



THE SYDNEY BUSHWALKER



JUNE 2008



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June 2008, Issue 883

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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.

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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

Office Bearers

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9520 7081(h)

PRESIDENT'S REPORT

At the June Committee meeting three important decisions were made

The Committee has decided on the intent to make two changes to our magazine, "The Sydney Bushwalker". It is to become available in soft copy and in hard copy. Prospective members will

receive it in soft copy and members will be encouraged to receive it in soft copy but it will still be available in hard copy for them. Secondly it will be published every quarter with a soft copy news letter available in the intervening months. The magazine has become expensive in person / hours and in dollars and we have found that there is not very much new relevant information and few articles about walking. When it is published quarterly there will be a concentration on good quality articles about walks past and proposed with coloured pictures and maps. The hard copy will continue to be printed and posted out in black on white.

The Club's general account has been low recently and the necessary construction of a new good quality web site has been out of the question. That has been a difficulty for us. However we have been saved by a kind offer from one of our members, Caro Ryan, who is going to pay for a new commercially built good quality web site in exchange for the mention of her business name, Juicy Products. Like many others Caro loves the Club and wants to make a contribution. That offer has been accepted.

The Club has formed a small sub-committee called the Steering Committee which is made up of several Ex-presidents and Jodie Dixon. The intent of this committee is to examine various parts of the Club to see whether improvements can be made. There conclusions will become recommendations to the Main Committee.

Recently the number of people on walks has increased and the number of walks on the new Winter Program is high, an average of six every week. We don't know why sometimes the number of participants on walks and at social events is high and sometimes it is low. The Winter Program includes some hard walks. Karl Miller is organizing and training a group to attack the "Three Peaks in 48 hours" in September; two weeks after the "Kanangra to Katoomba in a Day" which is three weeks after the "Six Foot Track in a Day". Winter is a good time to work on our fitness. There are also some good pickings of medium and easy walks. There is plenty for everyone.

David Trinder

WALK SECRETARY'S REPORT

Winter - great walking weather around Sydney and some of you will be off skiing or to visit warmer places. Just make sure you are ready for the conditions, whether they are cold, wet and windy or hot, dry and still. With winter here and with it the cold weather, make sure you pack some warm gear such as waterproof jackets, windproof clothing, thermals, hats and gloves. Be aware of the principles of dressing in layers to regulate your body temperature. Watch for the "umbles" - stumbles, mumbles, fumbles, and grumbles which show changes in motor coordination and levels of consciousness and which may indicate hypothermia.

One thing is for certain, a campfire on a cold night followed by warm sleeping bag listening to the elements throw their weight around is one of the best ways I know to go to sleep.

Do you tell friends, colleagues, neighbours about your bushwalking? I do, because I think we are so lucky in Sydney - great walks, great views, great campsites and great friends.

Have you started thinking about walks to put on the Spring and Summer program. If you have any ideas, suggestions, questions, please contact me. Do we need more training walks or activities?

While you are reading this I will be swimming in glorious pools in tropical Kakadu, exploring fantastic landscapes, experiencing where generations of Aborigines made their home and seeing some very amazing art. I will have a drink for you!

Looking forward to that first swim.

See you on the track ...

Tony Holgate
Walk Secretary
02 9943 3388 (home)
0434 968 793 (mobile)
tholgate@optusnet.com.au

MESSAGE FROM THE EDITOR

This month you can read about two particularly interesting walks, one in Lamington and the first episode of one in Wadbilliga, as well as about "a competent bushman" - Len Fall, who passed away in April. There is a review of Shirley Dean's book on Coolana; notes from Frank Rigby on Dot Butler and his current whereabouts; information on hypothermia; a piece on tourism in National Parks; and, various notices which inform members of coming walks and training. The regular features are also included in order to keep members up to date with what is happening in your Club.

Next month I hope to report on Tony Holgate's walk in Kakadu which David and I are looking forward to. I believe that walks reports can not only enthuse Club members to visit our beautiful bushland, but also provide valuable information on the terrain, access and the time required for each section.

Happy walking

Maureen

COMPREHENSIVE REMOTE AREA FIRST AID COURSE

Brought to you by the Bushwalkers Wilderness Rescue Squad Inc.
For all outdoor enthusiasts and Emergency Service members.

This comprehensive course is ideal for those people who may find themselves in situations where medical help may be delayed by hours or days.

When: 2/3 and 16/17 August 2008. Start Time 08:00 Saturday. Registration will be from 1900-2100 hours Friday or 0700 - 0800 on Saturday. Camping is available from the Friday evening.

Where: Scout Camp Coutts Waterfall Heathcote NP MAP Appin 1:25000 GR 143 202.

What to bring: Your standard overnight bush kit that you would normally take into the field for 72 hours. You will be camping and self catering. You will require rations for each weekend less morning & afternoon tea. Please bring a camp chair. Bring BBQ dinner for Saturday nights

For more information and registration go to our Webb Site <http://www.bwrs.org.au>
Remote Area First Aid 4 Day

Details: TEL: (02) 4225 3580 David or Merri Sheppard
Email sheppard david1@bigpond.com

Cost: \$130 for VRA members, \$230 for members of a NSW Confederation of Bushwalking Club and \$260 for all other outdoor organisations (prices include GST)

Lamington Waterfalls
by Linda Tarran

An invitation to embark upon an adventure into the wilds of Lamington National Park doesn't arrive every day, so, on receiving a call from a friend requesting my presence on such a trip, barely a second of considered thought had me accepting the offer. My flight was booked within the hour, plans were set and preparatory activity commenced in earnest. And so began my extended Easter long weekend.



might add, in trying to plan the route within the constraints of pre-designated campsites), approval and permits were finally granted and soon we were to be on our way.

The road trip to Green Mountains Section of the Park begins at the township of Canungra and winds it's way up through the mountains and forests. The dry sclerophyll forest eventually submits to the entanglement of the rainforest and at O'Reilly's Guesthouse the road comes to an end and our journey into the unknown begins. OK, so there were shops, tourist buses and plenty of inquisitive stares as we two adventurers headed off with our laden packs. Yes, evidence that people have been here before us, but this is my adventure & my story, OK.

Our planned route took us down the Border Track, visiting numerous waterfalls along the way, each one as individually impressive in it's beauty as the last. We passed a number of magnificent Antarctic Beeches. So very ancient, well beyond my imagination at least. Strangler vines entrapped some of the tree trunks firmly within their grips, making it appear as if they were an arborous

I was given the task of organising the route and permits, and my friend would organise the food & transport. It all seemed easy enough, since I was an experienced SBW member & my friend an experienced Wilderness Guide. Yes, very simple, or so I thought. First step was to call the Ranger's office at the Green Mountains Section of Lamington NP. More with a pang of disappointment than surprise, I learnt that camping was strictly regulated by a permit system. Campsites must be pre-booked, one night is permitted at each site and to access what the rangers call the "off track section", walkers must provide a route description, include 3 grid references per day and the estimated travel times. Sure, I can do that. But oh, such bureaucracy and all for a walk in the park! I will admit to being a bit miffed at first, but now having experienced the ruggedness & beauty of this subtropical terrain, I can appreciate the wisdom in their regulatory procedure. "If you get lost, your rescue bill will start at 10 grand", I was told. That's pretty convincing! So with topo maps, a piece of string and a glass of red wine at hand (a la Ron Watters), I planned our adventure into the unknown. (Unknown to me that is). After receiving a few knock backs to my proposed route, (due once again to my ignorance of the landscape, but also I



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Lamington Waterfalls- continued

exoskeleton. We learnt why the rain forest is called a rainforest (it lived up to it's name) ... and when the everpresent clouds stopped raining down upon you, the canopy above continued in earnest what the heavens had set out to do and dripped heavy drops at unpredictable times if a breeze or gust of wind disturbed the leaves. Large blue crayfish, up to 25cm in length, hid in their rock pools, or fiercely defended their section of the track with a threatening hiss at any boot, walking pole, or finger that was silly enough to come within reach of their claws.



With such beauty all around me, so must come some pain. The rigours of walking uphill with such a heavily weighted pack made me start to consider my wisdom in agreeing to carry the jar of peanut butter. And the jar of honey. And the jar of Nuteila. Do I have the packet of biscuits? Do we really need 3 medium sized zip lock bags of scroggin? For 2 people over 5 days? The differences between the SBW code of "lightness of bushwalking" and the code of the Professional Wilderness Guides more used to catering for 8 paying customers, was beginning to tell. But all was not in vain, I came away with a pair of glutes that could crack walnuts and will be ever grateful to my seasoned friend who could rig a tent and tarp in a few seconds and in all seasons. As the blackness of night closed in around us, we remained warm & dry under the tarp. Long enough to enjoy a gourmet curry made with butcher prepared beef jerky, before the wind picked up and threatened to blow us over the border.. Which is not as extravagant as it sounds as the QLD/NSW border was only about 2m away. Just remember, be careful if you go "water a tree" in the middle of the night, as the border is actually a devastatingly high cliff that forms the rim of an ancient volcano.

As we journeyed deeper into the forest, the likelihood of meeting more day, or "clean" bushwalkers as I call the tourist walker, became less & less. Perhaps a fitter bushwalker than I could have completed my originally intended route to plan, but I was more than pleased when we decided to steal an extra nights camp (don't tell the rangers), two thirds of the way into our journey at the beautiful Rat-a-tat campsite. This allowed us an extra day to explore and appreciate the surrounding creeks and waterfalls, and to tend blisters and leech bites and dry a few clothes... well, not so much of the latter in a RAINforest! Unfortunately, the blow-flies found our sweaty clothes very appealing and used them as depositories for their eggs. I would highly recommend taking a tent with insect netting and to keep it zipped up! A single blow-fly in a tent can lay an awful lot of eggs. Eew!

Whilst these experiences gave me both pleasure and pain, gradually they become memories and stories to be told as my journey comes to an end. And so I come to the end of my story. On the last day, the clouds gradually gave way to sunshine, the mud became a grave path and the clean walkers became more numerous as we trod closer with each step to O'Reilly's and our journey's end. My adventure may be only a memory and a good story for now, but I hope that in the future I'll once again traipse the muddy tracks of Lamington National Park, discover new vistas and revisit some old friends.

A TOUCH OF UNCERTAINTY IN THE WADBILLIGA NP

By Christine Austin

In April 1997, Craig, I and a friend, Dave Kelly walked from Tuross Falls to the Brogo River. Upon arrival, including being benighted on a ridge above the river, we walked upstream and ascended a northern ridge from the upper Brogo to the divide. From Wadbilliga Trig we descended to the Wadbilliga River and then returned to Tuross Falls via the Bumberry Creek firetrail. All in all, a rough trip, a bushwalker's trip but one that seemed worth repeating because this country is wild and beautiful.

In the SBW program we suggested gaiters (but forgot to mention boiler suits). The national park website said "it has been left in its pristine condition". As the trip progressed, we were to understand the real impact of this description. In 2008 we decided to reverse the 1997 trip, thinking that the easier days would be at the start. However this proved to be only relative

We had seven starters, Edith Baker, Kenn Clacher, Marion Davies, Canberrians Judy & Dave Kelly and ourselves. On Friday April 25th we camped at the Cascades campsite on the Tuross. It was a chilly night but Kenn, having the latest forecast, promised us worse on the following days.

Sat 26: The fine and sunny weather continuing, we set off energetically to Tuross Falls. A short scramble down to a small promontory gave us a view of the falls in their full splendour and of the very impressive gorge downstream.

Having regained the firetrail we were surprised to meet a friendly motorcyclist who was travelling to Cooma. Compared to Cooma, our first night's destination felt comfortably close. However, after leaving the firetrail, our first encounter with *Allocasuarina nana* assured us that nothing in this area was going to be easy. This thick, hardy shrub blankets the upper slopes of the park, slowing progress to a crawl. Feeling rather chastened by our first confrontation with nana, we were relieved when Kenn located a comfortable campsite on Bumberry Creek, where Edith cooked us couscous, salami and vegetables for dinner.

Sun 27: There was light rain during the night but the next morning was fine and crisp as we set off to follow the firetrail to the Wadbilliga. Occasional views of luxuriant growth and rocky bluffs above the river could be glimpsed. Three four wheel drives approached, the occupants of which I knew from Beecroft. "I didn't know you did this sort of thing Christine!" one of them said.

We had a short break on the Wadbilliga where Queens Pound River joins it and walked upstream. On the banks, ungrazed and largely pristine, grew enormous tree ferns. Our afternoon objective was to walk upstream as far as possible and find both water and a campsite. We passed our 1997 campsite but rejected it because water was scanty and it was too far from tomorrow's exit ridge. Our concern about finding another flat site was compounded when the river stopped flowing altogether and the valley steepened. Fortunately, after about half an hour, water reappeared and we tucked ourselves onto the true right bank in the gathering gloom. Returning from the river with a full wineskin, I placed it on a log. Of course it fell off and split. We were not short of wineskins but it reinforced the lesson - always carry several. Between rain showers and in chilly conditions, Judy cooked us tuna, chili and rice.

Mon 28: The next morning the Wadbilliga became quite rough as we negotiated the last of it and made a southerly ascent up a rocky spur with a desperately steep start. After a while the terrain eased slightly and we huddled in the sun for lunch, Kenn's predicted cold change having arrived. A small tributary was crossed where a delicate, flowered vine twined about a majestic tree. Intricate fungi huddled against tree ferns and tall timber towered above us. It was such a beautiful place but we had only a breathing space to admire it. For it was up and on, on, on, endlessly on through nana, banksia, fallen timber and, occasionally, open forest until at last we arrived at the firetrail on the divide between the Wadbilliga and the Brogo. Kenn and Craig raced on to find a campsite for darkness was approaching and sago snow falling. That night beside a cosy fire we celebrated Edith's birthday with fruitcake and I cooked spaghetti bolognese. It was a fitting end to a hard day.

To be continued in July

From the Committee Room



A report of proceedings at the Committee meeting 4th June 2008

The meeting started with a very earnest discussion on the future of the club magazine. Maureen Carter (Editor) had put forward a motion to change the frequency of the magazine to bi-monthly or quarterly and change the format to PDF via email. All Committee members had the opportunity to comment and the debate was orderly and without disruption. The discussion covered the following:

- The comment was made that the magazine was not read by members. It was asked how could we tell whether members read the magazine or not and an earlier survey had showed that most members were very happy with the content and quality of the magazine.

- An opinion was given that some magazine articles were of a poor quality or not related to walking - perhaps they were only included as "fillers" to pad the magazine.

The counter argument stated was that SBW interests extend beyond walking to other matters such as Coolana, conservation and social activities. All agreed that the emphasis should be on walking and more walk reports were constantly sought.

- The monthly magazine has been going since 1931 and the thought was expressed that it plays a part in holding the club together. Many members are relatively inactive but pay a subscription to keep in regular contact with club matters - via the magazine. We risk losing these members if the magazine is less frequent. Other Committee members disagreed that this was a problem and thought that we should modernise our approach and use electronic transmission and reduce the content/frequency.

- The argument was put that the magazine was very costly and places a burden on the club finances (the current cost of postage is about \$400/month and includes the cost of mailing the walks programme). In reply it was stated that the club's finances are sound. If required, costs could be reduced by reducing the number of pages instead of changing the frequency. Also, the club's membership fee includes the cost of the magazine so in itself it is not a financial burden.

- Generally, all Committee members agreed that the magazine could move to an electronic form at some stage and those who elected could continue to receive a mailed paper version. A suggestion was to have the magazine printed quarterly supplemented by a monthly electronic newsletter.

- The point was raised that there was an obligation to consult members as this was an important change to a long held tradition. The members need to be informed about Committee decisions on an up to date and regular basis. It was suggested that the members should be involved and vote on this decision either at the AGM or at the September general meeting. Others thought that the implementation of changes need not be approved by members as the Committee has been elected to manage the Club.

Resolved: The Committee intends to move towards ceasing printing magazine each month, produce hard copy quarterly (members can elect to have PDF version instead) to correspond with the walks program. In addition, a monthly update will be sent to members electronically. The time frame for the change is six months. The Electronic Subcommittee and the Steering Committee to consider the logistics and move towards implementation.

- Caro Ryan presented the Committee with the new SBW Procedures Manual. There is a summary of outstanding information needed in the front of the manual. This was handed to the President, to be kept by the Secretary.
- Caro also informed the Committee that her company (Juicy Projects) would like to sponsor the creation of the new SBW website. The cost to her company would be approx \$5,000 plus GST. This would cover the complete rebuild of the website. The ongoing cost to club will be approx \$44/month. The SBW site would have a small 'sponsored by Juicy Projects' logo somewhere on the homepage, and Caro will need to approve all content.

The Committee resolved to accept Caro's offer.

- The terms of reference for the Steering Committee to review club activities (refer May minutes) are still to be determined. The Steering Committee will also work out the logistics of the changes to be made to the magazine as discussed above.
- The Walks Secretary advised that the winter programme has been mailed to members. There is a need for more leaders to lead Easy to Medium walks.
- The Confederation Delegate's report expressed concern that so few clubs' representatives attend the Confederation monthly meetings. Also, the financial figures show that Confederation is building a large reserve of unallocated funds.

From the Committee Room - continued

- When discussing new members the question was asked how will new members receive training if the Club's training nights are discontinued. It was suggested that training days in the field are far more successful

The Meeting closed at 9-10 pm

Treasurer's Report - As at May 31st 2008

	Current Month	Year to Date
Cash Receipts		
Members Subscriptions	3,856	16428
Prospective Fees	200	1086
Investment - Conservation	16	235
Investment - Coolana	38	570
Investment - General	17	258
Magazine Advertising	0	90
Accrued Advertising	0	370
Donations	0	50
Total Receipts	4,127	19,086
Cash Payments		
Magazine Printing	0	423
Magazine Postage	400	1648
Coolana Maintenance	0	226
Rent- Club Rooms	400	2000
Postage. Phone & Internet	0	663
Administration	84	720
Expenditure on Coolana		
Grant	2,426	2426
Total Payments	3,310	8,106
Cash Surplus /(Deficit)	\$817	\$10,981

Confederation News

No Increase in Affiliation fees for 2008 - 2009

The fees will remain: City Club \$5.50 per member Country Club \$5.00 per member and the maximum fee payable by a club will be \$2,255

Confederation and the NPA NSW: Relocating to Newtown - late August

Confederation has had a very long association with the National Parks Association NSW. NPA together with Confederation will be relocating to new office accommodation in Newtown. Our Newtown Post Office Box number and possibly new Phone Number will be advised in due course.

Kosciusko National Park - Hut Rebuilding - Brooks and Sawyers Huts

DECC has recently put on public exhibition draft plans for the rebuilding of Brooks Hut and Sawyers Hut, KNP.

The Remote Area First Aid Courses is to be held 19th - 20th July and 2nd - 3rd August

See:

<http://www.bwrs.org.au/bwr/pages/remotearaefirstaid.html>

Bushwalking Australia Inc.

Conferences attended or proposed to be attended include: March 2008 5th Biennial National Tracks & Trails Conference, Brisbane convened by the Queensland Outdoor Recreation Federation; Outdoor Council of Australia's Active Australians Outdoors National Summit, Brisbane, August 2008; Australian Protected Areas Congress, Sunshine Coast November 2008; National Outdoor Summit, Brisbane, August 2008

Submissions and Policies include:

"Towards a Walkable Australia" Policy; 'Future of BWA' Notes; draft Common Walks Gratings; Submission to the House of Reps. Inquiry into Obesity; Obesity Sub. to Outdoor Council of Australia

Suggestions for discussion include: Alliance with other Walking Organisations; National Recreation Insurance Scheme based on a New Zealand Model; BA Car Stickers

Finances:

November 2007 Sydney meeting cost approximately \$5,500 with 10 interstate BA Delegates attending. Financial policy has been tabled which proposes that each state federation pays for the travel/accommodation expenses of its Delegates to BA's November meetings.

November 2008 meeting is proposed to be held in Indooroopilly, Queensland and \$6,000 has been budgeted.

Suggestion that the national insurance premiums be paid by BA instead of by each state federation.

BA Website: budgeted \$2,000

BA Annual Levies:

Confederation has made two levy payments totalling: \$8,360.50. this is based on 50 cents per member for the periods 2003 - 2004 and 2005 - 2007. National membership total for 2008 - 2009: 21,308.

NSW's membership total for 08-09: 8,887 or 42% of the national membership total

Bushwalking Australia's Objects:

- Promote safe and environmentally responsible bushwalking to the community
- Represent bushwalking and bushwalkers on matters of national and international significance
- Facilitate interaction and sharing of knowledge and skills between state bushwalking bodies, clubs and individual bushwalkers across Australia
- Provide services to Member Associations, bushwalkers and the wider community in furtherance of these objectives

DECEMBER 2007 WALKS NOTES

Barry Wallace

Walks notes covering the interval 03 November 2007 to 08 December 2007.

The first available report for the period is Stephen Brading's Saturday 10th November walk from Glenbrook Causeway to Kanuka Brook, Red Hand Cave and Campfire Creek. Recent rains had swollen Glenbrook Creek and Kanuka Brook to twice their normal size, though this merely served as a challenge to someone named Mark who would have liked to kayak down Glenbrook Creek. Cloud cover kept temperatures pleasant and there was no rain on the parade for the duration. The usual quota of snakes was absent despite the presence of abundant water. A lyrebird that turned up during lunch was seen as a compensation for this it seems. It was all over in slightly more than four hours, including breaks and at a pace appropriate to clambering over wet rocks. The Sunday of that weekend seemed popular, with 3 trips reported. Jeanne Klov Dahl led a party of 6 on her canoe/kayak trip out from Audley weir boatshed up both the Kangaroo and Hacking Rivers. Conditions on the Kangaroo River became difficult on the approach to head of navigation with submerged rocks and branches but otherwise the weather was perfect and the water clear. They observed azure kingfishers, turtles, baby ducks and a snake, possibly of the python variety. Jeanne should know, it swam directly at her kayak and at the last moment dived underneath. There was one minor incident when Patrick, demounting from a kayak, took a tumble and got a soaking for his pains. No injuries reported however, except for a bruise and possibly a bruised ego! Nigel Weaver was out that day as well, with a party of 10 on his Golden Stairs to Mount Solitary and return via Ruined Castle walk. The weather was fine and perfect for bushwalking as they descended the Golden Stairs and made their way through the rainforest out to the Knife Edge from where they had fabulous views of Jamieson Valley and Narrow Neck. Upward, ever upward led the way to Mount Solitary and Melville's Lookout where they lunched with a vista splendid southward to Warragamba Reservoir, Kanangra Walls, and Mount Cloudmaker. On the return journey they took the steep sidetrack up to the Ruined Castle, another great viewing point. They reached the top of the Golden Stairs at around 1730h after a great day, full of wonderful scenery. Lucy Moore completed the trio with a report of the cancellation of her Glenbrook station to Euroka Clearing walk due to a lack of starters; this in part the consequence of the preceding weeks inclemency but also the challenges of contacting a leader whose contact details did not, unfortunately, make it onto the walks program.

Sunday 18th November was the date appointed for David Trinder to lead a party of 10 on his Wentworth Falls to Katoomba via Mount Solitary walk. After shuffling cars the party started out from the locked gate on Kings Tableland near Wentworth Falls, down the Water Board access road to a turn-off, then another turn-off between 2 cairns and 30 minutes later they were having morning tea on Kedumba Creek. A strategically placed log, courtesy of Huey, provided a dry foot crossing of the creek for most of the party. The ascent of Mount Solitary via The Col was a steep climb of around 600 metres and the weather was hot, so it was all of 1300h by the time all hands arrived at the top for lunch on a rock with a great view toward Lake Burragarang. The traverse of the top and the knife edge descent at the Western end was interesting and took a good hour to negotiate; but they were all back at the cars by around 1900h and had a good dinner at the Grandview at Wentworth Falls to top off the day.

Just one week later, on November 25th, Bill Hope had a party of 12 out in the Wollemi on a qualifying walk in warm and humid conditions. The party, all of whom finished in good order, enjoyed a refreshing swim in one of the Tootie Creek pools before climbing the ridge to the firetrail. Further east that same day Leigh McClintock was substitute leader in the stead of Bill Holland for the party of 8 who turned out for a walk from Cremorne Point to The Spit. The day was glorious and the Harbour showed off as is its way on such occasions. Swim stops were had at Chowder Bay and Chinamans Beach and all finished happy and in good condition.

There was a significant diversity of activities reported over the weekend of 1, 2 December, with an overnight kayaking trip on Berowra Creek and a cycling trip to Worronora Dam on the Sunday. Pamela Irving it was who led the flotilla of undisclosed size out into the rain on Berowra Creek from the ferry wharf on Saturday morning. Unfortunately the rain persisted throughout the day, finally ceasing at around 1600h when they managed to dry out at a nearby fisherman's campfire. Their rest that evening was disturbed by house boating pyromaniacs throwing what we take to have been volatile liquid fuel on a campfire at all hours. Sunday dawned, and stayed, sunny so they made the most of it by paddling to Barr Island and a local Sunny Corner. After lunch they paddled back to the Berowra ferry wharf. The cycling trip, led by Pam Campbell, involved a last minute re-routing due to the closure of the Worronora Dam road for maintenance. The party of 4 went instead from Sutherland station to Bundeena via Audley. All attendees had a good day of it and despite the very hot conditions reached Bundeena at around 1300h where they lunched and rested in the park. It was notable that everyone had taken plenty of water for the conditions and as a consequence all arrived in a good state of hydration.

The party of 3 who turned out for Francis Hartigan's overnight walk out from Kanangra Walls over the weekend of 8, 9 December held concerns about the possible effects of raised stream water levels so amended the route accordingly. They descended into the Kowmung via Colboyd Range; experiencing the odd navigational challenge as they went despite the use of a GPS receiver and several changes of navigator. It was a long exercise in problem solving to reach the first campsite on the Kowmung so they were much relieved when it eventually hove into view. Sunday was much easier, with the legs downstream on the river

Walks Notes - continued

and up Brumby Ridge delivering them back at the cars before dark. Stephen Brading's Saturday qualifying walk out from Macquarie Rivulet Picnic area that weekend went to program, with a party of 3. Conditions were overcast but this served to limit the temperature and did not turn to rain at any time. Due to recent rains all the waterfalls were at their best and the leeches, though annoying, were not so prolific as to spoil the experience. They also report that the topographic map in that area has errors.

There were two other day walks that weekend but we will save the details for another time.

Hypothermia - That's not just cool!

Tony Holgate

The human body works very well at about 37° Celsius. The extremities (arms and legs) can get considerably colder without serious damage, but the core temperature (internal organs) must be maintained at about 37°C. In cold, wet, windy conditions the loss of heat from the body is greatly increased. This can lead to a rapid drop in core temperature.

Unless some action is taken this can quickly lead to mental confusion, loss of coordination, unconsciousness, failure of breathing and circulation, and death.

Hypothermia can be defined as "a decrease in the core body temperature to a level at which normal muscular and cerebral functions are impaired."

Conditions Leading to Hypothermia include; cold temperatures, improper clothing and equipment, wetness, fatigue, exhaustion, dehydration, poor food intake, no knowledge of hypothermia and alcohol intake (which causes vasodilation leading to increased heat loss)

What are "hypothermic" temperatures? Temperatures and other factors can lead to a loss of core body temperature.

- Below freezing
- Prolonged exposure to water below body temperature.
- Any temperature less than 37°C can be linked to hypothermia (ex. hypothermia in the elderly in cold houses) or peripheral circulation problems such as trench foot and frostbite. Be aware that most cases of hypothermia occur at temperatures above freezing. The greater hazards are wind and wet. Note that this can even occur in the tropics.

Signs and Symptoms of Hypothermia. Watch for the "-Umbles" - stumbles, mumbles, fumbles, and grumbles which show changes in motor coordination and levels of consciousness

Levels of Hypothermia

Mild Hypothermia - core temperature 37 - 35°C

- Shivering - not under voluntary control
- Can't do complex motor functions (ice climbing or skiing) can still walk & talk
- Vasoconstriction to periphery

Moderate Hypothermia - core temperature 35 - 34°C

- Dazed consciousness
- Loss of fine motor coordination - particularly in hands - can't zip up parka, due to restricted peripheral blood flow
- Slurred speech
- Violent shivering
- Irrational behaviour
- Paradoxical Undressing - person starts to take off clothing, unaware they are cold
- "I don't care attitude"

Severe Hypothermia - core temperature 33 - 30° and below (*immediately life threatening*)

- Shivering occurs in waves, violent then pause, pauses get longer until shivering finally ceases - because the heat output from burning glycogen in the muscles is not sufficient to counteract the continually dropping core temperature, the body shuts down on shivering to conserve glucose
- Person falls to the ground, can't walk, curls up into a foetal position to conserve heat
- Muscle rigidity develops - because peripheral blood flow is reduced and due to lactic acid and CO₂ build-up in the muscles
- Skin is pale
- Pupils dilate
- Pulse rate decreases

Death from Hypothermia

- Breathing becomes erratic and very shallow

Hypothermia - That's not just cool! - continued

- Semi-conscious
- Cardiac arrhythmias develop, any sudden shock may set off Ventricular Fibrillation
- Heart stops, death

How to assess if someone is Hypothermic

- If shivering can be stopped voluntarily = mild hypothermia
- Ask the person a question that requires higher reasoning in the brain (count backwards from 100 by 9's). If the person is hypothermic, they will not be able to do it. [Note: there are also other conditions such as altitude sickness that can also cause the same condition.]
- If shivering cannot be stopped voluntarily = moderate - severe hypothermia
- If you can't get a radial pulse at the wrist it indicates a core temp below 32 - 30°C
- The person may be curled up in a foetal position. Try to open their arm up from the foetal position; if it curls back up, the person is alive. Dead muscles won't contract only live muscles.

Signs and Symptoms

Early warning signs	Later signs (you are faced with a medical emergency)
✱ Feeling cold, shivering	✱ Obvious distress
✱ Tiredness or exhaustion	✱ Shivering stops despite cold
✱ Anxiety, lack of interest, lethargy	✱ Collapse and unconsciousness
✱ Clumsiness, stumbling or falling	✱ Coma
✱ Slurred speak, difficulty in seeing	
✱ Sense of unreality	
✱ Irrational behaviour	

WARNING: a person can progress from first symptoms to coma in less than less than 30 minutes. During all this the person may not complain at all.

Remember

Prevention is the best policy. If the conditions are hypothermic, stop, camp (or find shelter from wind and water), replace wet clothes with dry, add extra layers of clothing, wear a beanie and gloves, check everyone else in the party, rest, have a warm sweet drink. Severe hypothermia should not occur if you watch and do something about the warning signs. Because of the nature of hypothermia, individuals may not be aware that they are becoming hypothermic; you should watch each other for the signs.

Walk

ork

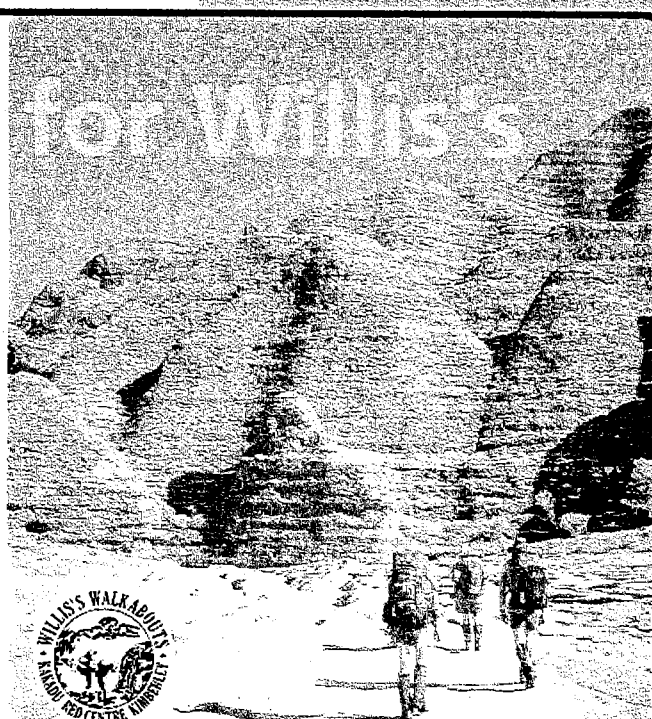
Willis's Walkabouts has a limited number of guides and an incredibly concentrated peak season.
We need more guides. Our guides need to:

- be highly experienced bushwalkers
- have walked in the north before
- have a remote or wilderness first aid qualification
- be happy to lead only one or two trips per year
- be good bush cooks
- enjoy working with mixed groups of different ages and levels of experience.

Not absolutely essential but very helpful are:

- being able to take on a trip at short notice
- having a commercial (passenger for hire) driver's license.

If you are interested and think you qualify, please contact Russell Willis at ...



For Willis's

12 Carrington St Millner NT 0810 walkabout@ais.net.au

www.bushwalkingholidays.com.au

Phone 08 8985 2134

Fax 08 8985 2355

The Mid-Week Walkers

The Mid-Week Walkers are an informal group of SBW members who have time to spare for mid-week activities, some of which are shown on the Walks Programme and some organised at short notice and advised by monthly newsletter.

Here is an excerpt from a recent newsletter covering the next three months activities. This has been sent to those people on my mailing list. If you would like to be added to this list and receive the monthly newsletter please let me know.

Bill Holland 9484 6636 email: billholland@bigpond

"The next activity for the Mid Week Walkers is July. We plan to stay at Robyn's farm near Bathurst from Monday 21st to Friday 25th July. Robyn will be pleased to welcome us to the comfort of her farm. The options are some cycling, a visit to Orange for some wine tasting; a walk up Canabolas; helping Robyn with some tree planting or just a walk around the farm.

In August we plan a visit to Yarrangobilly Caves near Cooma. After being closed for almost half a century the NSW National Parks and Wildlife Service (NPWS) have reopened Yarrangobilly Caves House in Kosciuszko National Park for overnight accommodation. If enough people indicating interest I will reserve the east wing - sleeping 9 people but you will need to commit early.

For September Brian Holden has confirmed the use of his house at Stanwell Park. This is an ideal time for wild flowers and the national park together with the nearby beaches offer great opportunities.

Now here are some midweek and some easier style walks scheduled for the next few weeks. Leader's contact and other details can be found in the Winter Walks programme.

Sunday 29th June: Kurnell to Cronulla

Botany Bay NP - Cape Solander (whales) Cape Bailey - North Cronulla.

A cliff top and beachside walk. Car swap between stations. A Good chance of seeing some whales.

Grade: Easy

Sunday 13th July: French Language Walk - Maroubra to La Perouse

Following the remarkable success of last year's French Language Bastille Day walk a suitable "pied- a- terre" promenade is being stage for Bastille day 2008 Grade: tres Easy

Saturday 5th July: Botany Bay National Park

Cape Solander - Doughboy Head - the foreshore of Bate Bay - Cronulla Beach - Cronulla Peninsula - Gunnamatta Bay foreshore - Cronulla station. An interesting coast walk on the south coast of Sydney.

We might see some whales. Grade: 15km or 11 km 1

Tuesday 15th July: Blue Mountains National Park

Mt Lagoon - Tootie Creek/Colo River junction and return. A relatively easy walk along fire trails and ridge tops in a very scenic area to a lunch spot overlooking the junction of the Colo River and Tootie Ck.

Grade: Easy/Medium 15k

Saturday 19th July: Royal National Park

Waterfall - Courawga Track - Bola Heights - Garrawarra - Middle Track - Burning Palms - Otford.

Grade: medium 14km.

More Tourism In Our National Parks

(Extract from Sydney Morning Herald 11th June 2008)

There is a growing push to substantially increase tourism in our nation parks. A report, commissioned by the Premier, Morris Iemma, and compiled by the Chairman of Events NSW, John O'Neill, include a recommendation to open national parks to tourism operators rather than protecting parks from people.

In relation to wilderness areas, the report noted criticism of the National Parks and Wildlife Service, saying "Their philosophy appears to be to leave as little footprint as possible for the tourism industry, which is at odds with tourism development."

It recommended making national parks "available to people willing to pay to sustain and enhance those assets instead of focusing on protecting them from people". It did not specifically recommend commercial development. Rather, it said private tour operators should have access to all areas open to the public.

The chief executive of the National Parks Association, Andrew Cox, said he would "die in a ditch" protecting national parks from commercialisation by the tourism industry.

The Environment Minister, Verity Firth, said the Government would appoint a six-member tourism and national parks taskforce, headed by the former parks chief Brian Gilligan, "to come up with practical recommendations as to how we can increase visitation to national parks, while not impinging on the conservation of protected areas".

In an article published in the Sydney Morning Herald 13th June author Bob Beale included the following comments (brief extract) under the heading

"Nature's Not Sacred, Let's Use Our National Parks"

Before hardline greenies go dying in a ditch over this week's proposal to expand commercial tourism in NSW national parks, it would be helpful if they paused to consider exactly what they would be dying for.

No one sensible would want to see high-rise hotels in the midst of the ancient rock towers of the Warrumbungles, power-skis shattering the placidity of the Myall Lakes, or convoys of Hummers churning up a quiet Barrington Tops rainforest track.

But let's be honest: Australia's national parks are for the most part a rag-tag collection of leftovers, chunks of land that agriculture could find no use for because they were too steep, rocky, dry, or wet. That most of them retain strong natural qualities and healthy, complex ecosystems is a marvellous historical accident. They should be treasured and nurtured for that alone.

Many conservationists are understandably excitable about any threat to our parks: our history is littered with sorry examples of brutal land-clearing, mindless development for profit or simply stupid government policies that leave ecological ruin in their wake. A tough protectionist stance, then, appeals because it accommodates our deep distrust of amoral commerce and keeps a firm grip on hard-won conservation gains. But it also puts nature on a pedestal and accords it a kind of sacred, static status.

We should maintain the rage on our remaining crown jewels of natural heritage. But we should also acknowledge that our land-use strategies have been far too narrow and that environmental protectionism alone is not enough.

Many people balk at the concept of conservation through sustainable use. This apparently contradictory strategy seeks to maintain a natural resource by exploiting it: a use it or lose it thing

..... Nor is there a good reason why we shouldn't entertain more commercial activities - not only tourism - in our parks. They're conservation areas, not temples, and commerce can be regulated and taxed to support the resource it exploits.

Coolana - A Tribute to Dorothy Butler - Book Review

Shirley Dean has recently compiled a very timely publication entitled *Coolana - A Tribute to Dorothy Butler*.

Those senior members who were involved with the purchase of Coolana and those who have contributed towards making it the beautiful property and peaceful haven that it is today, will probably derive the most pleasure from Shirley's delightful collection of reminiscences.

The rest of us, who may or may not have much knowledge about Sydney Bushwalkers' Kangaroo Valley property, will find the information instructive and entertaining.

Shirley begins by giving us the original motion which Dot put forward on 19 February 1969 to purchase the land. She then brings us up to date, describing briefly how Coolana has been upgraded over the years.

There are contributions by SBW identities such as Alex Colley and the Grey family, amongst others, on topics such as the need for Coolana; the hut; the vegetation; and various entertaining items on good times shared with good friends in this pretty place.

Shirley concludes the book with pertinent extracts from the *Sydney Bushwalker* magazine and Coolana Committee Minutes 1969-1980.

To paraphrase from Shirley's overview and the back cover:

When Shirley set out to document the history of the work and endeavours of members of the Sydney Bush Walkers to purchase Coolana and its early years, she had not fully realised how significant Dorothy Butler's energy and efforts were. This book is a tribute to her. As a result of her drive, determination, standing in the Club, ability to persuade the Club to buy Coolana, the Club is still held in high regard and high reputation in the conservation world. Many of Dorothy's personal achievements have been recorded elsewhere. This is an example of what one member can do for a walking club...

Shirley's book can be obtained from Jenni Gormley of Bungoona Technologies Pty Ltd, PO Box 254, Sutherland NSW 1499 at a cost of \$20 which includes postage.

Maureen Carter

Len Fall (1920 - 2008) - an appreciation "A Remarkable Club" and those who made it so...

Len Fall, an active member of SBW since 1945, through the 1950's and 60's, and also with the Dungalla's, has gone to his rest aged 87.



David Ingram, Tom Moppett, Jim Brown, Len Fall & Brian Harvey on a Budawang exploratory from Sasafra (1955)

In THE FIRST SIXTY YEARS Jim Brown, a contemporary of Len, wrote of the emergence of their generation from the Great Depression and World War II, conscious of the need to make up for lost time and to encourage others to enjoy the very real pleasures of the bush. They had the maturity, too, to harness the abundant energy of the 1950's influx of young lads and lasses in furthering the objectives of the Club. The eyewitness accounts of the exploratory trips into little known country, and of the well attended Annual Reunions during the 1950's and into the 1960's reveal the vitality of the times, and record the activities of some quite engaging characters, among them Len Fall.

The Magazine for July 1957 reported some of our non-walking activities thus:

"The current chronic opera 'White Antics' and the evergreen 'Bo-Peep' were inflicted quite successfully on the River Canoe Club on the night of June 21st. The R.C.C. member who proposed a vote of thanks described SBW as 'a remarkable club'. How the memories and reminiscences were stirred up by that magic word of a thousand meanings, and how right he is!"

We like to think that he was referring not only to the standard of bushmanship, but also to the wide interests of our members. Bushwalking, SBW style, has never been just an athletic feat; more a way of life, providing continuity for those with growing families, and for those whose enthusiasm is undiminished, though physical activity may be limited by age or injury.

Len left school at the age of fourteen and worked in a local tannery, hard work for a young lad. In 1954, his skill with leather was put to good use with Paddy Pallin, and he worked there for the next thirty years or so. In 1945, he had joined SBW. Gladys Martin joined in 1947, at the same time as Molly Gallard (Rodgers) and it was good to meet up with Molly and Bill (President 1961/3) at the Memorial Service for Len on April 23. Len and Gladys married in 1952, and their son Alan also joined the Club in due course. They are pictured together at the Anniversary Dinner in 1977 in John Noble's photo collection of that happy event, which is stored in the Club Archives.



A quiet and thoughtful character, lean and wiry, Len was a keen student of nature, and a competent bushman. He was a member of NPA from its earliest days. Like many at that time, he was a great reader and a lover of classical music, and a photographer of some note. Among his walking companions were Edna and Jack Gentle, and Gladys, who had been Secretary in 1952/3, and took the job on again in 1959/60 during Jack's second term in office at the time of the move to Reiby Place.

The early walks undertaken by Len and by Gladys, including South-West Tasmania in 1949/50, were recorded in the writings of their good friend the late Kevin Ardill. Kevin had a bright and breezy style, and an example "Finding the Castle" (1955) was chosen by Geoff Wagg for inclusion in the 70th Anniversary Magazine. Kevin himself was a man of many talents; a good bushman and an inventive campfire entertainer. He played the part of Blaxland in the thirteen day re-enactment of the crossing of the Blue Mountains in the early 1950's, and wrote it up in his inimitable style. He was also a lawn bowls champion and a yachtsman! He eventually settled on Lord Howe Island, and SBW's over the years enjoyed his company whilst holidaying there.

In 1968, following the success of the 40th Anniversary Celebrations, and the encouraging turn out of senior members, Brian Harvey, President 1956/8, who, with Jean, was a tireless worker for the Club, perceived the need for a group to cater for the seniors, and Len and Gladys were among the long term members and

Len Fall (1920 - 2008) - an appreciation - continued

associates who continued to enjoy many more years of good fellowship on a variety of extended trips and camps and backyard gatherings with the Dungalla Club.

I first met Len and Gladys around Easter 1953. The walking pals of my youth had dispersed, and down the street lived a couple, who it was said, belonged to a Walking Club. So, one Saturday morning I called on them unannounced. The President, Malcolm McGregor, was visiting, and I was warmly welcomed, and found myself on a walk with the Club on the very next day! I realised that I had fallen in with kindred souls, and the rest, as they say, is history...

Don Matthews

Trek in Ethiopia 2009

- presentation and talk -

Ethiopia is a country steeped in history from some of the earliest remains of humanity and ancient civilisations to the Great Rift Valley and mountains over 4500 metres. It is home to many unknown treasures and will overwhelm you with its majestic landscapes. Ethiopia is a perfect haven for those wanting to trek in dramatic mountain scenery that receives only a few visitors. Contrary to popular perceptions that Ethiopia is predominantly desert, its elevated central plateau covers half of the country's area. While the deserts do exist (Danakil Depression), they are thinly populated and not frequently visited by tourists. Instead, on this special trip organised by World Expeditions *exclusively* for **Sydney Bush Walkers**, we will walk in the fertile highland plateau of Ethiopia; the Simien Mountains. Our trekking through the Simien Mountains takes us through the small villages and terraced fields of the lower valleys before reaching a series of dramatic cliffs and escarpments. We then descend into the lowlands to gain an amazing perspective of scale of these mountains and another opportunity to interact with locals in the villages below. The Simien Mountains are home to many endemic species, such as gelada baboon, walla ibex and Simien fox, that you may encounter on the trek.

Highlights of this exclusive departure include:

- A spectacular 10 day trek in the Simien Mountains
- Traversing the escarpment to gain views of the spectacular Geech Abyss
- Spotting the array of wildlife including the gelada baboon & the Walla Ibex
- The views from the summit of Ras Dashen
- Exploring Addis Ababa
- Taking a boat trip on Lake Tana to the island monastery Ura Kidane Mehret
- Visiting the magnificent Blue Nile Falls
- Touring the Royal Enclosure in Gondar

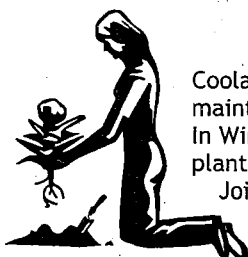
Trip departure - April 2009

To find out more ...

**Join Chris Buykx from World Expeditions to hear all about this amazing trip on
17 Sept, 2008 at the clubrooms, 8pm**

Kirribilli Neighbourhood Centre, 16-18 Fitzroy Street, KIRRIBILLI

Dinner beforehand from 6pm at the Kirribilli Hotel



Coolana Bushcare and Maintenance 12th - 13th July

Coolana is a wonderful property and a great asset to the club. But, it needs some care and maintenance.

In Winter means there is less growth and this offers an opportunity for other tasks. We need to plant some trees and tidy the eastern bank.

Join us for a pleasant weekend of light work and socialising around the evening campfire. Family and friends are welcome. There is no need to phone but it would be advantageous to share transport. Please contact Bill Holland 9484 6636 0418 210 290 billholland@bigpond.com

SOCIAL NOTES

Kathy

Hi Everyone,

Our club is certainly 'moving with the times'!! After 80 years, the SBW magazine in its present form, will probably only be distributed quarterly with monthly e-mail updates. Such a bold move will no doubt upset some members but in the long run this will benefit the Club enormously.

Don't fret.....the Social nights are still a monthly occurrence. Our May event, featuring Gary McDougall's presentation on walking in France and Spain was very well attended. All 44 attendees enjoyed his slides and talk as well as the usual comradery. Unfortunately, I am unable to be at the Mid-Winter Feast this year as I will be in Queensland for 10 days (10th - 24th June).

Now, a reminder about the July Social night featuring walking in Italy, Austria and Switzerland with 3 SBW members. This should be a great evening as all are very good photographers and intrepid walkers.

Happy walking (hopefully not too much precipitation).

Kathy

More on Dot Butler

In 1957 Henry Gold, the late David (Snow) Brown and I climbed Crater Bluff in the Warrumbungles Mountains. On the very summit we found a small glass jar containing a note. It is a long time ago now but to the best of my memory the note went something like this: "Dr P. Dark and Dorothy English climbed Crater Bluff today, the year being 1936. It is a first ascent". Of course we replaced the jar but I do wonder what happened to that jar subsequently.

Frank Rigby

Message from Frank Rigby:

To let our old friends in SBW know what has happened to us - Joan and I are now both living in the Calvary Retirement Centre at 2 Jaeger Circuit, Bruce, ACT. Our postal address is Calvary Retirement Centre, PO Box 52, Jamison Centre, ACT 2614 and Frank's phone number is (02) 62647468. Our bushwalking days are over but life goes on and we need all the support we can get. Please phone or visit as you can and it will be much appreciated.

WINTER SOCIAL PROGRAM

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

JUNE

25 June New Members Training Night Please contact New Members Secretary for details and time.

JULY

2 July 7pm Committee Meeting
Observers welcome.

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

16 July 8pm Walking in Switzerland, Austria & Italy with 3 SBW Members
Kenn Clacher, Neil Hickson & Fran Zochmann will fill you with awe as we walk/journey with them from Chamonix to Zermatt (11 days), along the Stubaai Hohenweg (6 days) and three 3-day walks in the Dolomites.

23 July New Members Training Night Please contact New Members Secretary for details and time.

AUGUST

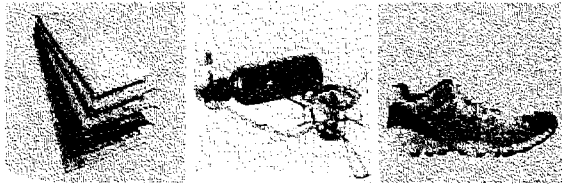
6 August 7pm Committee Meeting
Observers welcome.

13 August 8pm New Members Night
Introduction to SBW for intending prospectives

20 August 8pm Presentation to be decided

27 August New Members Training Night Please contact New Members Secretary for details and time.

SBW has walks for everyone and the current program contains a wide variety, such as:
Sat 5 July - Tony Crichton will lead a medium walk in the Royal National Park, accessible by public transport, from Otford to the coast and return.
Sun 6 July - Eddy Giacomel will provide navigation training near Wiseman's Ferry. A chance for prospective members and those needing to revise their skills in superb sandstone country with historical interest too.
Sun 13 July - Improve your French language with Patrick James on an appropriate walk for Bastille Day eve from Maroubra to La Perouse - an easy 10 kms.



the bushwalking specialists



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