-use plastic bags will be banned in South Australia by the end of the year, regardless of whether the Federal Government moves on the issue, Premier Mike Rann said today.

"We started the anti-plastic bag fight and we're pushing ahead regardless of whether a nationally consistent approach is agreed to in the meantime," Mr Rann said.

Federal Environment Minister Peter Garrett said in January he would pursue the issue nationally by the end of this year, either by imposing a levy on bags or banning them completely.

Environment ministers from around the nation will meet in Melbourne in April to discuss a national approach.

The SA Government today said legislation was being drafted to ban the bags from January 1, 2009, and would be introduced to State Parliament next month.

"The time has come to lead by example and I am urging all states to follow this important step in ridding our environment of these bags that contribute to greenhouse gases, clog up landfill, litter our streets and streams as well as kill sea life," Mr Rann said.

"A ban in our state alone could see almost 400 million less plastic bags entering the SA waste and litter streams every year.

"National consistency remains the ultimate goal and the states have agreed to pursue that option but it has to happen in a timely fashion.

"To that end, our bill will be easily adaptable to any developments that occur on the national stage for the sake of consistency."

SA environment minister Gail Gago said the Government was working with retailers and unions to ascertain occupational health, safety and welfare implications and minimise any risks. *Article from: AAP, March 02, 2008*

*Pam Campbell for Bill Holland*

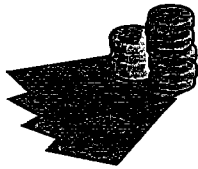
**BUSHWALKERS ARE VERY FOND OF PLASTIC BAGS because they:**

- Keep clothes dry
- Are strong and don't break
- Don't take up too much room
- Don't cost anything and are abundant

Alternatives include using small and large dry bags (used for river crossings) and recycling existing bags.



## The Sydney Bush Walkers - Treasurer's Report - As at February 29th 2008

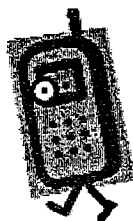


	2008 Current Month	2008 Year to Date	2008 Budget	% to Budget	2007 Actual
<b>Cash Receipts</b>					
Members Subscriptions	-	45.00	20,800.00	0%	18,786.00
Prospective Fees	-	-	8,000.00	0%	7,545.00
Investment - Conservation	15.75	133.45	550.00	24%	552.49
Investment - Coolana	38.21	323.70	1,300.00	25%	1,364.30
Investment - General	17.29	146.44	900.00	16%	930.42
Magazine Advertising	-	-	920.00		670.00
Accrued Advertising	-	370.00			
Donations	-	-	-		55.00
Other	-	-	-	#DIV/0!	532.00
Grant - Coolana	-	-	-		
Investment - Redemption	-	-	-		
<b>Total Receipts</b>	<b>71.25</b>	<b>1,018.59</b>	<b>32,470.00</b>		<b>30,435.21</b>
<b>Cash Payments</b>					
Magazine Printing	125.78	125.78	6,800.00	2%	5,919.85
Magazine Postage	801.12	801.12	5,000.00	16%	4,819.41
Magazine Equipment	-	-	-		-
Coolana Rates	-	-	1,300.00	0%	1,291.79
Coolana Maintenance	-	-	1,000.00	0%	671.55
Coolana Equipment	-	-	-		-
Coolana Toilet - Coolana	-	-	-	0%	-
Rent- Club Rooms	400.00	800.00	5,000.00	16%	4,775.00
Donations - Conservation	-	-	500.00	0%	250.00
Insurance - Public Liability	-	-	2,500.00	0%	2,476.55
Insurance - Personal Accident	-	-	3,400.00	0%	3,280.70
Affiliation - Confederation	-	-	2,400.00	0%	2,255.00
Postage, Phone & Internet	444.70	444.70	1,200.00	37%	\$ 1,063.08
Administration	20.80	39.15	2,800.00	1%	2,631.68
80 th Anniversary	-	-	-	0%	2,980.38
<b>Expenditure on Coolana Grant</b>	<b>-</b>	<b>-</b>	<b>-</b>		<b>-</b>
Transfer to investments	-	-	-		-
<b>Total Payments</b>	<b>1,792.40</b>	<b>2,210.75</b>	<b>31,900.00</b>		<b>32,414.99</b>
<b>Cash Surplus /(Deficit)</b>	<b>1,721.15</b>	<b>1,192.16</b>	<b>570.00</b>		<b>(1,979.78)</b>
<b>Non Cash/Operating Activities</b>					
Depreciation	(227.42)	(454.84)	(2,729.00)		(2,378.40)
<b>Total</b>	<b>(227.42)</b>	<b>(454.84)</b>	<b>(2,729.00)</b>	<b>-</b>	<b>(2,378.40)</b>
<b>Net Surplus /(Deficit)</b>	<b>(1,948.57)</b>	<b>(1,647.00)</b>	<b>(2,159.00)</b>		<b>(4,358.18)</b>
<b>Cash at Bank - Adj</b>		<b>5,509.41</b>			<b>6,701.57</b>

## FOOD FOR BUSHWALKS

<p><b>DAHL</b></p> <p><b>Ingredients:</b></p> <p>4 onions 2 cloves garlic 2 tbsp oil 2 tbsp curry paste (vindaloo is best) 1 can tomatoes crushed 1½ cups lentils (red are easiest, others must soak overnight) 1 tbsp mustard (seeded) 2 tbsp lemon juice water</p>	<p><b>DAHL COOKING METHOD:</b></p> <p>Wash lentils with cold water - 5 washes gets most of the loose starch out of them. Place in a pot and cover with water (about 2 cm over the top of the lentils) and bring to the boil.</p> <p>Meanwile, chop onions in half rings, heat oil in a large saucepan, add onion and stir fry until golden brown (about 15 minutes).</p> <p>Check the lentils - don't let them burn! Top up the water a little if necessary, they should form a mush like porridge.</p> <p>Add crushed garlic to the onions and stir fry for 1 minutes. Add curry paste and stir fry for 2 minutes - make sure the onion is all coated with paste. Add the tomatoes and mustard and stir thoroughly.</p> <p>Now add the lentil porridge and stir thoroughly. Leave uncovered on low for 10 minutes or so, then stir through lemon juice. Cook for a further 5 minutes on low.</p> <p>Serve with rice or mashed spud or as a side dish with other curries.</p> <p>The green part of silverbeet can be added with the tomatoes, if desired.</p> <p>Dehydrates well, but allow a couple of days to dry out completely.</p>
<p><b>INSTANT OATS</b></p> <p>Just tried out a new product Made by Lowans called Cup of Oats it is good as you just add boiling water stir and let it sit for 3 mins and its ready to eat with everything in it and the cup cleans up by soaking it in cold water.</p>	
<p><b>CHICKEN AND TARRAGON PIE</b> (best prepared at home and eaten after a bushwalk)</p> <p>40 g butter 2 tbs Plain Flour 1 leek, ends trimmed, thinly sliced 1 ½ cups chicken stock ½ cup pouring cream 1 tspn dried tarragon Pinch white pepper 1 Roast Chicken 2 cups Plain Flour, extra, sifted Pinch salt 100g unsalted butter ¼ cup milk ¼ cup water 1 egg lightly whisked</p>	<p><b>Method:</b></p> <p>Melt butter in saucepan, add leek and cook until leek softens. Add flour and cook, stirring 5 mins. Remove from heat, add stock and whisk until smooth.</p> <p>Whisk the cream, tarragon and pepper into the flour mixture. Season with salt, stir in chicken. Set aside to cool. Preheat oven to 200 degrees celcius. Position oven rack on lowest shelf in oven.</p> <p>Place unsalted butter, milk and water in saucepan over low heat. Cook, stirring for 2 mins or until butter melts. Add butter mixture to flour mixture in the food processor until dough comes together.</p> <p>Turn onto a floured surface and knead until smooth. Divide pastry into 3 sections. Roll one portion 4mm thick. Line 22mm spring form pan. Spoon mixture in. Roll remaining pastry on top. Cut 3 slits to allow steam to escape. Use excess pastry to create leaves. Brush pie with eggs. Bake lowest shelf for 35 mins. Yum!</p>

## 4 THINGS YOU PROBABLY NEVER KNEW YOUR MOBILE PHONE COULD DO



There are a few things that can be done in times of grave emergencies. Your mobile phone can actually be a life saver or an emergency tool for survival.

Check out the following:

### Emergency

The Emergency Number worldwide for Mobile is 112. If you find yourself out of the coverage area of your mobile network and there is an emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you, and interestingly this number 112 can be dialed even if the keypad is locked.

Also in Australia, the Australian emergency number 000 can be dialed whilst your mobile phone keyboard is locked. This is another reason why 000 receives so many false emergency calls!

### Have you locked your keys in the car?

Does your car have remote keyless entry? This may come in handy someday. Good reason to own a cell phone: If you lock your keys in the car and the spare keys are at home, call someone at home on their mobile phone from your cell phone.

Hold your cell phone about a foot from your car door and have the person at your home press the unlock button, holding it near the mobile phone on their end. Your car will unlock. This saves someone from having to drive your keys to you. Distance is no object. You could be hundreds of miles away, and if you can reach someone who has the other

"remote" for your car, you can unlock the doors (or the trunk).

### Hidden Battery Power

Imagine your mobile battery is very low. To activate, press the keys \*3370#. Your mobile will restart with this reserve and the instrument will show a 50% increase in battery. This reserve will get charged when you charge your mobile next time.

### How to disable a STOLEN mobile phone?

To check your Mobile phone's serial number, key in the following digits on your phone:

Star-hash-zero-six-hash

\* # 0 6 #

A 15 digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere safe. If your phone does get stolen, you can phone your service provider and give them this code. They will then be able to block your handset so even if the thief changes the SIM card, your phone will be totally useless. You probably won't get your phone back, but at least you know that whoever stole it can't use/sell it either. If everybody does this, there would be no point in people stealing mobile phones.

Not only the above, but also in Australia your stolen phone is added to a "Stolen Mobile Phone" database, so if your phone is found later on it can be returned to you.



Past and present Editors of 'The Sydney Bushwalker' at the magazine collating evening for the 80<sup>th</sup> Anniversary edition held at Bill Holland's home.

The are from left to right:  
Geoff Wagg, Alex Colley, George Mawer, Pam Campbell, Patrick James, Spiro Haginikitis, Bill Holland, Ray Hookway, Don Matthews

I hope the new Editor enjoys the role as much as I have!

**Pam Campbell**  
Editor 2006-2008

## AUGUST 2007 WALKS NOTES

Barry Wallace

Walks notes covering the interval 28 June to 8 August 2007.

Nigel Weaver was in great form in early July with reports for walks on both weekends. First his non-qualifying walk out from Wondabyne to Pindar Cave and Pindar Creek on Sunday 8 July attracted 6 starters, all members. They arrived by train at Wondabyne and set off uphill to the ridge that took them southward to a great lookout with views over the Hawkesbury River and Danger Island. From there they headed off to the impressive Pindar Cave, and had lunch on a rock shelf near Pindar Brook. The trip back to Wondabyne via the reciprocal route was uneventful except for a little rain along the way. Overall it was a good day, enriched by the many pleasant views.

The following weekend was Nigel's exclusive province as well, with a party of 10 turning out for his Sunday walk in The Royal out from Garie Beach on 15<sup>th</sup> July. It was a perfect day, with fine mild conditions. They set off from Garie Beach and headed South to Thelma Ridge where they left the main track and headed off-track right up to Governor Game Lookout, then along to Garrawarra. They lunched at the Squeezeway Look(?) which has panoramic views over Burning Palms and the spectacular coastal strip to the North, and then went down the rough track to Burning Palms. From here their route lay via Semi-detached Point and Era before arriving back at Garie Beach; with wonderful coastal views all the way.

From there we make a brisk step to the weekend of 21, 22 July where Stephen Brading took over the running (almost) of Tony Crichton's 33km of medium-hard K-to-K training walk on the Saturday. It was conducted over the section of Great North Walk between Cowan and Westleigh with 8 starters, and, save for one starter who bailed out early, all completed the 33km inside 8 hours, including rest breaks. Just saying it leaves one breathless. The party were considerate enough to wait for anyone less speedy than the main pacesetters at the lunch-spot. It is suggested for acceptance as a qualifying walk for the prospective who came along. Sunday saw Anne Parbury with a party of 6 setting off on a cold Winter's morning to conquer Mount Solitary, but first there were the Golden Stairs to negotiate, down, down, down to the forest floor with secluded vegetation, bell birds, whip birds, and; were they lyre birds? The pinnacle at Ruined Castle affords a splendid view, perfect for a rest and refresh after the heart-stopping climb. From there on it's a move along and up through the towering eucalypts, termite mounds and sheer beauty of the view from the ridge, and the climb and summit of Mount Solitary. The group of happy walkers all definitely agreed on the beauty of the walk, although most preferred to say this after they had scaled the stairs to the cars.

Fresh from his dominance of the first 2 weekends of the month Nigel Weaver was out on the Sunday of that weekend as well, with a party of 7 souls setting off for a circular walk along the ridges behind Spencer. Conditions were fine and mild and the views of the Hawkesbury River and its adjacent hills from the three great cliff-top vantage points were great. They finished the day at the Spencer General Store for a drink, after which several of them headed across the road to the open air "Dunkirk Hotel" where about 15 locals had gathered for the evening swill, as Nigel so delicately puts it. One would not argue with local knowledge however. Overall it was a great day with many wonderful views.

Conditions had become warm again by the time 28, 29 July came around and Maurice Smith set off with a party of 8 for his qualifying overnight walk out from Yalwal into Danjera Creek and Dam. All the creeks had plenty of water and the campsites were lovely. Hellhole creek was entirely exploratory and did not prove to be foreboding (?) from the 3 km of it the party walked. The Sunday of that weekend saw Stephen Brading acting as substitute leader in the stead of Jim Calloway for the 5 starters on his qualifying walk in The Royal from Bundeena to Waterfall. Stephen and the party liked it so much they extended the scheduled 26 km walk to just over 29km with the inclusion of a visit to the aboriginal rock carvings near Port Hacking and The Point track. As Stephen observes, the Coast Track scenery never disappoints and the Bola Creek rainforest is well worth visiting.

It seems to have been the season for leader substitutions; David Trinder took over for Tony Crichton's Saturday 4 August walk from Kings Tableland to Mount Solitary and The Golden Stairs. There was a navigational in exactitude, they missed a turn-off, and the party became separated. All completed the walk by 1600h however and enjoyed the experience to boot. This may have been due in no small measure to the fact that all were fit and experienced walkers; and of course never truly lost.

As it began so shall it end, with Nigel Weaver, a medium walk, a party of 12 plus 1 and fine, mild conditions. The occasion was a Sunday qualifying walk out from Canoelands Road in Marramorra National Park. They headed off along Gentleman's Halt track then set out off-track using a saddle to get to the high hilltop on the North side of Big Bay. Great views were had from there. They then followed a ridge that included a rough descent down to the Western side of Big Bay where they encountered a difficult creek crossing at the bottom. Lunch was taken in a clearing on the South side of Big Bay. From there they climbed the ridge to the top of the hill for more great views of Big Bay and the Hawkesbury River. Then it was back to the cars for the drive home after a wonderful day.

All of which brings this instalment to an end.

## A WALK IN THE PARK OR 'OLLIES FOLLY'

by James Rivers

A walk in the park, (or so we thought.....).

It was a Thursday. Oliver and I had decided to do a day walk in Ku-ring-gai National Park.

We started at Cowan station and the plan was to walk to Brooklyn using part of the track and then to deviate cross country following the ridge down to Porto Bay and up on to Porto Ridge which would take us all the way to Brooklyn. (Cowan 1:25000) A pretty standard walk, (except for the diversion.)

All went well as we followed the track down to Jerusalem Bay and up the other side and down again onto the ridge leading to Porto Bay.

At the bottom, we were nonchalantly sidling around the foreshore when Oliver fell. I looked up and saw him tumble head first down a steep ramp between two big rocks before he disappeared from view. My heart was in my mouth as I scrambled down toward him fearing the worst, all the time telling myself this was the real thing and not just another first aid scenario that we'd played out many times in training. He was lying at the waters edge moaning and I knew he was in bad shape. On first inspection I saw that his scalp was badly lacerated from contacting sharp rocks on the way down and there was a lot of blood. This bleeding ceased fairly quickly however, and after a head to toes examination, it was obvious he had suffered a spinal injury (later found to be a crushed vertebrae in his neck).

My first reaction was to move him away from the high tide mark as he was lying with his head down the slope toward the water. This was accomplished with Oliver's help, mindful of the fact that in spite of his neck injury we had to move him out of danger, so with some pushing and pulling we managed to turn him around and align his head and spine on his pack so that he was fairly comfortable away from the waters edge. Oliver declined to have his head bandaged due to the painful nature of the injury to his neck; however, I placed his jacket and water bottle within easy reach and prepared to depart to get help mindful of the fact that if I was to injure myself we would be in all sorts of trouble.

Prior to leaving and reassuring Oliver that all would be well, I took a G.P.S reading on his position and marked it accordingly on the map. The problem I had now was to navigate myself to Brooklyn to raise the alarm without myself becoming a casualty. We had decided earlier on the route we were going to take so I crossed the mangrove swamp as the tide was out and sidled around the side of a ridge through thick scrub gaining height until I reached the nose of the ridge and started to climb. With little difficulty, apart

from fatigue and dehydration, (and the annoying presence of golden orb spider webs everywhere) I managed to find the wrong ridge but eventually the right road which led me to Brooklyn. Three hours after leaving Oliver I entered the hotel at Brooklyn and rang 000.

The response was marvellously overwhelming. Within 15 minutes the police were there, and after some consultation, it was decided to attempt the rescue via the waterway. The fire brigade provided a large flat bottomed barge onto which perhaps 12 personnel (police, fire brigade, and St Johns ambulancemen) were loaded, oh, and myself of course to lead them back to where Oliver lay injured.

As we headed toward Porto Bay it was difficult to know what section of the bay Oliver was located in as it all looked the same from the water, I managed to take a GPS reading however, on the barge and was fairly certain we were in the right area.

As the tide was now fully out it was extremely difficult to land everybody as the mud was reckoned to be waist deep so we eventually scrambled ashore on an old oyster covered wharf avoiding the mud and locating us about one and a half kms from where Oliver lay.

Needless to say I was pretty tired by this time but my concern for my old mate was driving me on regardless. The rescue party was now in front of me walking around the shoreline but had to resort to squelching through the mud on the foreshore due to the thick scrub in front of them. In no time flat the clean uniforms and shiny boots of the troops were no longer in evidence.

The advance party reached Oliver first, and by the time I arrived, had him loaded onto a stretcher, tied him in, had a line in his vein, had a neck collar on, had given him an injection, and the St Johns helicopter was overhead. Now I could relax at last.

Oliver was winched up to the hovering aircraft and whisked away to Westmead Hospital and, as luck would have it, fearing a long walk out, the helicopter on its return was able to land in a clear area and take us in groups of four back to Brooklyn landing on the local playing field. After a short debrief, on our return, I was given a lift to the train station to take me back to Tascott station where my car was parked.

I boarded the train covered in mud, looking like something the cat dragged in but couldn't eat, but I didn't care. Oliver was safe and in good hands and that was all that mattered. All the training I had done in Bushwalkers Wilderness Rescue Squad had

paid off, it wasn't textbook, but we did well under the circumstances. For anybody finding themselves in the same situation, here are some tips:

**The first:** Walk with a minimum of four for safety.

**Second:** Carry a complete first aid kit, and know how to use it.

**Third:** carry a map, compass and GPS and know how to use them.

**Fourth:** Be trained for an emergency.

Oliver and I have walked together for many years together without mishap and over this time and considered ourselves fairly experienced. We learnt a lot more from this incident, and were lucky we were not more isolated. The result in this case was a good one for all concerned and I believe that

those wonderful rescuers namely the Police and other agencies, which reacted so promptly to our dilemma, deserve the utmost praise for their efforts. They themselves learnt a lot from this experience and can be proud of their efforts. Well done.

Footnote: Oliver is now at home and recovering from his injuries. He has had an operation on his spine and his neck vertebra is now joined to his skull. It is not known if he will bushwalk again as he has lost some of the flexibility required in turning the head. Still, he is with us and will make a full recovery apart from some stiffness in the neck.

**James Rivers**

14/2/08

# Kimberley

## Drysdale, Durack, Isdell, Charnley and more

The wild rivers are what makes the Kimberley so special. Most of our trips there are based on rivers. Here is a taste.

### The Drysdale. Huge river, huge park.

- > amazing concentration of art, especially Bradshaw style.
- > gorges, waterfalls and wildlife
- > every tributary is different

### The Durack. Forget the 4WD, we take a boat to the start.

- > amazing cliffs, amazing scenery
- > even some of the smallest creeks had hidden wonders

### The Isdell. Gorge country. Some are...

- > small & shady; others broad & grassy
- > full of paperbarks and flowers
- > dry; others wall to wall wet
- > home to some great Wandjina art

### The Charnley. Spectacular 30km gorge. Simply stunning.

- > dozens of art sites in styles we have seen nowhere else
- > lots of exploring without full packs

### The Unknown and Unnamed

Our May Mitchell Explorer visits an unnamed river where we find numerous art sites and enjoy great fishing.

### Visit our trips on-line

or contact us for more information.

[www.bushwalkingholidays.com.au](http://www.bushwalkingholidays.com.au)

12 Carrington St Millner NT 0810 Email: [walkabout@ais.net.au](mailto:walkabout@ais.net.au)

Phone 08 8985 2134 Fax 08 8985 2355



WILLIS'S WALKABOUTS



## CELEBRATION OF



## DOROTHY BUTLER'S LIFE

There will be a Campfire on Saturday 22nd March (Easter) at the home of Margaret Butler at Coonabarrabran.

There is plenty of camping space at Margaret's place. Come Friday or Saturday and set up camp. Campfire on Saturday night. Bring a plate to share for the evening meal and lots of Dorothy stories and campfire entertainments.

On Sunday we will go to the Warrumbungle park where Dorothy's grandsons will climb Crater Bluff and scatter her ashes from the summit. The rest of us will walk in to Grand High Tops where we have a view of the summit. How to get there: Margaret's place is 19km out of Coonabarrabran on the road to Baradine. Turn left off the Baradine road at Guinema Rd.

Margaret's place is on this corner. The entrance is about 500m along Guinema Rd on the left. Any queries ring Margaret 02 6843 4410 or Iluna 03 6239 1870 or 0409 78 33 04.

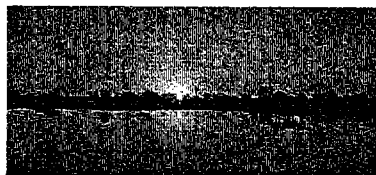
Iluna (Dot's daughter) gives a description of the funeral which she sent to Frances Colley and Don Finch.

"About 30 people turned up - bushwalkers, family and old friends of the family. The night before, the weather was very wild and I tossed and turned all night worrying about what it would be like in the morning. It was still a bit wild and windy with a fresh coat of snow on the top of the mountain - the first snow of the year. I think Dorothy must have organized that! Someone who came said they saw a double rainbow as they drove up the hill. A rainbow over the mountain and one over the house.

Chloë started the ceremony by playing one of the Bach cello suits. Then Peg Putt talked about Dorothy's influence in her life, I followed with a few words and a poem I had written and then we all sang one of the old bushwalker campfire rounds. Even the funeral directors joined in the singing. Tara did a reading from Dorothy's book. We played the song "the wraggle taggle gypsies". Dorothy loved this song - it resonated with her spirit. Brian Proudlock and Margaret told a few Dorothy stories. Then we said goodbye and the funeral directors drove the coffin off to the crematorium. We then had a party, together with cherry brandy. Tara read the story of the cherry brandy incident from Dorothy's book. More Dorothy stories followed. It was a very satisfying send off.

We are looking forward to having an Easter campfire at Margaret's place at Coonabarrabran and a scattering of the ashes from the top of Crater Bluff. Margaret's sons Leo and Eric are very keen to do the climb. As Eric said it would be Dorothy's last climb up this mountain and Eric's first.

*Love, Iluna.*



## SBW Kakadu 2008

Spectacular views, gorges, chasms, caves, creeks, waterfalls, cascades and beautiful rock pools on the southern Kakadu stone country. There will be swimming stops several times a day, sleeping under the stars, aboriginal art sites, walking through relatively flat open woodland with a grassy understorey and the fantastically sculpted stone country. Food party to be organised.

Starting at Gunlom Falls we will cross to Barramundi Creek, Gromophilan Creek, up Cascade Creek to Rainbow Serpent Cave across to Graveside Falls, Surprise Falls, Twin Falls and over to Koolpin Gorge.

12 days walking in what some have called "Bushwalking Paradise".

Contact Tony Holgate for more information  
0434 968 793 (mobile)  
02 9943 3388 (home)

## DOT BUTLER - Queen Mother of the SBW - 90<sup>th</sup> Birthday

by Alex Colley, published in The Sydney Bushwalker, Sept 2001

In June 1989 Dot Butler, then 77, our first Honorary Active member, was awarded the 1988 Australian Geographic Adventurer of the Year gold medal "in appreciation of her contribution to bushwalking and mountaineering and encouragement of a sense of adventure in young people." Dot was the third recipient; the second was Colin Putt. At the time she was bushwalking with a group of SBWs in their seventies making the most of their retirement with mid-week walks. A couple of years later she climbed the Three Sisters as part of the Youth Hostels Association's 50<sup>th</sup> birthday celebrations and three years later in 1992 she abseiled down the south east pylon on the Harbour Bridge as part of the 60<sup>th</sup> anniversary of the Bridge opening; an appropriate event, since she had watched from the top of the arch when de Groote slashed the opening ribbon.

Dot's walking career started in childhood when, together with her three brothers and sister, they set out from their Five Dock home to explore the mangroves of Homebush Bay, climbed trees and even cranes, went to Callan Park and Rookwood cemetery and even to Prospect Reservoir in which they were caught swimming. In her teens she joined Wally Balmus's acrobatic club which performed on Bondi Beach. At the age of 20 she joined the SBW. Although she did a lot of cycling and mountaineering, bushwalking was her first love to which she always returned.

In 1936 she and Dr Eric Dark accomplished the first climb of Crater Bluff in the Warrumbungles. Next year she went on the first tiger walk from Wentworth Falls to Mt Cloudmaker and return to Katoomba, led by Gordon Smith and Max Gentle. At the end of the year she went on a trip to New Zealand led by Gordon Smith and Jack Debert, the first of many trips to NZ. A couple of years later she returned to New Zealand where she got a job as a typist, joined the Alpine Club and soon became a guide at the Mount Cook Hermitage. Dot came back to Australia in 1941 and resumed bushwalking with the SBW, where she met Ira Butler and soon after married him. After the war she started a family - two girls and two boys - who were taken out bushwalking and camping.

During the early fifties frequent climbing accidents and the fatalities of Australian tourists occurred in New Zealand. They were, Dot wrote, treated as a joke for the amusement of tourists.

There were a number of experienced members of the NZ Club in Australia and Dot obtained the permission of the Club to form an Australian section, which eventually had a membership of 300. Dot chartered planes to take them to New Zealand - up to 100 at a time - where she instructed them in mountaineering. Twelve years after the Australian Alpine Club had been formed, when Dot was 57, the age at which matrons choose comfort and relaxation, many of its members were

very competent climbers. When Dot proposed an expedition to the Andes; the world's second highest mountain range, the proposal was enthusiastically received. Nine club members were selected for the expedition, funds were raised, and in 1969 the first Australian Andean Expedition left for Peru. There they climbed mountains up to 20,000 feet high, some of them virgin peaks. Later Dot climbed in the Alps, the Himalayas the Sierra, Nevada and Norway.

In the days when bushwalkers didn't own cars and traffic was light, cycling was a pleasant form of road travel. Dot was a keen cyclist and cycled not only in Australia but in Spain, Ireland, Russia, Germany and Cambodia.

By no means all her travels were on foot or bicycle. She often travelled with her husband Ira who, as head of the Research Department of the Commonwealth Bank (he narrowly missed becoming Governor) represented the Bank on VIP overseas tours, accompanied by Dot attired in her Paris models.

Dot is also a keen conservationist, having participated in the Garrawarra, Bouddi, Era and Myall Lakes campaigns and worked with the Rangers League. She has been a very generous donor to the Colong Foundation and was a founding member of Natural Areas Ltd. From the SBW viewpoint the organisation of the purchasing, financing, conveyancing and surveying of Coolana was an achievement for which the Club will be forever grateful. As the era of permits, party limits, stoves only, leadership licencing and litigation advances, we will be ever more thankful for Coolana.

Although Dot excels in all her activities she is no feminist. Oblivious of convention, she does what she wants and does it better than almost everyone of either sex. Nor is she competitive. Bill Henley, an athletics coach, and a member of SBW, believed she could win the hop-step and jump event at the Olympics, but she wasn't interested.

It was very appropriate that the magazine collating team held a birthday party to celebrate Dot's 90<sup>th</sup> birthday on the night this magazine was collated. She has not only contributed 127 articles to the magazine, many illustrated by her drawings, but was editor in 1954, 1955, 1956 and is a long time member of the collating team.

This article covers only some of the highlights of Dot's career. Those who would like to read the full story should read her book "The Barefoot Bushwalker," now in its second print. As the publisher, ABC writes "It reveals a personality of warmth and charm whose sense of fun and abundant enjoyment of life characterises all her experiences."

- Thanks to Don Matthews for supplying the article.





### SUBSIDIES FOR FIRST AID COURSES

If an accident occurs in a remote area the life and wellbeing of a person may be in the hands of the collective First Aid skills of the party. This is why the Management Committee has decided to encourage members particularly Walks Leaders to improve their First Aid knowledge. The Committee has resolved to reimburse the full amount of \$100 for an active leader to complete a Senior First Aid course or \$100 toward the Remote Area First Aid course which will cost approximately \$230. The total number of active leaders to receive this contribution will be a maximum of 10 per year.

Bushwalkers Wilderness Rescue Squad, BWRS, is running a four day Remote Area First Aid Course with David Sheppard as instructor on two weekends, the 5<sup>th</sup> and 6<sup>th</sup> April and the 19<sup>th</sup> and 20<sup>th</sup> April. BWRS runs these courses about twice per year. Graduates will have a complete understanding of the principals and limitations of Remote area First Aid and will have the ability to improvise, adapt and overcome difficulties in remote wilderness locations.

BWRS is also running a two day Senior First Aid course on 31<sup>st</sup> May and 1<sup>st</sup> June. Normally Senior First Aid courses do not equip us for remote areas but in this case the instructor is Belinda who is a keen outdoor enthusiast and will place emphasis on typical outdoor injuries particularly when medical help will be delayed.

Look at the BWRS website [www.bwrs.org.au](http://www.bwrs.org.au) and make your selection. If you want the Club subsidy get approval from Tony Holgate or myself and you will be reimbursed when you have a Certificate.

*David Trinder*

### ROPE TIPS FOR ABSEILERS

- Inspect your rope for wear and tear regularly
- Keep it out of direct sunlight when you are not using it
- Remember that knots and acute bends can reduce the overall strength of a piece of rope by as much as 40 percent
- If you're cutting synthetic rope, wrap the bit that you are going to cut in strong tape first. Cut through the middle of the tape, and then burn the ends with a lighter or match to fuse them.
- If you use the same length of rope for a specific job every day, make sure you switch ends from time to time to even out the wear and tear

## NEW COMMITTEE MEMBERS as voted in at the Annual General Meeting held on Wednesday, 12 March 2008.

President	David Trinder
Vice President	Ron Watters
Secretary	Ruth Richter
Treasurer	Margaret Cary
Walks Secretary	Tony Holgate
Social Secretary	Kathy Gero
Members Secretary	Brian Holden
New Members Secretary	Jody Dixon
Conservation Secretary	Wilf Hilder
Magazine Editor	Maureen Carter
Magazine Business Manager	Stephen Brading
Ordinary Members	Alan Sauran Bill Hope
Confederation Delegates (on the Committee)	Bill Holland Jim Callaway
Confederation Delegates (Non Committee)	Wilf Hilder Spiro Haginikitis
Magazine Production Manager	Stephen Brading
Honorary Solicitor	Stephen Brading
Printers	Kenn Clacher Don Brooks Barry Murdoch Alan Sauran Fran Holland
Coolana Maintenance	Don Finch Barry Wallace Patrick James Rick Angel
Search & Rescue	Caro Ryan
Kosciusko Huts Assn	Ian Wolfe Kenn Clacher

## SOCIAL NOTES

Hi Everyone,

By now the new Committee will have been elected with some new faces including your new Social Secretary.

Thank you for having me over the past 3 years, I have enjoyed the position but it is now time for change.

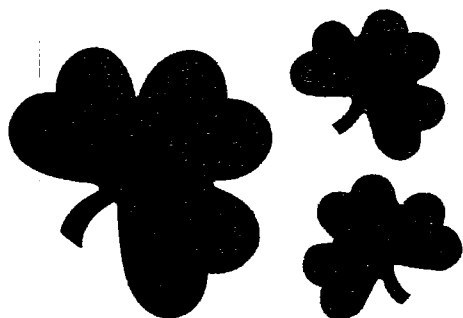
Last month we had an interesting talk by Caro Ryan and Mark Dabbs on Wilderness Rescue, these volunteers get to help in some wonderful areas and do a most worthwhile job. Thank you guys for your efforts!

This month we hear about David Trinder's travels in NZ. After reading his account in the February magazine it should be a good night.

The April social evening may be changed. Please check the magazine and your emails for news on this. The May social night will be a real treat – covering travel and walks in Spain and France with Gary McDougall as our special guest.

That's it from me. Keep well, enjoy your walks and hope Easter is not too wet.

Kathy



## AUTUMN SOCIAL PROGRAM

All meetings are held at the Kirribilli Neighbourhood Centre at 8pm unless otherwise indicated.

MARCH

**26 March 8pm** New Members Training Night  
Please check with New Members Secretary for details

APRIL

**2 April 7pm** Committee Meeting  
Observers welcome

**9 April 8pm** New Members Night  
Introduction to SBW for intending prospectives

**16 April 8pm** TBA

**23 April** New Members Training Night  
Please contact New Members Secretary for details

MAY

**7 May 7pm** Committee Meeting  
Observers welcome

**14 May** New Members Night  
Introduction to SBW for intending prospectives

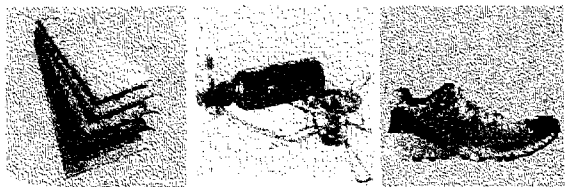
**21 May 8pm** Walking in Spain & France  
Our guest speaker is Garry McDougall. He is the co-creator of the GNW & founder of Great Australian Walks and a tour leader for European walking holidays. He will tell us about the Santiago de Compostela, outer Scottish islands, Brittany coastal paths, The Picos de Europa and others

**28 May** New Members Training Night Please contact New Members Secretary for details

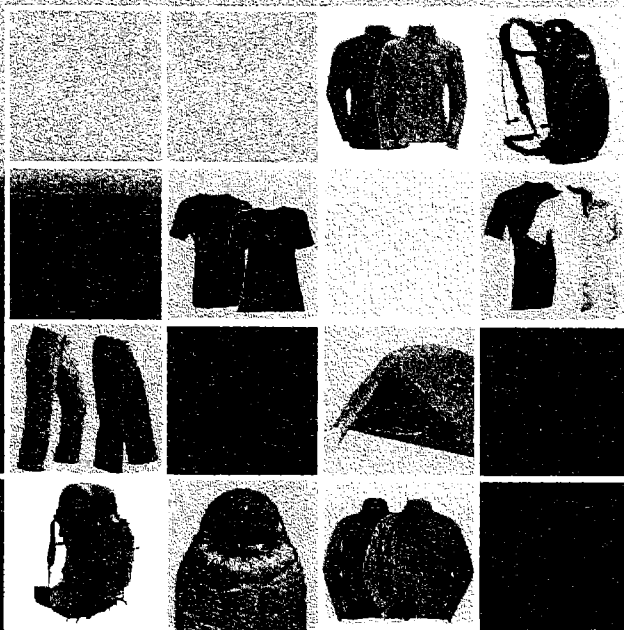
## Lightweight Bushwalking Web Sites

Links to a few Lightweight Bushwalking sites. These sites have lots of links to other sites.

<http://www.antigravitygear.com>  
<http://www.backpacking.net/index.html>  
<http://www.froggtoggs.com/home.asp>  
<http://www.gossamergear.com/>  
<http://www.thru-hiker.com/>  
<http://www.ula-equipment.com/index.htm>  
<http://www.rayjardin.com/index.shtml>  
<http://www.golite.com/index.asp>  
<http://www.bikerdave.murloi.com/index.html>



the bushwalking specialists



PALLIN

icebreaker  
PURE MERINO

macpac  
NEW ZEALAND

berghaus  
THERE IS NOTHING

KEEN  
ORIGINAL HYBRID FOOTWEAR

THE  
NORTH  
FACE

SCARPA

MSR

OSPREY

THERMAREST

princeton tec

CAMELBAK

Paddy Pallin

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