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THE  
SYDNEY  
BUSHWALKER



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A monthly bulletin of matters of interest to The Sydney Bush Walkers, Box 4476 G.P.O., Sydney, 2001. Club meetings are held every Wednesday evening from 7.30 pm at the Wireless Institute Building, 14 Atchison Street, St. Leonards. Enquiries concerning the Club should be referred to Marcia Shappert, Telephone 30,2028.

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APRIL, 1980.

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IT'S NO SOONER YOU'RE DOWN, THAN IT'S TIME TO GO UP.

The First Traverse between Lake Manapouri and Cascade Cove, Dusky Sound.

by Peter Harris.

'Well, we are safe and strong, for now we sit  
Beside a hearth where no dim shadows flit,  
Where nothing cheers nor saddens, but a fire  
Warms feet and hands - nor does to more aspire ....'

'Walden' Henry David Thoreau.

The corollary of this is more apt ...

'Well, I was unsafe and weak, for once I stood  
Amid a swamp which fills this cheerless wood,  
Where nothing is welcomed, but tea from a cup  
For it's no sooner you're down then it's time to go up!'

Can you believe it? Not one single step of flat walking in three weeks? Where the natural angle of rest for tired feet is 45 degrees from the leg? An average of 4,000 feet of ascent and 4,000 feet of descent in each and every day?

We entered Fiordland by way of Centre Pass, camping at Lake Horizon, poised to commence the traverse over the Heath Mountains, Dark Cloud Range, and Evans Range to reach Cascade Cove in Dusky Sound. Two days were lost because of heavy snows preventing the food dump being placed at Lake Mike.

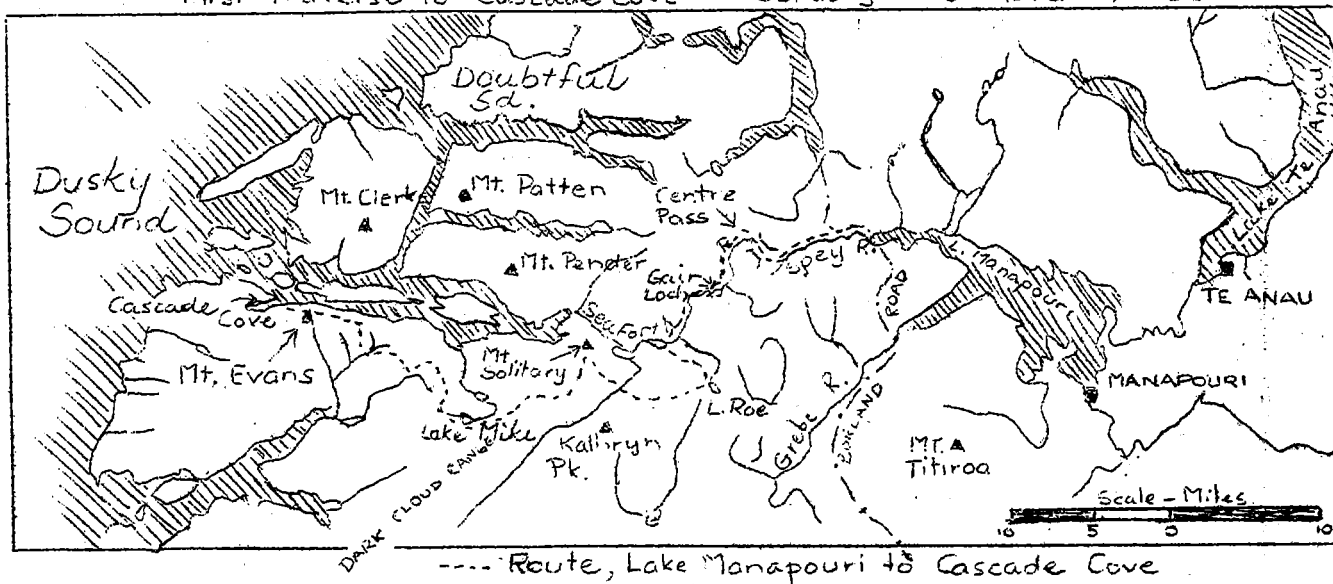
At Lake Horizon, the party left the track and headed across snowgrass-covered slopes of the Heath Mountains. With very heavy packs full of food, climbing equipment and clothing we reached the crest of the Heath Mountains and trekked up and down exposed country to reach a beautiful campsite after 12 hours of walking. I don't really remember much about the scenery except at those regular breath-catching intervals. Certainly the mountains here in southern Fiordland are very majestic.

From the campsite at 'Lake Dale' the ongoing route appeared as an impossibility, only suited as a mountaineering technical expedition. But we were surprised. Once having located a long sloping ramp across the face of the cliff, the route of ascent was quite simple.

We stood on the crest of the ridge leading out to Mt. Solitary. The degree of exhaustion felt by all was such that not one of us even suggested the possibility of climbing Mt. Solitary which would doubtless have used up the rest of that day. Onward, onward, up and down huge rock slabs, then a steep descent to a beautiful saddle before a huge climb back to gain the ridge. Down again to another saddle, studded with beech forest, and therefore campsites. Ten-hour day.

Steve and I noticed quite a few red deer here as we searched fruitlessly for a suitable campsite. (There are no suitable campsites in the Heath Mountains, I am sure.) We finally settled on this place where two creeks merge, and of which nothing else can be said. I am thinking of building a tent platform up in the trees.

First Traverse to Cascade Cove - February 10 to March 1, 1980



The next morning dawns fine and hot. We leave very early (about 9.00 am, which is very early for us). More up and down. Destination was Lake Mike, or if the light faded before then, then somewhere else. By 5.00 pm we had walked more than half the distance, and quite a few beautiful peaks were climbed en route. Sometimes there were big rock steps in the ridge which meant finding a way around them.

Then, woebetide us, we elected to sidle a peak rather than climb over the top of it. The scrub, and its difficulty of penetration, made the notorious Horizontal Scrub of Tasmania look like a grassy campsite! One step after the other. Rest stops to take in more calories, more chocolate and nuts. The final descent to the beach at Lake Mike was horrendous. Choked with scrub on incredibly steep slopes. (I had my ears unwillingly pierced by a branch.) Note that the branches and scrub here do not bend nor break to allow you to pass through. Rather they have a nasty habit of springing back and giving you a whack before sending you flying backwards into the air. On the descent my rucksack fell to pieces.

We reached the beach at Lake Mike a little after 8.30 pm, absolutely exhausted. Collected the food dump, and polished off its contents of Scotch Whisky. One bottle of Glenfiddich, one bottle of Johnny Walker Red Label, one bottle of Vat 69, plus the remnants of the Cointreau and Grand Marnier which we sensibly carried. None of us really remember the rest of that night, except that it rained, and some of us did not even make the tents for sleep!

Consequently we did not move on the following day. Nor the day after that. Nor the day after that (because that day rained).

Having replenished supplies, and with 70 lb packs, we set off on a rather dubious morning to ascend Perpendicular Peak. What a splendid climb. Quite invigorating. Pity the descent was not as wonderful. How steep can country get, and still be possible to climb down unaided? More scrub. Gorge-leaping! Anus-penetrating upright branches. (There are lots of cheap thrills in the Dark Cloud Range!) Campsite on a ridge on a 45 degree slope. Impossible to sleep.

Bleary eyes emerge from tents in the morning. Words such as, "Oh, don't talk to me today" whispered on a quiet morn. Onward, over Mt. Burnett. Weather started to crap out.

On the south-east ridge approaching Mt. Burnett is a 200 ft rock-step which is a technical rock-climb. Weather deteriorating badly. We could see the climb through swirls of mist. After some consultation it was decided to bypass the rock-climb and descent to Oho Creek, which feeds Chalky Inlet. As it turned out, this was the right decision. Had we waited till the weather fined up, we would have been stuck there for a further 5 days.

Campsite on Oho Creek was about 5 feet square, but we managed to get the two snow-tents pitched after some clearing. The river valleys in this area are greatly scoured out by frequent floods, and it was not a place I would like to be if the river level rose during the night. It didn't.

Next day, after 12 hours of climbing we had gained exactly one kilometre and camped in 4 inches of water on the saddle between Oho Creek and Lumaluma Creek. This campsite we christened 'R-Soles', since it was necessary to build tent platforms, and re-arrange the foliage somewhat to make a tent site. Heavy rain all night and again on the following morning.

Descent into Lumaluma Creek was easier than it appeared. If you can manage to stick to the deer pads, and avoid huge bogs and swamps behind the creek, the walking was easy. We didn't. Tippy-toe across bottomless pits. The only campsite was on the southern side of the creek (which was the wrong side to be on if the water level rose).

Our luck held and it stopped raining overnight. We set off the following morning to ascend back to the crest of the Evans Range, and got as far as the treeline.

Fierce winds and driving rain meant that it was difficult to stay on one's feet, even with 60lb packs. It was decided to camp there on the ridge, and we were still there  $2\frac{1}{2}$  days later. That night occurred one of the fiercest electrical storms I have ever been in. The thunder sounded like gelignite exploding next to you. The lightning made it daylight inside closed eyelids. For the first time I was a little scared. By now we were at least two days behind schedule, having used up all of the spare days at Lake Mike and here on the ridge.

Fortunately luck held good, and we could move on the following morning. Today proved to be the most exciting day of the trip. From our previous research and correspondence we had ascertained that the furthest west anyone had previously gone was the West Lumaluma Saddle, which we reached at about 11.00 am.

Consequently, on that day we can say with 99% confidence that:-

- \*\* We made the first ascent of Mt. Evans.
- \*\* The first traverse of the Evans Range.
- \*\* The third ascent of Mt. Sparrman, but the first ascent from the east. Previous ascents were 3/4/1773 by Anders Sparrman and Lt. Pickersgill plus two others from Capt. James Cook's "Resolution", and in 1897 by Mr. Gordon, assistant to Richard Henry of Pigeon Islands, both ascents being from the west.
- \*\* The first ascent of all peaks and pinnacles between Mt. Evans and Mt. Sparrman.

We camped on the ridge leading off Mt. Sparrman, amidst trees. A relatively sheltered position but, believe it or not, waterless. It was necessary to descend about 200 feet off the side of the ridge to reach it. Have you ever climbed a 20 ft cliff with no handholds carrying two full waterbags? It is not easy.

All previous traumas paled to insignificance on the following day as we descended through thick, thick, thick scrub to reach the catchment of the creek which creates the 'cascade' from which Cascade Cove derives its name. The route from here is indescribable and quite forgettable to the Fisherman's Hut on the coast.

We missed the rendezvous with the floatplane. He came back the following day to pick us up.

The fisherman at Cascade Cove confirmed what the Fiordland National Parks Boards had said: - We had just completed the first crossing to Cascade Cove.

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#### POST MORTEM ON EQUIPMENT FROM MANAPOURI TO CASCADE COVE, DUSKY SOUND.

The following is a general categorization of equipment taken on the first traverse to Cascade Cove, and is intended to supplement the article which appeared in the Sydney Bushwalker, February, 1980. Perhaps other persons contemplating such a trip, or a similar trip, may derive some benefit.

##### 1. GROUP EQUIPMENT.

- (a) ESSENTIAL: Knife, spoon, plate, mug, 2x2pt billies, 2 canvas water bags, First Aid Kit (details below), pot-scouring pads, torch, spare batteries, spare globes, ultra-violet screening cream (water repellent).

DESIRABLE: Meta tablets, repair kit for boots, clothing and equipment, deck of cards, basic fishing equipment, 20 ft pack-hauling rope.

USELESS: Rope 2x9mm 150 feet, screw-gate karabiners, fork, candles, flares (2 - for emergency), tapes, slings, harnesses, assorted chocknuts, prussik cord. (At the last minute it was decided not to carry pitons and piton hammer - nor ice axes nor crampons - these would also be useless.)

MODIFICATION NEEDED: (1) Snow Tent: The outer was attached to the inner by a series of Velcro tabs which broke apart in strong wind or whenever any person entered or left the tent. These Velcro tabs should be replaced by tying cord at both ends. Also the zippers on both entrances of the outer did not fully open. These should do so.

(2) Stoves: Two stoves are needed in the event of failure in one unit. A fuel pump is also essential. The volume of fuel per person should be reduced from 2 litres to  $1\frac{1}{2}$  litres each.

## 2. INDIVIDUAL EQUIPMENT AND CLOTHING.

(b) ESSENTIAL: Sleeping bag - Grade 1 superdown, waterproof jacket, hat - standard army type, toilet paper, toothpaste, toothbrush, comb, map and compass, waterproof overpants, balaclava, canyon bags - for keeping gear dry, 2 pair woollen longjohns, 2 woollen singlets, 1 woollen jumper, 3 pair woollen socks, 2 pair short cotton trousers.

DESIRABLE: Silk inner sheet, outer bivvy bag, fine-mesh sandfly veil, 1 pair cotton underpants, handkerchiefs, photographic equipment, sandals or similar, notebook and pens, aerial photographs, notes on route etc, insect repellent, snow gaiters, rubber 'slurp' tube, Dachstein gloves, japara overgloves, rucksack overbag.

USELESS: Water bottle, lightweight towel - a sponge would be better, Snowseal - boots are NEVER dry, snow goggles, pantyhose, cotton shirt, cotton singlet. (At the last minute it was decided not to carry silk head cover and woollen breeches - these would also be useless.)

MODIFICATION NEEDED: (1) Rucksack: Mountaineering style - needs internal alloy frame and plenty external pockets. Requires even larger capacity than Macpac Torre style.

(2) Boots: Don't take mountaineering boots. A good walking boot such as Scarpa or James Bolland is preferable.

## FIRST AID KIT:

(a) Bandages and Dressings: 2 rolls Leukoplast (1x3" wide, 1x1" wide), 3 gauze bandages (2x3" wide, 1x1" wide), 24 band-aids, 20 butterfly closures, non-adhesive gauze dressing (2'x8"),  $\frac{1}{2}$ oz cottonwool, absorbent lint (6"x6"), 2 crepe elastic bandages 3" wide, 1 inflatable leg splint.

Instruments: 1 pair collapsible scissors - pointed type, 6 safety pins assorted sizes, 1 needle, 1 scalpel blade.

Medications: 10g Calistaflex burn cream, 15g Medicrome antiseptic, 5mgm Neomycin topical powder, 15ml Murine eyedrops, 20 antacid Mylanta, 50g tube Stop Itch, 1 tube Roche Eversun Lipscreen, 20 soluble aspirin, 12 Aspro, 24 throat lozenges, 1 tube Deep Heat, 25 Tetracycline 250mgm tablets, 26 Polaramine tablets, 12 Lomotil tablets, 24 oral Pethidine 50 mgm tablets, resublimed Iodine cream, 15 salt tablets, multi-vitamin tablets, vitamin C tablets.

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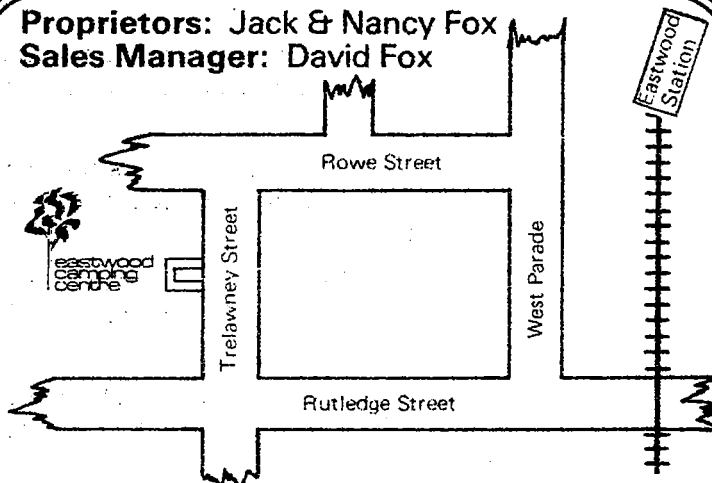
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THE OFFICE BEARERS FOR 1980.

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by Helen Gray.

Many members are unable to be fully involved in S.B.W. activities but are still interested in the Club and those who run it. Here is a word or two about each of this year's office bearers.

Bob Hodgson (President) joined in February 1972, and has already been Walks Secretary for two years, Vice-President for four, and a leader of many walks. Bob is a canoeist, skier and sailor as well.

Spiro Hajinakitas (Vice-President and Federation Delegate) joined in October '59. Spiro has been President, Vice-President, Secretary, Social Secretary, Walks Secretary, Committee member, Federation Delegate, Editor and has managed to find time to go walking, too.

Barry Wallace (Vice-President and Coolana Committee member) joined in May '66 and was President in '74 and '75. For the last two years Barry has been the General Meeting Reporter for this magazine.

Shelia Binns (Secretary) joined in March '53 and became Treasurer that evening. Sheila has served on Committee ever since (except for a few years when she returned to her homeland England), and once again is our hard-worked Secretary.

Barbara Bruce (Assistant Secretary) joined in September '69. She has been a member of Committee as well as Assistant Secretary for the past two years. Barbara is well-known to many as a leader of songs at re-unions.

Tony Marshall (Treasurer) joined in September '76. Tony is a very keen walker and also leads many walks.

Jim Vatiliotis (Walks Secretary) joined in June '64 and has previously been Treasurer and Committee member, and is also a regular leader of walks.

Peter Miller (Social Secretary) joined in January '72. He has previously served on Committee and has been an organiser of social functions - dinners and theatre parties - for the Club.

Leone Volla (New Members Secretary) only joined in October '79, but is already well-known to many members as a walker, and one of the bike-riding group.

Peter Sargeant (Committee member and Federation Delegate) joined in December '75. Peter is another walker-cum-bike-rider. He has led many walks since becoming a member.

Marcia Shappert (Committee member and S. & R. Contact) joined in April '68. She has previously been Treasurer, Social Secretary, Committee member, S. & R. Contact and "is" the S.B.W. phone number.

Jo Van Sommers (Committee member) joined in February '79. Jo is a contributor to the magazine and a keen walker and skier.



David Rutherford (Committee member) joined in July '77. David has led many walks since becoming a member.

Alex Colley (Conservation Secretary), who joined in the '30s and was one of the "tiger" walkers of that era, has been a walker and worker-for-the-Club ever since. He has been President (amongst other offices held by him), has always been a conservationist, and has served the Club for many years as our Conservation Secretary.

Helen Gray (Editor) joined in October '59. She has been President, Secretary, Membership Secretary, Committee member and Editor.

Bill Burke (Magazine Business Manager, Trustee, Coolana Committee, Kosciusko Huts Association Delegate) joined in his teens just before the war, and has been walking and working behind the scenes ever since. Bill has held three of these positions for many years and this year takes on the additional job of K.H.A. Delegate.

Phil Butt (Archivist and Duplicator Operator) joined in October '65 and has been Vice-President, Committee member, S.B.W. Federation Delegate (as well as being Federation President). Phil has been archivist for some years and now is the duplicator operator - two jobs hard to get rid of!

John Holly (Keeper of Maps and Timetables) joined in January '63, and from that day on has worked ceaselessly for the S.B.W., especially in his opening and closing of the clubrooms every Wednesday. John, for almost as many years, has been in charge of maps and timetables and has assisted the Treasurer by collecting annual subs. The Club made John an Honorary Member in 1976.

Ray Hookway (S. & R. Contact) joined in '68, and is another behind-the-scenes worker. Ray was Federation Delegate (and Federation President) for some years.

Don Finch (S. & R. Contact) joined about '64, is a former President and has been our S. & R. man for many years.

Heather White (Trustee) joined in the 1950's, and is a former President too. She has been one of our Trustees for many years.

Gordon Redmond (Trustee and Auditor) joined in the '60's, and was Treasurer for many years before becoming our Hon. Auditor.

Colin Broad (Hon. Solicitor) got "roped in" in the days of the Club's purchase of the lands at Era, although he was not an S.B.W. member. He has worked for us ever since and is an Honorary Member.

Dot Butler (Coolana Committee), walker and worker extraordinary since joining as a teenager in the '30's, has always made an excuse for not holding an official position. (She really works far too hard to find the time. ED.) Dot "found" Coolana, raised most of the money to buy it, has been responsible for our acquiring so much extra adjoining land,

and has worked ceaselessly on the hut building and in the surveying, maintaining and managing of our property.

George Gray (Coolana Committee) joined in 1952 has been Vice-President, Treasurer and Committee member. With Dot, he has worked at Coolana since its acquisition and is responsible for the design and much of the construction of the hut.

Brian Hart (Coolana Committee) joined in March '75. When Brian is not walking or leading walks he is down at Coolana, waging war against the thistles and privet that invade our river flats.

Owen Marks (Coolana Committee) joined in July '65. Owen, well known for his magazine contributions, organising ability and sense of fun, is also a hard worker for the Club, having been Social Secretary, Committee member, Editor, Duplicator Operator and probably more!

John Redfern (Coolana Committee) joined in April '74 and has been Vice-President, Membership Secretary, Committee member, leader of walks, member of our folk-song group and a ceaseless worker at Coolana.

Hans Beck (Projectionist) is the man who, until the purchase of our new projector, perched precariously on that rickety stool on top of that even more rickety table and projected our slides without a complaint. Things should be a little easier for him now.

Kath Brown (Typist). Not on the list of office bearers but definitely should be, as the magazine typist has a big job every month. Kath has taken on this job for many years and it is she rather than the Editor who should get the credit for this publication. Kath is another member who has always declined an official position but works behind the scenes. (Incidentally! The club files don't have any joining date for Kath!?? ED.)

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Christa Younger (Typist) joined about '45. Christa looks after the typing of the Walks Programme. This is also a behind-the-scenes job, but a very important one in a walking club. It has been said that the Walks Programme is the most important document that the Club produces, and is very tricky to type with all those figures and capitals.

\*\* August '47. KB.

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A GOOD SUNDAY WALK.

by Errol Sheedy.

I must admit I felt a trifle guilty the other Sunday when I turned up for Kath Brown's Burning Palms walk. After all, I had been on numerous walks of hers before; and Jim did give that illuminating dissertation on map reading at the edge of Narrow Neck (Glen Raphael Swamp, I think) on Barbara Bruce's Instructional Weekend walk back in 1971, when they had such things, and I was a mere Prospective; so I had a guilty conscience about being away from the fold for so long. Yet, if, as they say, familiarity breeds contempt, absence must, ergo, induce something akin to the feeling the prodigal must have had upon going back.

We were blessed with a glorious day and a stout-hearted party of about twenty, including Ray Carter whom I was pleased to see since he also was making a comeback, and had been on the test walk we did in 1971 over Cloud-maker and Ti Willa Plateau (he distinguished himself by having had such a sleepless night in the Kanangra Walls cave that, the next day, while waiting for the tail of the party, he sat down on a log on the way to Ti Willa, and promptly fell asleep).

It was nice to see that the N.P.W.S. have been spending some of our car sticker money on widening and re-defining the track up the hill from Lilyvale to the coast cliff track (although it did remove the source of fun we formerly had, as Scouts, in arguing about which little variation of track around the rocks would be best to follow - a quite academic discussion as they all more or less ended up at the same place).

When we came to the "Junction" where, in times of yore numerous metal painted direction signs had been nailed, high up, on a big red gum, we branched off through a lesser track towards the cliff-line. One of the more experienced members informed us that the reason this track had not been upgraded was that the Park people didn't know about it until it was pointed out to them recently.

We were all very warm by now, as the early cloud cover had cleared, and by the time we reached the Werong Beach lookout some of us were motivated to seek the shade of the little creek/trickle under the trees, while more hardy types stood at the lookout and monarched all they surveyed. Our little sojourn in the shade produced some interesting comments re sunbathing in the altogether (prompted I think, by somebody saying that Werong was a beach known to be used for such pastimes). The piece de resistance of this conversation was the historical reference to some bloke, known in bushwalking circles, who, while sunning au naturel at North Era, about 1950, was reported to the police, allegedly by a person watching from Governor Game Lookout (!!). Police from Bulli were said to have made the pinch (oops!) at North Era, and the unfortunate chap had to appear in Bulli Court. The things one hears on a bushwalk!

The trip through Palm Jungle was ferny and dappled sunlight, but very dry underfoot, and we finally emerged to the full light of day, and so down through the grassy flats and the trees to our lunch spot overlooking the beach.

Aha! says I, there is an artistic landscape photo to be had here,

nicely framed by trees, some people on the beach for interest. Top composition. (The judge at the camera club would doubtless say, nice chocolate box cover shot.) But then McFate takes a hand, and me rotten light meter's conked out, with a crook battery; so after a refreshing surf, in the course of which we observed, on the beach, two unfortunate young ladies who appeared to have had the misfortune to lose the upper part of their bathing apparel, we repaired to the shade and flaked out for forty winks.

At two o'clock, the appointed time (the period for rest since our arrival at the hour of high twelve, having passed), we set off up a high-above-the-beach-track which joined up with the main one to Garawarra, during which travail we were blessed with a fitful nor-easterly sea breeze, and some most welcome cloud cover. It was quite hot by the time we got to the top and the cliff track which we would follow for the pleasant walk to Otford.

We soon saw the reason for heat. The wind had swung around to the north-west and was coming from the hot inland; and my considered adequate water bottle was soon emptied, and the ensuing kms covered in parched resignation (oh, stoic, stoic). The delight of the tap at Otford Station lured us on.

Along the cliff track Jim regaled us with the story of how the great bushfire of 1939 (I think) killed some of the giant 'grey gums'; and their bones are still standing alongside the track, with enormous dead branches broken off and fallen upon other lower branches which hold them up still, like the last sad remnants of some forgotten gargantua. He said he walked the track the day after the fire, seeing the still smouldering remains; and though the bush does regenerate, some of the large trees gradually died over the following years.

Today, however, we were in more pleasant times; the track was easy, our path was bordered with our Club emblem, and we made the train in good time. Many thanks, Kath, for a good walk.

\* \* \* \* \*

#### SLIDE COMPETITION WINNERS.

##### Australian Landscape

1st: Colin Barnes

2nd: John Noble

##### Overseas Landscape and/or People

1st: Keith Brister

2nd: Jim Percy

##### "That Bushwalking Feeling"

1st: Jim Brown

2nd: Jim Brown

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# the internal frame RUCKSAC

## SOME FEATURES

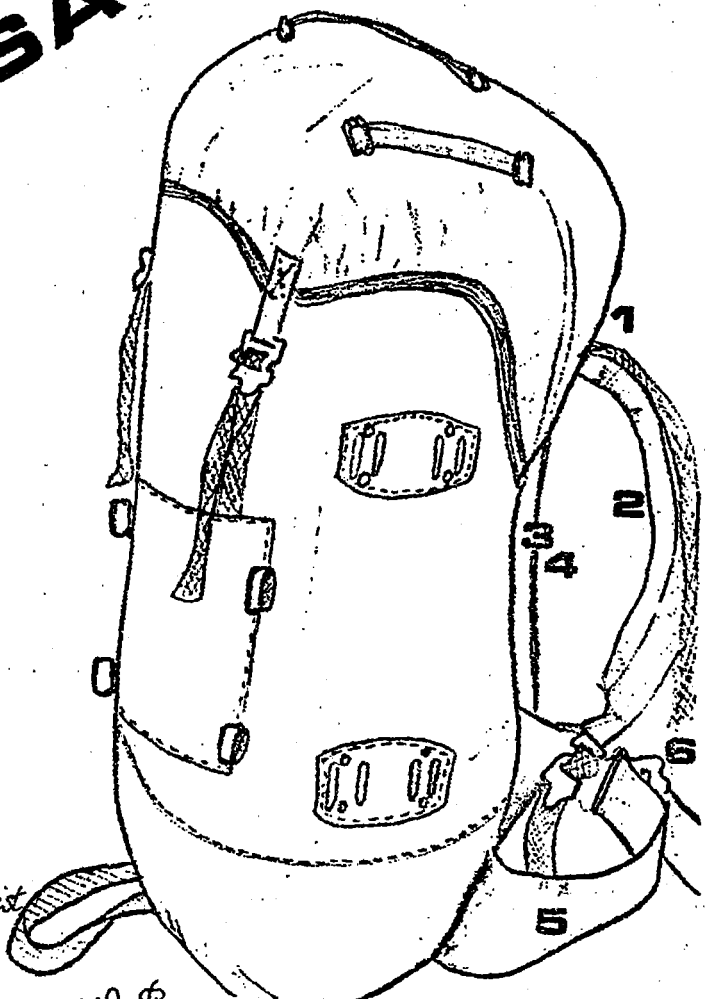
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THE ANNUAL GENERAL MEETING.

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by Barry Wallace.

The meeting began at about 10 to 8 with around 45 members present and the expiring President in the chair.

Of the new members called to receive badge and constitution only Sue Butters was there to answer. Denise Shaw did show up later, but Ron Young, Diana Bucknoll and Mark Weatherley were nowhere to be seen.

There were apologies from John Fox, Marion Lloyd and Elizabeth Newman.

Minutes of the previous meeting were read and received without comment. Correspondence brought advice of letters from the Acting Minister for Conservation and the Environment regarding our letter about the Moreton National Park and the incorporation of the Tianjara Firing Range, from the Superintendent of K.N.P. re sheep sightings in the park, rates notice for Coolana and outgoing letters to our new members.

The Annual Reports were then presented, taken as read, and received. Jim Brown then took his by now traditional role of passing the motion "That such of the standing orders be suspended as necessary to permit election of officers to proceed concurrently with the business of the meeting". This was duly passed, and the elections proceeded. Not quite as headily as last year's, mind you, but there were still a number of contested positions. You will have had the opportunity of reading the results in last month's mag; so don't expect me to repeat them.

There was one other item of concern not normally a matter for discussion at the A.G.M. With the shortage of car fuel, what was to become of the Re-union? There was a motion that it be held as scheduled, but at the Pennant Hills Scout Camp, but this lost out and we voted to defer this year's Re-union till 3-4th May and hold it at Coolana.

Meanwhile back at the ranch, the Treasurer reported on the preceeding month's money-flow. We started with \$1654.21, received \$146.72, spent \$260.91 and ended up with \$1540.02.

And then it was . . . Oh, no! "The Walks Reports!" You know, for a few brief bright moments there I thought I had shed this particular item when I voted for Kath Brown's motion calling for the election of a Walks Reporter. But it was not to be. The Ainslie whom we elected will simply coerce others into writing full walks reports for the magazine. So settle back gentle readers, while I proceed once to bore our collective whatevers off.

It all started with Wayne Steele's Blackhorse Ridge trip of 15,16,17th February. This attracted 26 starters on a hot weekend with very little water along the way. Only 24 of the starters made it all the way, two of them dropped out and took the short way home. Ian Debert's Maitland Bay trip attracted an indeterminate number of starters. The average value worked out at 13.5. Neil Brown had 10 bods on his Kangaroo Creek trip and reported good swimming. Hans Stichter was not available for his Mackerel Beach walk but the 6 or 8 starters were led by a substitute leader.

The following weekend saw David (Raindrops keep falling on my head)

Röstron leading his Morong Deep trip across Cloudmaker in swirling mist and light rain to the comfort of 100-man cave. The whole sorry business was somewhat redeemed by the 18 people who spent the Sunday (which turned out fine just to show that you can't lose 'em all) going down to the Kowmung and back up Roots Ridge. The other 11 starters finally managed to tear themselves away from tea and cheesecakes in the cave and fight their way back through fierce sunlight to collapse into the pools above Kalang Falls. It was hell I tell you!

Tony Denham's trip to Wheeney Gap turned into a lesson in navigation for the four starters but the pool was beaut when they finally got there. Kath Brown's trip on Sunday 24th to Burning Palms had 21 people who are reported to have enjoyed the surf.

The following weekend 1,2nd March saw Ian Debert with 10 starters swimming and sunning on Werong Beach. Bob Younger's trip to Bungonia was cancelled because Bob is still recovering from burns to one of his feet. Roy Braithwaite led a party of 16 people on his trip to Deer Pool on the Sunday.

Roy Higginbottom's Kowmung River walk had 10 starters, three of whom were prospectives, and it rained all day Sunday. Craig Austin's 5 starters had insufficient fuel to go to Kanangra, so they improvised at Newnes instead. Jim Laing's day walk is reported to have had 5 starters all of whom have vowed to say that they did so too really truly leave the Paragon Cafe between morning and afternoon tea. Really! What would you think. It was a rainy day after all. But it did serve to bring the Walks Report to an end. Amen.

Federation Report brought news of the death of John Morgan.

There are reports that a tritter machine has been in use on tracks in the Royal National Park and a Wardens Court has given the go-ahead for mining on Newnes Plateau. Federation S. & R. organisation has joined the Volunteer Rescue Association.

And then we came to the vexed question of setting the Annual Subs. for the coming year. After some to-ing and fro-ing we finally settled for:- Active single member \$11.00, Married members (Active one assumes) \$13.00. Students (not inactive one hopes) \$7.00. All you non-actives out there will just have to read elsewhere for your rates. They are determined by the incoming committee. In any case pay early and make the Treasurer happy.

We did discuss the possibility of discussing the F.B.W.'s new constitution, but it never happened.

And so, at 13 minutes to 10, the retiring President gonged the gong and bade the multitude good-night. She did not, however, declare: "Let us re-une." That I fear must wait to next month. So watch this space.

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COLD WATER TREATMENT OF BURNS AND SCALDS

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From Bushfire  
Bulletin, 1974.

Until a few years ago, the first aid treatment of burns and scalds was essentially negative, and confined to those measures which were calculated to do the minimum of harm. First aiders were taught to cover the burned area with a clean dressing and ensure that the patient was transported quickly to a place where medical treatment could be given.

However, in Iceland the traditional way of treating a burn is to immerse the burned area immediately in cold water, and experiments by an Icelandic doctor have shown that this treatment hastens the healing process and alleviates or prevents many of the complications experienced with such injuries.

Immersion in cold water relieves pain, and gives comfort to the patient, who is more receptive to re-assurance. It is a treatment which gives the first aider something positive to do; it can be done at once, does not require equipment or training and assists in the healing of the injury. It prevents further damage, helps to combat shock and probably reduces the risk of infection.

The following points are important:-

Time Factor - The burned part must be immersed in cold water immediately, and there should be no delay other than to extinguish naked flames. Even if there has been a delay, immersion should still be carried out. It has been shown that healing is improved even if immersion has to be delayed as much as 45 minutes.

What to do - Every part of the burned area should be immersed. If this is not practicable, clean cloths soaked in cold water should be applied and re-applied frequently to achieve the cooling of the injured area. The patient should be re-assured constantly.

Immersion Period - Preferably until there is no longer any pain - this may be from a few minutes to several hours. Patients with extensive burns should be removed to hospital as soon as possible.

Clothing Removal - The burned area, including any clothing, should be immersed immediately. Once the burned area is in water, clothing can be removed unless it is sticking to the body.

Water Temperature - With extensive burns or if lengthy immersion is likely to be necessary, it may be desirable to use water at room temperature.

Water Cleanliness - Ordinary tap water is satisfactory.

Conclusions - Cold water as a first treatment to burns and scalds, either by immersion or water soaked compresses is inexpensive, readily available, humane, harmless and very effective. It relieves pain, restores morale, reduces shock, prevents complications and hastens the healing process.

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SOCIAL NOTES FOR MAY.

by Ailsa Hocking.

Wednesday, May 21st.

"Temples and Palaces of Northern India" - slides by Christa and Bob Younger. Bob will show the slides and Christa will tell us about the magical beauty of some of the famous and some lesser known temples and palaces they have visited in Northern India.

Wednesday, May 28th.

"The Middle Third of Africa" - movies by David Robinson. David's talk on his travels through the first third of Africa met with such an enthusiastic response, despite troubles with the projector, that he has volunteered to come back and continue the saga of his 14 weeks trip overland through Africa. This time he'll be travelling through Kenya, Tanzania, Rwanda, Zaire and the Central African Republic.

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ANNUAL SUBSCRIPTIONS 1980.

The subscription rates for 1980 were decided at the Annual General Meeting and are now due and payable. They are as follows:-

Ordinary member	\$11
Married couple	\$13
Full-time Student member	\$ 7
Non-active member	\$ 2

The magazine is posted free to all members, but non-active members and others who would like to receive the magazine can do so for an annual subscription this year of \$5.

The Treasurer will take cash or cheques any time - either in the Clubroom, or posted to Box 4476 G.P.O., Sydney, 2001.

La distance n'y fait rien; il n'y a que le premier pas qui coûte.

Is anyone interested in going to South India & Sri Lanka over the Christmas break with the Shappert family? We hope to spend 2 weeks in each country. Other children (accompanied by parents) and singles welcome. If this sounds good to you 'phone Marcia or Craig Shappert at 30 2028 A.S.A.P.

- MAY  
2,3,4 ++ YALWAL Danjera Creek - Bundundah Creek - Clarke Saddle - Yalwal 45 km MED/HARD  
Maps: Sassafrass/Yalwal 1:25000 LEADER: CRAIG AUSTIN 84 1519 (H).
- 4 ROYAL NATIONAL PARK Lilyvale - Era Beach - Burning Palms - Palm Jungle - Otford  
14 km EASY Train: 8.45 (C) Tickets to Otford. LEADER: MERYL WATMAN 570 1831 (H).
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- 9,10,11  $\emptyset$  NTH BUDAWANGS Newhaven Gap - Galbraith Plateau - Salle Ck - Quiltys Mtn - Sluice  
Box Falls - Island Mtn - Newhaven Gap 35 km MEDIUM Map: Nth Budawang Sketch.  
LEADER: RAY TURTON 529 6500 before 7.30 p.m.
- 9,10,11 PICYCLE TRIP Bell - Glow Worm Tunnel - Newnes - Wolgan Valley - Lithgow MED/HARD  
LEADER: LEON VELLA 50 9074
- 11 BLUE MINS NAT PARK Glenbrook - Woodford Fire Trail - Euroka Clearing - Erskine  
Creek and return 20 km MEDIUM Map: Blue Labrynth Train: 8.10 (C)  
LEADER: BELINDA MCKENZIE 646 8529 (B) 8 a.m. to 4.45 p.m.
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- 16,17,18 BEECROFT PENINSULAR Point Perpendicular - Gum Getters Gully - Beecroft Head -  
Currarong 16 km MEDIUM LEADER: JIM VATILIOTIS 534 3865 (H) 211 1555 (B).
- 16,17,18  $\emptyset$  AIRLY Airly Turret - Genowlan Ck - Genowlan Mtn - Black Mtn - Mt. Torbane - Airly  
Limit 15 people 30 km MEDIUM Map: Glen Alice 1:25000 LEADER: JOHN REDFERN  
808 1702 (H)
- 18 BLUE MTN NAT. PARK Glenbrook - Red Hands Cave - Kanuka Brook - Glenbrook Ck -  
Glenbrook 11 km EASY/MEDIUM Map: Blue Labyrinth Train: 8.10 (C) Tickets to  
Glenbrook LEADER: JIM BROWN 81 2675
- 18 GROSE VALLEY Evan's Lookout - Junction Rock - Grose Gorge - Victoria Falls.  
18 km MEDIUM Maps: Mt Wilson/Katoomba 1:31680 LEADER: IAN DEBERT 646 1569 7 -9 p  
Thurs. prior to walk
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- 23,24,25  $\emptyset$  KANANGRA TO KATOOMBA Taxis to Kanangra Friday night. Cloudmaker - Kanangaroo  
Clearing - Splendour Rock - Katoomba 80 km MEDIUM. Tracks all the way. Map:  
Blue Mtns Sketch Train: 6.00 pm (C) LEADER: PAT McBRIDE 868 2275.
- 23,24,25  $\emptyset$  NTH BUDAWANGS Yadbro Flat - Kalianna Ridge - Monolith Valley - Mt. Owen - Corang  
Peak - Wog Wog Track - Yadbro River. Limit 20 people. 48 km MED/HARD Map: Nth  
Budawang Sketch LEADER: CHARLIE BROWN 818 2882 (H).
- 23,24,25 MCCARTHUR'S FLAT Starlight's Trail - Base Camp on Nattai River at McArthur's  
Flat. Two day walks 1. to Wanganderry Creek 2. to Rocky Waterholes Creek  
20 km EASY LEADER: BELINDA MCKENZIE 646 8520 (B) to 8 a.m to 4.45 p.m.
- 24,25 MEGALONG VALLEY - Carlon's - Tinpot - Cox's River - Little River - Cox's - Break-  
fast Ck - Carlon's. 26 km MED/EASY (suitable for beginners) Nuts & Wine week-  
end Map: Jenolan 1:31680 LEADER: HANS STICHTER 365 5808 (H).
- 25 BUNDEENA Deer Pool - Marley 10 km EASY Train: 8.50 a.m. (E) Tickets to  
Cronulla LEADER: NEIL BROWN (042) 941376 (H).
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- May 29,30 VICTORIA FALLS Blue Gum - Junction Rock - Beauchamp Falls - Rodriguez Pass -  
June 1 Grand Canyon - Evan's Lookout 30 km MEDIUM Map: Mt. Wilson LEADER: LAURIE  
 $\emptyset$  Quaken 407 0280 (H)
- 29,30 ++ MT TOOTIE Wallangambie R - Maiden - Colo R - Blacksmith's Ridge - Mt. Tootie  
June 1 35 km HARD Map: Colo Hights 1:25,000 LEADER: BOB HODGSON 949 6175 (H)
- June 1 HEATHCOTE Karloo Track - Robertson Knoll - Head of Navigation - Heathcote 13 km  
Map: Royal Nat. Park LEADER: MERYL WATMAN 570 1831 (H) Train: 8.20 a.m.

The tins you carry in your pack are lighter on the journey back  
Though empties are a bore to hump - the bush is not a rubbish dump!