

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 7.45 pm at the Cahill Community Centre (Upper Hall), 34 Falcon
Street, Crow's Nest.

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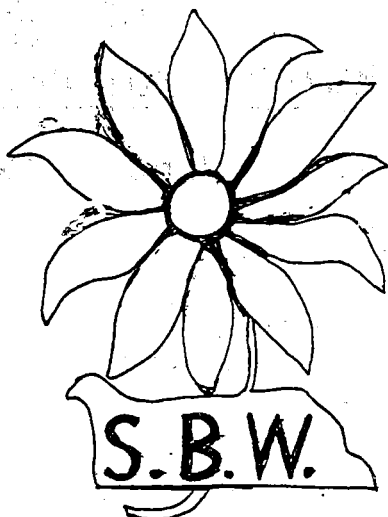
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DECEMBER, 1985.

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EDITORIAL.CHRISTMAS GREETINGS AND BEST WISHES FOR THE NEW YEAR.

Fifty five years for a magazine is really commendable, when it is produced monthly with contributions from many of our Club members, and typed, printed, collated and posted by a stalwart bunch of volunteers. The difficulties with the new printing machine have been overcome bit by bit with the perseverance of our small hardworking team. The addition of two women - mechanically-minded, of course - has come just in time. Next year they will form the core of a new printing team, so if you would like to assist, let them or the Committee know.

I feel that the greatly improved appearance of our magazine and other material that we print puts our Club in a better light in the eyes of those who read it. Maps and line drawings have given interest to articles and soon the printers hope to tackle photographs.

Our Walks Programme has drawn much comment for the number and variety of activities, and it is that which gives the experiences which inspire people to write an article or poem, or draw a sketch. My thanks therefore also go to Bill Capon, our Walks Secretary. Keep those contributions coming in - make a few notes on your walks if necessary - and don't wait for the Editor to ask, just send them in.

Best wishes for Christmas and happy walking in 1986.

AINSLIE MORRIS.

OUR SECOND WALK - MOUNT SOLITARY.

Party: Jan Mohandas (leader), Keith Docherty, by Margaret Niven.
Elwyn Morris, Les Powell, Bron Niemeyer,
Bob and Margaret Niven.

Our second choice of a walk was a gourmet weekend, Katoomba to Mount Solitary, with Jan Mohandas. After meeting at Katoomba, eight of us, including Laurel, a visitor, made our way to "Aroney's" for hot chocolate and capuccinos, before walking to the Scenic Railway. Some of us rode the train down, but not our worthy leader, Jan. This was on Saturday.

The first two hours were very easy walking, with bush flowers and lovely views to occasionally slow the pace. Lunch was eaten at a fireplace where water was at hand, if you knew where to find it, as Jan did.

The next 2½ hours involved some rock scrambling, which was also a new venture for us, especially with 12 kg packs on our backs. We reached the caves, which we found uninhabited much to Jan's delight, where we were to camp. We were joined by the Stewart clan of five from the National Parks Association. We dressed suitably for our gourmet dinner, in a kaftan for Warwick, long skirt for Lyn and a bow-tie over polo neck jumper for one of the lads, and then out came a candelabra and three red candles, a Tilley lamp for lighting, champagne, caviar, smoked mussels, wine and much laughter.

Jan produced a most delicious Chicken Tandoori, and with our own meal we all did well with fruit cake, nuts, dried fruits and more wine. Warwick and Lyn then set up a Fondu and proceeded with much dipping and laughing, after which they then ended the gourmet dinner with fresh strawberries in melted chocolate, cream and cointreau at 10.30 on a night that was clear and beautiful with a lovely moon.

Needless to say we all slept well, and after an early breakfast, Jan and Bob and the Stewarts went for a walk to The Col Lookout. On the way Jan had a close encounter with a very aggressive brown snake which jumped at him and fortunately missed by inches.

Those of us who'd stayed at camp did two short walks to lookouts and kept the campfire going for a quick cuppa on their return. We left at 11.30 am for our walk back which was uneventful, except for the happy sighting of a lyrebird hen.

We had our lunch at the same spot as the day before, and Elwyn and Les produced a box which Elwyn had carried on top of her pack, and been caring for, and out came succulent lamingtons from The Paragon. They went down very well and were a tasty end to our gourmet weekend meals.

When we arrived at the Scenic Railway there was a crowd of people waiting to ride it up, so Jan, Bob, Keith and Les convinced Bron and me that it was only a "few steps" to the top - and so away we went. The reward for struggling up not a "few" steps but "many" steps were great views of the waterfall and The Three Sisters.

After a gallop up the hill to catch the 5.02 pm train home, we decided that "Gourmet" weekends were great and that we would certainly be present at any others, and had picked up lots of ideas on what to take and do.

Bob and I have thoroughly enjoyed our first two walks and the company we have had on these walks, and are looking forward to doing many more. Thank you, Gordon (our first leader) and Jan.

"DE NON APPARENTIBUS ET DE NON EXISTENTIBUS EADEM EST RATIO".

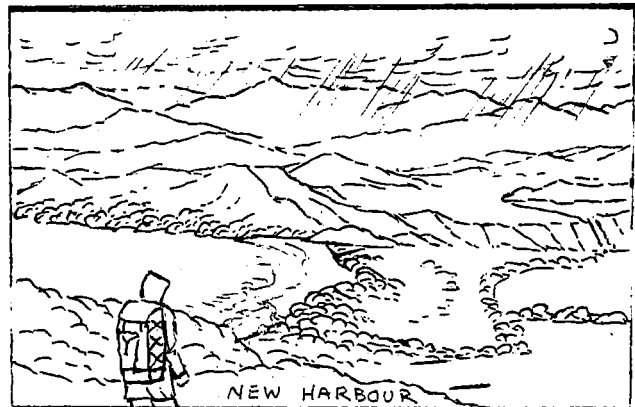
by Phil Butt.



Illustrated by Morag Rider.

Part Two.

I consumed lunch at the huts whilst I defrosted, and thereafter headed North to the Narrows for my afternoon row from Point Joan. Although it had been a trifle breezy, cool and damp over the preceding week I had not really appreciated just how protected I had been by the surrounding hills, until I wandered up the Port Davey track.



The crossing of the Bathurst Narrows was interesting, as not only did I have a 50 knot gale with snow just before I started my rowing, but it did occur to my benumbed conscience, occasioning me some concern, as I was towing Southwards the second boat to Point Joan, that if I were to replace the boats properly, there was now no returning Southwards to Melaleuca, as with a screaming North-Wester whipping up waves over a metre high there was no possibility that I would ever be able to singly tow a boat Northwards under these weather conditions - which incidentally prevailed for in excess of a further fortnight, as I was to both experience and learn.

Having determined all this, I made for Farrell Point shelter where I stayed the night. Next day was a stroll in windy and wet conditions to Watershed Divide, where I stayed the night on a mass of mud which was in a somewhat mobile state, owing to the rather copious quantity of rain that had precipitated that day and into the night.

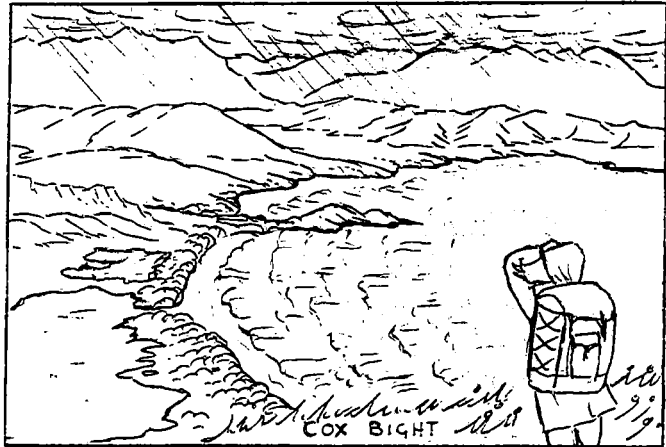
The crossing of the Spring River that day reminded me of "The great



grey-green greasy Limpopo River all set about with fever-trees", as I balanced on the greased crossing log over a river which was very obviously just about to raise its level to cover its banks and the said log.

After almost continuous rain during the night, I awakened at 0330 and arose at 0430 to head for the Crossing River, which I did reach soon after 0700. I did observe en route that the recent showers had caused the normally dry track to

have developed occasional pools of flowing water up to a metre or so deep. This did not disturb me greatly, as I knew from previous experience that the crossing at the Crossing River was wide and of course knee deep on sound ground. Well, there was a certain amount of surprise on my part to find upon my arrival at the said Crossing River, that the crossing was under almost three metres of fast flowing water, which I knew from a waist deep incursion, was rather cool.



In spite of only one day's food remaining and the rather frequent sleet/rain showers, I decided to set up what was planned to be a very temporary camp on the Western Bank, in the fervent hope that the now relatively finer weather might cause a consequential fall in the river level.



Following some sleep, at 1600 after the water level had fallen a metre or so, I stripped to a hat, swimming costume and sandals - one must always take proper cognisance of the dignity of the occasion prior to embarking on such excursions - and having procured a stout four metre wading pole, I attempted a crossing.

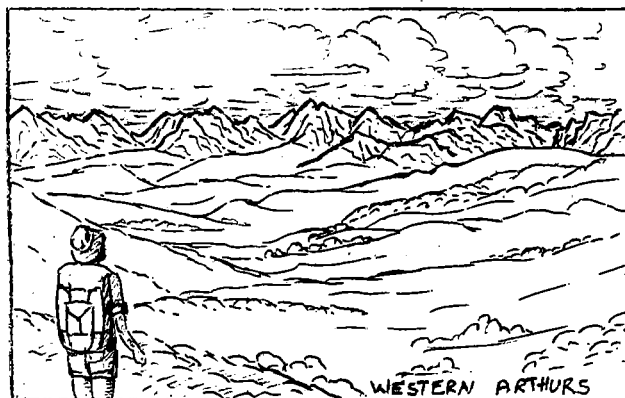
Following a few exciting incidents, I achieved the Eastern bank, where I was now with minimal

clothing, my pack and gear of course being on the West Bank. So to prove that my first crossing was not just good fortune, I plunged back into the water to regain my pack and gear. After this I subsequently made the East bank again, some time later, with all my equipment.

Somewhat to my chagrin I spent my ultimate night in the South West at the Junction Creek shelter with ten other souls who were heading out to the areas which I had aspired to visit, but had been thwarted by the weather in my attempt.

And so it came to pass on the last morning of my travels that with the Western Arthurs behind me, I obtained a lift into Hobart, which allowed me to be home that evening.

The transition from Junction Creek at 0630 to Sydney at 1800 was a profound shock to my simple system.



* * * * *

NOW WHAT?

FIRST AID - Fourth in a series to test your
knowledge of what to do in a bush emergency -

By Ainslie Morris.

SITUATION 4:

Your party has set out in the early morning with heavy packs and you are walking down a 1,000 metre steep ridge towards a creek. It is hot and sultry.

PLACE: Kanangra area. Cars left on road at top.

SIGNS: One member of the party shows -

- * Face pale.
- * Skin cool to touch.
- * Sweaty.
- * Rapid breathing.
- * Rapid pulse.
- * Irritable - "I'm perfectly all right,...."
- * Slow - dropping behind party.

SYMPTOMS:

- ° Feels "sick" - nausea ("must have eaten something";
"got the wog")
- ° Headache.
- ° Feels weak and exhausted.
- ° Thirsty.

TEST:

- (1) What is your assessment of the signs and symptoms?
- (2) What is your immediate action?
- (3) What is your treatment of the patient?
- (4) What further action would you take?

For POSSIBLE ANSWERS see page 13 .

- - - - -

EARLY NOTICE OF ST. JOHNS AMBULANCE FIRST AID COURSE.

Set aside the weekend before Easter, 22 and 23 March, 1986, when Grace Matts, caver and bush first aid instructor, will teach and examine all who want a Basic Certificate or to upgrade.

KOREA ANYBODY?

I am going to South Korea in April and returning in May for five weeks of temples/national parks - one dollar per night in Buddhist monasteries, sitting in spas and eating glorious food. The air fare is \$1,100 return and you can live and travel on \$10 per day. Perfect spring weather.

Contact OWEN MARKS at home - 30 1827.

P.S. I can read Korean.

M O U N T A I N .

By Gordon Lee.

Born of cataclysmic magma
She was there before Man,
There before god -
For Man made god.
Her eternal striving
Against the elemental hordes,
Clawed, riven and marred,
Reveals her character rugged.

Through eons her face has changed.
In stature not as mighty now,
But still awesome.
She is challenge to man
When in her white robe
She is monarch.
Sometimes benignly she smiles
On mortals clinging to her sides;
And from her sweating thighs
Flow the rivers of life.

What was, is no longer.
Where once the rivers stemmed
A gnawing cancer.
The Queen is dead!
Her mantle gone:
Her once proud face shrouded in dust.
The law of Man is dust and ashes, so
The Queen is dead:
And Man - the arbiter
Of the Queen's
And his own
Destruction.

* * * * *



eastwood camping centre

BUSHWALKERS

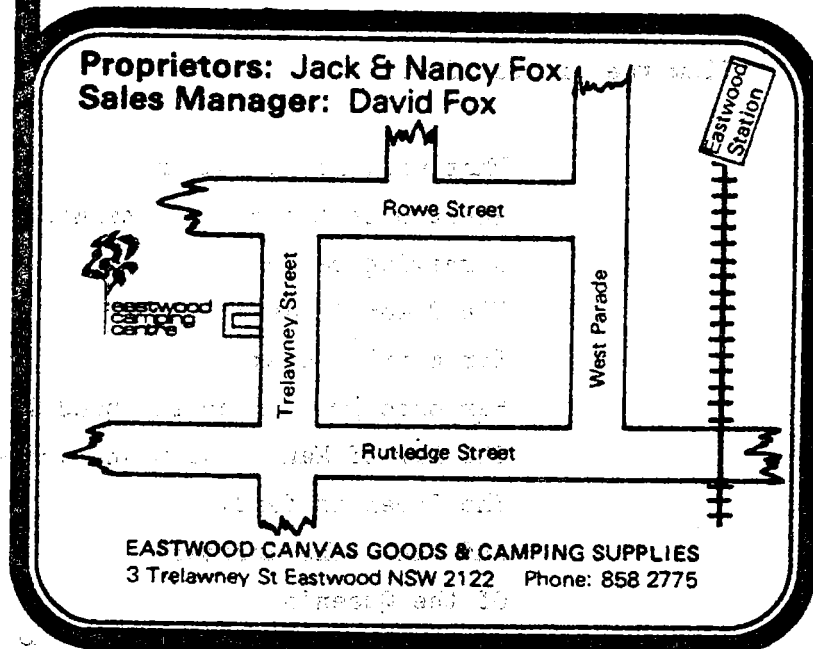
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Lef'....lef'....lef'....lef'....lef'...

By Jim Brown.

There is one version of an old nursery rhyme and song that goes -

"Old King Cole was a merry old soul,
And a merry old soul was he.
He called for his wife, and he called for his pipe
And he called for his Corporals three.
"Lef' - ri' - lef' - ri' - lef'" said the Corporals
"You will all agree. There's none so fine
In the firing line
As the bloody Infantry".

This version has a whole swag of verses, getting up to where -

"Somebody hold my horse " said the General
"What a fine body of men" said the Colonels
"That man won't salute" said the Majors
"We do all the work" said the Captains
"We'd like six months' leave" said the Subalterns
"Crime that man" said the Sergeant-Majors
"Move to the right in threes" said the Sergeants
"Lef' - ri' - lef' - ri' - lef'" said the Corporals
"Beer, beer, beer, beer, beer" said the Privates
"Blah, blah, blah, blah, blah" said the Buglers
You will all agreeetc....etc.

The concise Oxford defines "infantry" as "soldiers marching and fighting on foot". The P.B.I. (Poor Bloody Infantry) - not to be confused with the P.I.B. (Papuan Infantry Battalion) - have been with us for a long while, and for a lot of battles, and for all we know (and hopefully never will know) may be with us for a time. Meanwhile, we have the Bush Walkers, who march and battle with the terrain on foot.

Usually bush walkers move along the lines prescribed by King Cole's Corporals "Lef' - ri' - lef' - ri' - lef'....." But because bush walkers are a perverse lot (praise be to Allah) - occasionally they do otherwise. As I did recently.....

Like most sandshoe-clad walkers, I have a collection of sandshoes in varying states of disrepair. Some of them have a tread that would never pass for re-registration if we had a local "Authorised Inspection Station". So it was with mild horror that I found on a recent mid-week solo day walk that I had brought two left-footed sandshoes. The very light shoes that I wear for travelling were quite inadequate for the walking part of the trip.

At first I thought of going home, then I tried one (the most worn) sandshoe on my right foot. I couldn't call it a good fit, but because it was so battered it somehow accommodated to my right foot, and I completed the intended walk - only 11 or 12 kilometres, almost all the way on easy tracks.

I trundled along, admiring the Pultenea and Calytrix plants in full flower, and at least once found myself giggling and saying aloud "Lef' - lef' - lef' - lef' said the Corporals." Then I said sternly to myself, "Stop laughing - this is serious".

And had to halt and sit down until I had stopped laughing.

* * * * *

S U M M E R T R I P S

By Roger Browne

I often hear people comment that "There's no good bushwalking in summer." This surprises me, since many of my favourite trips are summer trips. Certainly, summer is not the season to be climbing Mt Paralyser in record time. The key to pleasurable summer trips is to pick the style of trip to match the season. Often summer trips center around rivers and streams, with perhaps a relatively short climb out on Sunday afternoon, after the hottest part of the day has passed.

Summer trips bring their own pleasures. Darkness does not fall until after eight, making it unnecessary to cook in the darkness. There is often plenty of daylight left after arriving at camp, for swimming/reading/relaxing/exploring. The evenings are usually mild - there is not the winter experience of one's front warmed by the fire whilst one's kidneys feel the chill from behind. It's warm enough to sleep in the open most nights, enjoying starry vistas, or maybe the sight of thousands of glow-worms on the canyon walls. And even if it rains, it's not nearly so unpleasant as in winter - sometimes a summer storm can be quite enjoyable!

For those who seek conventional walking, summer is the time to visit the Snowy Mountains, Tasmania, or perhaps New Zealand. For those who stay around Sydney, there are perhaps five 'classic' types of trips:

1. The li-lo canyons. The most well-known of these is the Wollangambe River. Other great li-lo canyons can be found in Du Faur's Creek, Bell Creek (cold!), or Dumbano Creek. These involve paddling a li-lo along narrow ribbons of water flanked by sheer canyon walls, between which beams of sunlight cast quivering shadows and highlight the ferns clinging to the canyon walls. There are no rapids, and the whole trip is tranquil, gentle and beautiful. There are day and week-end trips.

2. The walk/swim/abseil canyons such as Claustal and Thunder canyons. There are three abseils involved in each of these canyons. They can be (and usually are) done as day trips, but on a two-day trip you will usually sleep by the light of thousands of glow-worms. The abseils involved are not in themselves technically difficult, but the trips involve a wide variety of techniques - swimming with packs, abseiling through keyhole slots and beside waterfalls, rock scrambling and in some cases swimming through natural tunnels.

3. Cascading trips such as Morong Deep on the Kowmung River. Here it is necessary to waterproof your pack and let the current carry you down the river. There are also long stretches of walking. The trip is through beautifully sculptured pink granite formations, and ever-changing water sculptures. The campsite may be on a level granite slab, or maybe in a small pocket of grass in an enchanted dell.

4. White-water li-lo trips such as parts of the Cocks and Shoalhaven Rivers, after sufficient rain. Here you have the choice of shooting each rapid, or walking around it. But you have to be prepared for the occasional spill.

5. The vertical abseil canyons, such as Kalang Falls or Davies Canyon in the Kanangra area. These are technically more difficult, requiring prior abseiling skill. I can't describe them, since I've not done any of them, but those who do them enjoy them very much, and I hope to try a few soon.

Gear

On summer trips, you can use a lightweight sleeping bag, and you do not need an elaborate tent. However, there are some items of gear that are needed to enable you to float or abseil, and to keep warm in cold water. Little sunlight reaches into the deeper canyons, and while Sydney is experiencing its hottest day of the summer, the water in Claustral Canyon and Bell Creek will be icy cold. Most other creeks are not as cold, but can still be chilly if the weather is overcast and you've been in most of the day.

LI-LO: For serious li-lo trips, a rubberised cotton li-lo must be used. These are also sometimes called rubberised canvas. The nylon types are OK for a day trip down the main stretch of the Wollangambe, or for playing around at a swimming hole, but not much more. If you intend to sleep on the li-lo (and therefore leave your foam mat or beloved therm-a-rest at home), you should select the style of li-lo having a line of slant ribbing on each side of the pillow. These are quite comfortable to sleep on, in contrast to the standard style which causes sore necks, dribbling, and all sorts of other problems. Bring puncture repair materials.

ABSEILING GEAR: Standard gear for canyons is a harness or suitable tapes from which to make one (most people find 2m of 50mm flat tape plus 1.5m of 25mm tubular tape OK), plus gloves, 2 large D-karabiners and a brake bar (such as a piton). Other abseiling devices (such as figure-8 descenders) are not so useful because they need to be detached from the harness in order to remove the rope.

ROPE: Abseils are almost always double-roped. 10mm static rope is suitable.

WETSUIT: For Claustral and other very cold canyons. Also useful on any river trip to improve your comfort in less-than-ideal weather. You do not need a scuba-type heavy wetsuit. A light surfer's 'spring-suit' is fine. It should be made from 2-to-3 mm fabric, and be of one-piece construction with short sleeves and short legs. Make sure that it fits closely, without being constrictive. Light wetsuits of this type are comfortable to wear, and easy to walk in between swims.

THERMAL WEAR: A 'Lifa' T-shirt and long-johns are great for a bit of warmth and also provide some sunburn protection. They are very light. A beanie is also well worth taking on river trips.

WATERPROOFING: You can achieve this with nested layers of heavy-duty garbage bags. Alternatively, high-quality canyon bags are available from outdoor shops, as are heavy plastic pack liner bags. In any case, put your sleeping-bag in an extra layer of plastic.

COSTS: Typical costs are Li-lo \$20, Abseiling gear \$20, Rope \$2/metre, Wetsuit \$70, Thermal wear \$20 a piece, Canyon Bag \$30, Waterproof pack liners \$2. Some items (such as li-los and wetsuits) are available more cheaply at K-mart.

Hazards

These trips involve different hazards to winter trips, and there have been some deaths in places like Claustral Canyon. However, SBW leaders tend to be fairly safety-conscious, and I feel the risks are no higher than for a typical winter bush-walk. Hazards include exposure, falls and flash floods. But, on the other hand, by the nature of the trips, bushfire and snakebite risks are much reduced.

SO, see you there!

C
&
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NOW WHAT?

by Ainslie Morris.

POSSIBLE ANSWERS TO FIRST AID QUESTIONS -SITUATION 4 - See page 6.

Your reference is "Australian First Aid" - St. Johns pages 318-323.

(1) ASSESSMENT:

HEAT EXHAUSTION, which is due to an imbalance between heat gain and heat loss (more gain than loss).

(2) IMMEDIATE ACTION:

Ask the person to lie down. Remove pack and any unnecessary clothing.

(3) TREATMENT:

Wet his/her shirt and sponge face, neck, upper body, under arms, and legs and groin.

Give fluid - water to which has been added Staminade, or glucose and $\frac{1}{2}$ teaspoon of salt per litre. Ask the person to drink slowly.

(4) FURTHER ACTION:

Observe the casualty: note whether face returns to healthy pink, sweating is reduced, breathing and pulse slow down. Ask if he/she still feels "sick", faint, giddy, or if any cramps. REST until all symptoms disappear. Then reduce weight of pack and walk slowly on, with frequent stops and when on the creek, have regular dips.

There is a DANGER OF HEAT STROKE if you do not take care as above; if the person vomits, cannot keep fluid down, or does not recover promptly, you must stop and camp. If he/she loses consciousness, place in the coma position and continue to sponge down or place a wet sleeping sheet over him/her and fan. When conscious give more sugary salty fluid.

PREVENTION AND PRECAUTIONS.

Keep fit

Keep pack weight as low as possible

Keep your own body weight normal

Carry water at all times, even going down to a creek

Drink sips of water frequently

Carry Staminade or similar

Tell the leader as soon as you feel very tired and thirsty

DANGER MONTHS - October and March - when you least expect
a hot weekend

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BOOK FAIR.BOOKSPOSTERSCALENDARSDIARIES

At the Total Environment Centre - 3rd Floor, Argyle Centre, 18 Argyle
Street, Sydney. Phone 27 4714

From Saturday 30 November to Tuesday 24 December.

Weekdays 10 am to 5 pm, weekends 1 pm to 5 pm.

LIGHT WEIGHT RECIPES

by Wendy Hodgeman.

Try some of these recipes on your longer Xmas trips. They were tried and tested on a long trip in Central Australia. Measure out and package before you go.

Easy Menu for Dinner:SOYARONI.

(Serves one - 10/15 minutes)

80 g soyaroni
1 tablespn. parsley flakes
 $\frac{1}{4}$ cup (or less) dried mushrooms
1 tablespn. dried capsicum
1 " dried peas
 $\frac{1}{2}$ tablespn. garlic
($\frac{1}{4}$ tablespn. salt - optional)
tomato paste sachet
 $\frac{1}{4}$ cup parmesan cheese

Boil everything except cheese and tomato paste.
Drain soyaroni mixture and add tomato and cheese.

APRICOT BARLEY PUDDING.

(Serves one - 30 minutes)

$\frac{1}{4}$ cup barley = 40 g
 $\frac{1}{4}$ cup dried apricots = 50 g
60 g sultanas, nuts
 $\frac{1}{2}$ tablespn. cinnamon
 $\frac{1}{2}$ " nutmeg

Boil until cooked.

Harder Menu for Dinner:RICE CURRY & CHAPATIS.

(Serves one - 50 minutes)

$\frac{1}{4}$ - $\frac{1}{2}$ cup rice = 60 g
1 tablespn. onion flakes = 10 g
1 " curry powder
 $\frac{1}{4}$ tablespn. salt (optional)
 $1\frac{1}{2}$ cups water
25 g apricots/sultanas
25 g peanuts/cashews
10 g coconut

Boil 45 minutes. Add nuts last.
Let sit for 5 minutes.

Chapatis.

100 g plain flour (makes about 8)
 $\frac{1}{4}$ tablespn. salt
water

Mix to stiff dough. Roll out very thinly and cook in hot dry pan.

FRUIT CRUMBLE.

(Serves one - 30 minutes)

30 g oats, bran flakes,
sesame seeds, wheatgerm and
crushed nuts
20 g butter
100 g dried fruit (pears and
raisins/sultanas)

Soak fruit.

Melt butter and mix with dry ingredients.

Make crumble and put in a container for a while.

Put fruit in.

NEW MEMBERS.

Please add the following to your List of Members:-

HAY, Beverley, 14/17 Taranto Road, Marsfield, 2122
WILLIS, Lynn, 5/94 Kurraba Road, Neutral Bay, 2089

Phone 868 2243
" 909 3432

* * * * *

XMAS GIFT IDEA.

A new edition of Paddy Pallin's well known book Bushwalking and Camping will be available in book shops and outdoors stores for Christmas.

For over 50 years the book has been through 10 editions and, as the sub-title suggests, it has established an authoritative place as The Handbook of Australian Bushcraft and Ski Touring.

This new edition has been completely rewritten, redesigned and illustrated to form an indispensable handbook for beginners and the experienced alike, be they members of a club or not, Scouts, or those simply interested in the Australian bush.

There are numerous tables and checklists, a good bibliography and a really useful index which will lead you quickly around the 200 pages. A high standard of black and white photographs and diagrams complement the text.

The writing in Bushwalking and Camping is particularly clear and easy to read. There is an obvious rapport between the author and the bush, the reader being constantly but gently reminded of the need for conservation.

You are invited to go into the bush, enjoy it and protect it. The book is packed with practical information on just about everything you need to know for a safe trip of bushwalking, ski touring and most other rucksack sports as well.

Whatever your interest in the bush, this book has something for you. It can't take you out there, but it certainly can help to make it happen.

208 pages	11 chapters
40 diagrams	27 black and white photographs
Useful address list	Bibliography and index
Price \$11.95.	

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REPORT OF COMMITTEE MEETING 4.12.85.

There was discussion on the weight a pack should be, and a maximum of 10 kg for prospectives new to walking was suggested. It was felt to be advisable for leaders to weigh packs and assist in removal of excessive contents before starting out. The weight of packs needs to be kept to a reasonable minimum in case of accident and the need to split a pack for others to carry out.

The insurance of the printing machinery was discussed.

The resignation of Yvonne Kingston was accepted.

Correspondence received included (1) a letter from Wendy Aliano concerning the financial risk taken by car owners when their cars may be damaged when transporting walkers to starting points.

(2) Another letter from The Colong Committee Ltd. concerning the 7/12/85 seminar/inquiry on the proposal to give public access to the Water Board Catchment Area of Lake Burragorang. There will be committee representatives (Barbara Bruce, Gordon Lee, Bill Holland) at the inquiry and a letter tabled proposing the continuation of the present management policy of restricted motorised access and the preservation of its wilderness character.

The Secretary reported on the trusteeship of Coolana. There are costs of at least \$500 to \$600 in changing the trustees; an Incorporated Club would replace trustees. This appears to be the only distinct advantage of incorporation, and only because the Club owns property.

THE MINISTER FOR ENVIRONMENT AND PLANNING.

Mr. Bob Carr, N.S.W. Minister for Environment and Planning, will be the guest of the Club on January 22nd. He will speak on the subject of the Government plans and policies for National Parks, and other environment concerns.

So mark this date in your diary, and come along to ensure a good attendance to hear the Minister on this important subject.

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EDITOR'S NOTE: BOB CARR - 22nd JANUARY 1986.

Here are some issues you might discuss with Mr. Bob Carr:-

1. Wolgan Valley. - Cliff collapse (due to coal mining?) on western edge of Newnes Plateau. Also the Colong Committee's submission to EXTEND THE WOLLEMI NATIONAL PARK to include this area (See The Colong Bulletin No.93).
2. Leura Resort - A blot on the Blue Mountains escarpment and a blot on the Government's good conservation record - why exclude the site from surrounding reserves?
3. Eden Woodchipping. - Should the Government renew the twenty year license early in 1986 and allow destruction of thousands of hectares of forest giants, landscapes with wild rivers and rainforest in the South East?

SOCIAL NOTES.

by Bill Holland.

8th January - Clubroom closed, but a beach barbecue will be held at Obelisk Beach. Please phone Bill Holland for details, 449 5189 (H) or 925 3309 (B).

15th January - the first Club meeting of the New Year. Bring along a collection of your slides, members' own choice of subject.

22nd January - The Minister for Planning and Environment, Mr. Bob Carr. DINNER before the meeting at "Green Gardens Restaurant", 55 Alexander St., Crow's Nest. BYOG 6.30 pm sharp.

29th January - We will have a night of "Bushcraft". This offers a chance to improve your skills. Members are asked to pass on part of their bush experience. There will be sections on bush food and recipes, what to take with you, how to find edible plants, selecting a site for for camping, the right gear, how to improvise when things go wrong, and finding water.

Older members in particular are asked to come along and pass on some of their knowledge - to tell us of the times when bushcraft helped them out of difficulty.

Programme: Jan 8 Club closed - beach barbecue at Obelisk Beach.
 15 Members' slides - own choice.
 22 The Minister for Planning & Environment.
 29 Bushcraft.

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NOTICE FROM THE SECRETARY.

Any changes of address or telephone number should be notified early in January for inclusion in next year's List of Members.

I N D E X.1985 JANUARY - DECEMBER.

	<u>Month</u>	<u>Page</u>
BALD ROCK NATIONAL PARK - "Going North", Ainslie Morris	Oct.	3
BANNER - "I Wunt Be Druv", Paddy Pallin and Dot Butler	June	14
BARNES, Paul H. OAM, Biographical notes, Dot Butler	June	2
BEN BOYD NAPTIONAL PARK - South Coast Walking, Ainslie Morris	March	12
BLACKHEATH - See Blue Mountains		
BLUE MOUNTAINS -		
Additions to ---- National Park, reprinted from the Colong Bulletin	Nov.	5
"Blackheath to Bell, via Bluegum & Coal Mine Creek", Kath Brown	Aug.	12
College Plans Bushwalking Guides Course	Feb.	5
"The Day It SNowed In Blue Gum", Betty Farquhar, Barbara Evans, Jim Brown	July	2
Museum of Bushwalking and Bushwalkers Centre, Alex Colley	Jan.	6
"Not So Blue in the Blue Mountains Now", Ainslie Morris	Sept.	11
"Our Second Walk - Mount Solitary", Margaret Niven	Dec.	3
"The Six Foot Track and Trout-8,9,10 June 1985", Keith Docherty	Sept.	5
BONE, The Story of - -, Dorothy Lawry	June	15
BOONOO BOONOO NATIONAL PARK - "Going North", Ainslie Morris	Oct.	3
BUDAWANGS -		
"All This & Sputnik Too", Jim Brown	Oct.	5
Place Names in the Budawangs, Colin Watson	July	12
S.B.W. Place Names in the Budawangs, Frank Rigby	May	7
"The Budawangs Queen's Birthday Weekend, June 1985", Bob Younger	Aug.	2
BUNGONIA -		
"Bungonia Gorge on 'P' Plates", Patrick James	Oct.	2
"The Circus Comes to Bungonia", Michelle de Vries Robbe	May	5
BUSHWALKING - "All You Need to Know About Bushwalking", Paul Sharp	Feb.	7
Bushwalking & Camping - New edition of Paddy Pallin's book	Dec.	
BYLES -		
Byles Creek Named	Jan.	2
Film - A Singular Woman, Review by Fazeley Read	Aug.	9
Screening Notice	Oct.	14
CAPERTEE VALLEY - Geof Wagg	Aug.	6
CENTRAL AUSTRALIA - "David Rostron's 1985 Central Trip", Heather Finch	Sept.	2
CHICHESTER STATE FOREST - "Impressions of a Prospective", Margaret Niven	Nov.	12
CHINA - "The Country With a Human Face", Wal Liddle		
Part 1	Jan.	4
Part 2	Feb.	8
Part 3	Mar.	15
COOLANA - Proposal for a new fireplace, Peter Miller	Nov.	16
CYCLING - "The Country With a Human Face", Wal Liddle See CHINA		
DAINTREE - Conservation News	Mar.	19
Daintree, Where the Rainforests Meets the Sea, Book review and order form	June	20a

	Month	Page
DEUA - Easter 1985, The Deua National Park, Stuart Maxwell	May	9
DUNPHY - See Obituaries		
ETTREMA - "The Magic of Ettrema", Frank Rigby	July	11
EUROPE - "Travels Through Central and Eastern Europe", Rudi Dezelin	Oct.	11
FILM REVIEW - See Byles		
FIRST AID -		
Now What? - Series by Ainslie Morris -		
No.1 - Hypothermia	Sept.	9
No.2 - Burn	Oct.	4
No.3 - Knee injury	Nov.	6
No.4 - Heat Exhaustion & Stroke	Dec.	6
Report on First Aid Course (Editorial)	April	17
FISHING - "The One That Got Away", Peter Dyce	Oct.	13
FOSSICKING - "Going North", Ainslie Morris	Oct.	3
FRANKLIN - Rafting the Franklin, David Lewis	Feb.	2
HINCHINBROOK ISLAND NATIONAL PARK, Reg Alder	June	8
HUNTER - "Two Tracks - A Century Apart", Ainslie Morris	June	12
INCORPORATION - The Associations Incorporation Act, Barrie Murdoch	Nov.	10
KANANGRA - "And It Rained for Forty Days and Forty Nights", Hans Stichter	July	6
KATOOMBA - See Blue Mountains		
"Mittagong to Katoomba, Easter 1985", Peter Miller	June	3
KOSCIUSKO NATIONAL PARK - See Snowy Mountains		
LANDA - See Obituaries		
LEF'...LEF'...LEF'...LEF'... - An essay, Jim Brown	Dec.	9
LILLOING - "The Circus Comes to Bungonia", Michelle de Vries Robbe	May	5
LONGEST DAY (THE) - A sketch, Jim Brown	April	16
LUNAR - Lunar Walking Gear, a Quiz	Sept.	12
Answers	Oct.	8
MACDONNELL RANGES - "Rostron's Revenge", Vicki Beaumont	Aug.	11
MIMOSA ROCKS NATIONAL PARK - South Coast Walking, Ainslie Morris	Mar.	12
MITTAGONG to Katoomba, Easter 1985, Peter Miller	June	3
MOUNT DROMEDARY - South Coast Walking, Ainslie Morris	Mar.	12
MOUNT IMLAY NATIONAL PARK - South Coast Walking, Ainslie Morris	Mar.	13
MURRAMURANG - South Coast Walking, Ainslie Morris	Mar.	11
MUSEUM - Museum of Bushwalking and Bushwalkers Centre, Alex Colley	Jan.	6
NADGEE - South Coast Walking, Ainslie Morris	Mar.	13
NATIONAL PARKS - Wilderness Policy of the National Parks and Wildlife Service	Sept.	15
NATIONAL PARKS - by name:		
Bald Rock	Oct.	3
Ben Boyd	Mar.	12
Blue Mountains	June	3
		12
	July	2
	Aug.	12
	Sept.	5
		11
	Nov.	5
Budawangs	May	7
	July	12
	Aug.	2
		5
Deua	May	9

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NATIONAL PARKS - by name (cont.):		
Hinchinbrook, Qld.	June	8
Kanangra-Boyd	July	6
	Nov.	13
Kosciusko	April 2, 6, 8, 13	
	May	2
	July	8
Mimosa Rocks	Mar.	12
Morton	Mar.	6
	May	5, 7
	July	11, 12
	Aug.	2
	Oct.	2
Mount Imlay	Mar.	13
Murramorang	Mar.	11
Nelson Lakes N.Z.	May	12
Olympic, U.S.A.	Feb.	10
Oxley	Apr.	9
Wollemi	Mar.	3
	Aug.	6
	Sept.	10
	Nov.	7
NEWNES - "A Little Quicksand Never Hurt Anybody", Bill Gamble	Sept.	10
NEW ZEALAND - "New Zealand Notes", Gordon Lee	Jan.	9
"A Valley in Mind", Bill Gamble	May	12
NORWAY - "A Walk in Norway, Summer 1983", Christina Steers	June	18
OBITUARIES -		
Myles Dunphy, O.B.E.	Feb.	15
Paul Landa, Hon.Q.C., M.P.	Mar.	20
Robyn Yeats	Aug.	5
OXLEY WILDERNESS PARK - Sydney Morning Herald article reprinted	Apr.	9
POEM - "No Regrets", Peter Harris	Mar.	5
"Oh, Payanna", Peter Harris	May	4
"Brown Snake", Morag Ryder	Jan.	3
"Mountain", Gordon Lee	Dec.	7
"Tree", Morag Ryder	July	5
"The Ryebuck Leader", Geof Wagg	Sept.	8
POTATO POINT - South Coast Walking, Ainslie Morris	Mar.	12
QUIZ - Lunar Walking Gear	Sept.	12
Shooting at Club Meeting, Ainslie Morris	Aug.	8
RAFTING - Rafting the Franklin, David Lewis	Feb.	2
RECIPES - Lightweight Recipes, Wendy Hodgeman	Dec.	14
REUNION - See S.B.W.		
ROCKCLIMBING - "You Should Enjoy This Next Bit", Tony Cunneen	Feb.	13
S.B.W. - Office Bearers and Committee 1985	Mar.	2
Reproduction of S.B.W. Walks Programme 1939	Mar.	9
The S.B.W. Annual Reunion, Helen Gray	April	18
"S.B.W. Place Names in the Budawangs", Frank Rigby	May	7
SEARCH & RESCUE - "Oh Dear, What Can the Matter Be...?", Ainslie Morris	Nov.	15
SHOALHAVEN - See Bungonia		
SIX FOOT TRACK - See Blue Mountains		
"Two Tracks - A Century Apart", Ainslie Morris	June	12
SKETCH - "The Longest Day", Jim Brown	April	16
SKIING - "Winter - Cross-Country Skiing", David Rostron	May	2

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SNOWY MOUNTAINS -		
"A White Christmas in the Snowy Mountains", Rudi Dezelin	April	13
"Kosciusko National Park - Christmas Walk", Peter Miller	April	6
"Gear for Summer Walking in Kosciusko National Park", Peter Miller	April	8
"New Year Walk", Ben Esgate	April	2
"On the High Tops at Kosciusko", Nancye Alderson	July	8
"The One That Got Away", Peter Dyce	Aug.	13
"Winter - Cross-Country Skiing", David Rostron	May	2
SOUTH COAST - South Coast Walking, Ainslie Morris	Mar.	11
SUMMER TRIPS - by Roger Browne	Dec.	10
SUMMER WALKING - "Gear for Summer Walking in Kosciusko National Park", Peter Miller	April	8
SYDNEY TO THE HUNTER PROJECT - "Two Tracks - A Century Apart", Ainslie Morris	June	12
TASMANIA - Rafting the Franklin, David Lewis	Feb.	2
"De Non Apparentibus et de Non Extentibus Eadem Est Ratio", Phil Butt	Nov.	2
	Dec.	4
UNITED STATES OF AMERICA - "In Retrospect", Bill Gamble	Feb.	10
VICTORIAN ALPS - "Summer Mountain Safari", Deirdre Schofield	April	11
WALES, NORTH - "You Should Enjoy This Next Bit", Tony Cunneen	Feb.	13
WILDERNESS - See National Parks		
WOLLANGAMBE WILDERNESS - by Oliver Crawford	Nov.	7
"Through the Wollangambe With Tolkien", Roger Browne	Mar.	3
WOLLEMI - "A Little Quicksand Never Hurt Anybody", Bill Gamble	Sept.	10
"Capertee Valley", Geof Wagg	Aug.	6
"Wollangambe Wilderness", Oliver Crawford	Nov.	7
"Through the Wollangambe With Tolkien", Roger Browne	Mar.	3
YALWAL - "Twelve Miles to Burrier", Dorothy Lawry	Mar.	6
YEATS - See Obituaries		
YERRANDERIE - Walks Report, Ray Hookway	Nov.	13

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KOSCIUSKO WILD FLOWERS

