

GROSE VALLEY

A monthly bulletin of matters of interest to The Sydney Bush Walkers Incorporated, Box 4476 GPO, Sydney, 2001. Club meetings are held every Wednesday evening from 7.45 pm at the Ella Community Centre, 58a Dalhousie Street, Haberfield (next door to the Post Office). Prospective members and visitors are invited to visit the Club any Wednesday. (However, the Centre will not be open on 26th September or 3rd October - please note.)

* * * * *

EDITOR	Morag Ryder, Box 347 P.O. Gladesville, 2111 Telephone 809 4241
PRODUCTION MANAGER	Helen Gray
TYPIST	Kath Brown
ILLUSTRATOR	Morag Ryder
PRINTERS	Kenn Clacher, Les Powell, Barrie Murdoch & Margaret Niven

* * * * *

AUGUST - 1990

	Page
At the Half Way Mark	2
Getting High in Colorado	3
Condolences - Kevin Dean, Judy Redfern	3
New Members	3
Liloing Down the Guy Fawkes River - Part 3	4
Walking in the Top End (Northern Territory & Western Australia) - Part 4	7
The July General Meeting	10
Conservation	12
Wriggle, Wriggle, Wriggle....	13
Confederation of B/walking Clubs NSW - Annual General Meeting	14
Social Notes for September	14
Club Closed....on 26 September	14

* * * * *

<u>Advertisements</u>	
Eastwood Camping Centre	6
Willis's Walkabouts	11
Blackheath Taxis & Tourist Services	12

* * * * *

AT THE HALF WAY MARK

by Bill Holland

We are now half way through what was, traditionally, the Club year. I guess it still is despite recent changes to the financial year to assist the book-keepers. The September General Meeting remains the half-yearly meeting. It has always been rather special, not always peaceful, but still "interesting".

In past years we had printer purchases, new constitution, insurance, archiving proposals, 60th Anniversary planning, relocation of premises and other sometimes contentious matters to live things up at the September meeting. Will this year be the exception? The only way to find out is to come to the September General Meeting.

It's also half way through the year for your committee. Time you had a progress report. You know that we are a quiet bunch of people, working like little beavers to get things done. So, what has occupied us to date?

First of all, Coolana.

Participation in the Annual Reunion and other activities at Coolana has fallen off dramatically in recent years. This is a shame as we have had lots of fun at Coolana in the past, so what has happened to keep people away from Coolana? There is no easy answer. Ticks remain a problem on the river flat, weed infestation is increasing and maintenance work is required.

To solve this problem the committee has appointed Ian Debert to lead a Coolana sub-committee, primarily to attend to maintenance but also to make recommendations on the future use of Coolana. Ian would welcome your suggestions and more than welcome some of your time to assist his group in once more restoring Coolana as the Club's home camping ground.

Support for conservation of our wilderness and other natural areas always has been an important part of the Club's activities. The Conservation Secretary is elected to the committee at the Annual General Meeting. Investment funds are specifically set aside for conservation with the budgeted expenditure for donations this year set at \$2,000. Our very active Conservation Secretary has been asked to make recommendations to the committee on how we should manage our conservation funds and how projects for assistance should be selected. We expect to put these recommendations to the September General Meeting.

Generally, the fluctuating levels of participation in the Club's activities remains a worry. It could be due to the weather, the clubroom location, or perhaps the changing lifestyle of our members. On the brighter side, it is pleasing to see the increase in the number of new and prospective members. This trend is encouraging as new entries to the Club are the best assurance of a healthy future.

The Walks Program has had a lot of attention. Recent changes to the program have received favourable comment but our Walks Secretary, or as he prefers it, Walks Coordinator, would like to have more leaders coming forward to adequately fill the program.

Writing this reminds me to ask the question: Why does the Club persist with the term "secretary" for many committee positions? It's a bit old-fashioned. Shouldn't we change to Membership Officer, Walks Coordinator, Social Activities Coordinator, etc.

Think about it.

THE PRESIDENT



GETTING HIGH IN COLORADO

by Jeff Niven

"A severe high altitude pulmonary oedema. You are very sick and will have to leave immediately for a lower altitude, or go onto oxygen and stay in bed, preferably in hospital."

That was the Doctor's prognosis of my condition recently, at the end of my second day of skiing in Aspen, Colorado. Fortunately, after 3½ days in bed hooked up to an oxygen converter along with medication, my symptoms eased, and I was nearly back to normal, although very weak and 4 kg lighter. It was one of those "It couldn't happen to me" situations, but it was real, and fortunately didn't ruin my holiday, but it could have. So with several trips planned for SBW members this year which are going to high altitude areas, I felt it appropriate to pass on some hard earned, first hand knowledge on the effects of high altitude.

High altitude can be anything above 5,280 feet elevation. At high altitude everyone is affected to some degree. The effects vary among individuals and cover a variety of symptoms. The two main differences between the high altitude environment and sea level are - decreased oxygen density and decreased humidity, or moisture content, in the surrounding air. For example at an elevation of 8,000 feet to 10,000 feet the oxygen is approximately 40-45 per cent less dense (creating the feeling of "insufficient oxygen") and the humidity is 50-80 per cent lower than at sea level. The symptoms that a sudden change in altitude can produce are:- nausea, insomnia, diarrhoea, restlessness, shortness of breath and air hunger. Palpitations (fast heart beat), headache, nasal congestion, coughing, increased flatulence, easy fatigue and intolerance to exertion also may be experienced. If the high altitude sickness progresses, more shortness of breath and increased coughing and oedema (fluid accumulation in the lungs) may occur, requiring, as in my case, medical attention and possible hospitalization.

The initial complaints, if not severe, should disappear as your body adjusts to the lowered oxygen content and dryness. This may take anything from a few days to a few weeks, the important thing is to not overdo. Eat lightly, for the first 48 to 72 hours, avoid alcohol (it aggravates high altitude syndrome), most of all keep physical exertion to a minimum on the first day or two. Anyone over 35 planning strenuous exercise at high altitude should check with their Doctor. Keeping up liquid intake is essential, and if any of the above symptoms appear, resting is recommended.

Obviously, the SBW trips will be run as to allow plenty of time for acclimatization, but it's wise to be aware of what high altitude syndrome is about. By the way, in my case, I flew from Sydney to Aspen 7,800 feet and skied at 11,800 feet the next day. Not that high, you might say, but rest assured one can become dangerously ill even at that altitude.

* * * * *

CONDOLENCES from the Club

Club members were sad to hear of the deaths recently of two members who walked with the Club in years gone by. KEVIN DEAN died at 64 last July of a heart attack. Kevin walked for many years with the Club and did many strenuous trips. JUDY REDFERN (nee Wagg) died after illness. She walked with the Club for a few years in the 1950s.



NEW MEMBERS

Please add the following names to your List of Members:-

IHLE, Barry - 36 Vernon Street, Turramurra 2074	Phone 449 1983
MANES, Tony - 39 Cooriengah Heights Road, Engadine 2233	520 0266
ROBINSON, David - 31 Kingswood Road, Engadine 2233	520 6920

LILLOING DOWN THE GUY FAWKES RIVER

BOB KING'S CHRISTMAS TRIP - 1989

Part Three.

by Michele Morgan

Monday, 1 January 1990

A new decade is begun. The day is magical - sunny, hot and flies everywhere. There is a mist rising over the river in the early morning and a few ducks float past. We all go swimming - very refreshing. Mike eats his damper, black and crunchy on the outside, delightful and perfect on the inside, so he tells us. Ilse says it's great too, and that she will let Mike bake all future dampers - hmmm. The day is already unbearably hot and we all have a second swim before moving off at 9.50 am.

Trudge, trudge, trudge along the river, beside the oh, so inviting mud-coloured water. We are sometimes walking through grass up to our shoulders and sometimes only to our knees. A hot, sweaty, sticky, scratchy day. Only a little bit burther and at 10.55 am we reach our destination, a bridge.

We dump our packs and head into the river for another swim, upstream from the dead, rotting cow in midstream. There is quite a strong current here, so we have to swim hard or end up at The Cow. This is an extended early lunch swim. We are all frolicking round in the water naked (eat your heart out, Les) except for Ilse who is standing elegantly naked in the sun to dry off - and a car passes over the bridge (EEK- real civilisation!) and doesn't even see us!

After getting out we dry off and Mike lights a fire to make Ilse her half-gallon caffeine hit for lunch. We head back to our packs under the shady trees for a picnic lunch, Ilse and Mike on their bright yellow ground sheet, a colour with much appeal to every fly for miles - not a single fly on me. Mike and Ilse discuss the merits of each other's dampers, as remains of both are still left to sample. Mike says his is best and Ilse just keeps right on sampling both, especially the bits on which Mike has already put spreads.



We pack up, gather water and hide our packs in the long grass. We have a 10-12 km walk to Mike's car along a dusty, hot road, and have to come back this way, so why bother carrying the packs - still loaded with helmets, lilos, buoyancy vests and several wet suits. We have all dreamed of ways of getting out of carrying the lilos which were meant to carry us, and burning has often been discussed. Come to think of it, I can't see Mike or Ilse's, not can I see their buoyancy vests - Mike did stay up late playing round with the fire last night, hmmm.

Bob thinks it is going to take us three hours to walk to the car. It is really hot, the hottest day so far, very, very hot, and glary too! We start off by going up a fairly steep hill, it just seems to keep on going up, up, up. There are trees on each side of the road, protected from us by barbed wire fences, so we trudge on in the direct sunlight. We are actually moving quite fast without our packs and just eating up the kms. Mike looks set to break into a run any second now, he is really moving (horse to water - oops - man to air-conditioning syndrome). We stop twice in the shade to drink water. A car zooms past, empty save driver, but it doesn't stop. Perhaps put off by four "crazy" people walking along the road, two of whom are carrying empty wineskins - and it's New Year's Day!

We discuss the fact that surprisingly we have seen no snakes, evidently we have all been thinking but not talking about them, not tempting fate, battling along in what should have been perfect conditions and environment - lucky eh! Especially with Joan Rigby's snakebite saga still so fresh in our minds.

We finish off the last of our water at a rest stop under some shady gum trees, with the farm where Mike's car is parked in clear view. We reach the car, fill our water bottles, turn up the air conditioning (which does an admirable job of spreading the aroma of my cowpat scented shoes), and Mike zooms on back to the bridge where we swam and left our packs and keeps going. We all scream, he turns around and goes back. We load our packs into the car, Mike is still complaining madly about how bad my (now plastic bag incarcerated) shoes smell, we zoom off the wrong way - turn around and zoom off the right way.

We stop for ice-creams at Ebor General Store and the girl slaps four "Cheap Thrills" brand paddle pops on the counter and says that's all there is, so much for the 8-foot model Cornetto outside! So we make do. We sit eating them at the wobbly table inside the shop surrounded by antique Minor cordial bottles and other long forgotten, mainly unlabelled, shelved items, then depart.

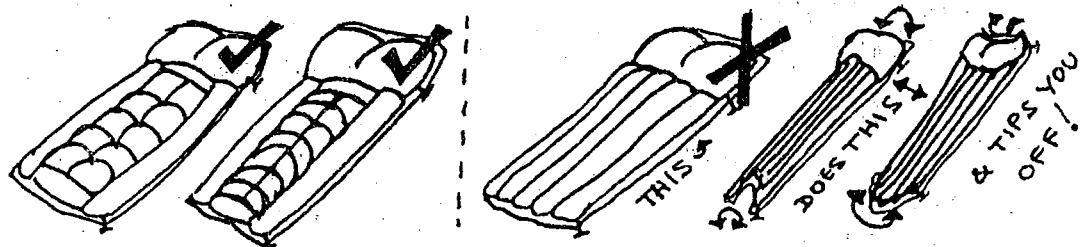
On to Armidale, to Bob's folks new "town" house and Bob's car. We go inside, check out the new place, look in horror at our faces in the mirror (except Bob, who is impressed by his wild unshaven Indiana Jones look), note with dismay the "Out of Order" sign on the loo (not a bush in sight), but are reassured when Bob says it's OK, there's another.

Now composed and comforted, we all lie down and pore over the maps - where we did and didn't get to this trip. Making plans for where we're going this time next year - well, we have to check out the rest of the river, don't we? As the number is limited, and four places are already filled for next year, you'd better contact Bob (H) 412 3337 as soon as possible to ensure your presence on the continuation, same time, further down the river, next Boxing Day.

One last memory. Stopping for ice-creams, cool drinks and petrol at Cessnock, we walk into the shop and there in the fridge in front of us is a refrigerated person - extraordinary! This tall, skinny guy is standing in the cool drinks freezer to escape the heat, with the door just about closed, except for his feet sticking out the bottom. The petrol pump/garage attendant!

SOME TIPS THAT WE ALL THINK EXTREMELY IMPORTANT FOR FUTURE LILOISTS:

1. Don't use the straight five-tube type lilo - very unstable compared to all other lilos. Mike, and on a previous trip Dave McIntosh, had trouble with this style lilo. (See sketches below.) Carry spare plugs!



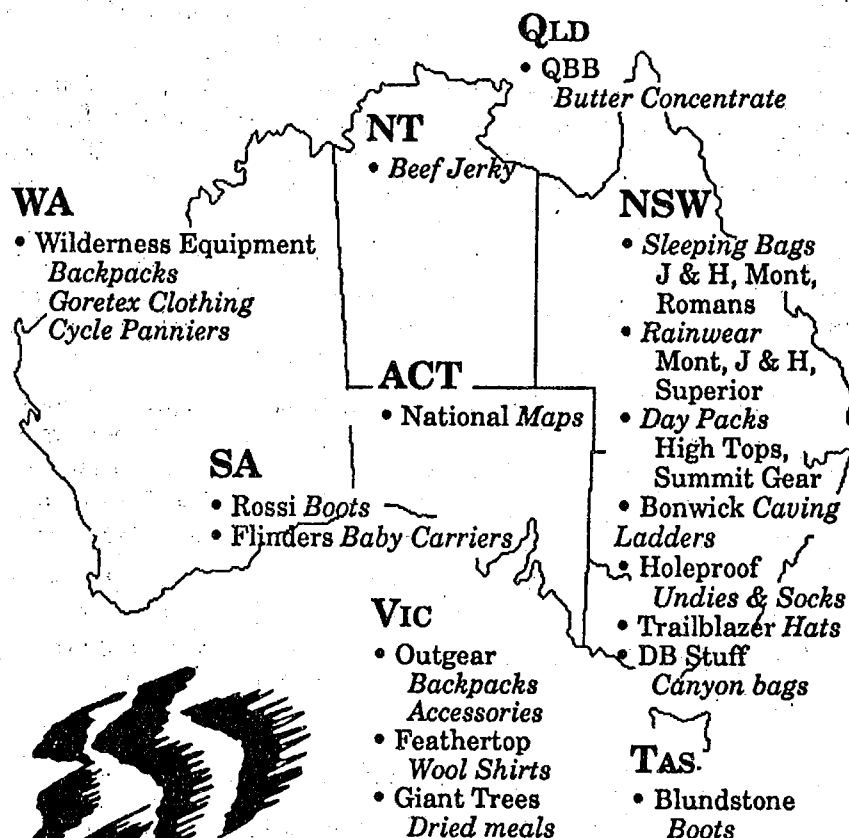
2. Carry large amounts of lilo patch material (e.g. at the very least 2 foot x 2 foot per person) and lots of fix-it glue (we recommend "KWIK-GRIP"). Bob took a 100 ml tin and Michele took 5 x 25 ml tubes (we could have used much more). Both were effective, but the tin's lid must be put on tightly, and if used often tin contents can dry up and go hard; and one of Michele's tubes sprang a leak, which glued the other tubes together and half of it was lost.
3. Ensure that pack is not too heavy and not longer than your lilo is wide.

* * * * *

DON'T FORGET

BUSHWALKERS BALL - Petersham Town Hall, Friday 21st September.
Tickets from John Porter, Deborah Shapira & Kay Chan.

**FROM EVERY STATE,
AUSTRALIAN MADE
IS GREAT!**



**EASTWOOD
CAMPING
CENTRE**

3 Trelawney St (PO Box 131) Eastwood NSW 2122

PHONE US TODAY & SAY "G'DAY"
02-858-3833

Walking in the Top End (The Northern Territory and Western Australia) : Keep River, Bungle Bungle and Kakadu National Parks: May-June 1989 - Part IV: Kakadu NP - Twin Falls Gorge to UDP Falls

(Fourth Week : 28th May to 3rd June 1989)

Jan Mohandas

Sunday 28th May: The second half of the walk in Kakadu commenced below the escarpment that morning. Our party guided by Chris Cox and Kim Brennan left the campsite near Twin falls at 7.15 am and headed towards Surprise falls in the west. We walked along grassy plains not too far away from the escarpment, at about 300 degrees bearing. On the way we saw a large goanna running away. There was a nice breeze that morning which made us all feel very comfortable. We found water in two very small creeks during the 9 km walk that morning and then approached a gully in a southerly direction to get to the top of the escarpment. Bats were flying above us. When we reached the gully at 10.30 am, luckily that small creek also had water. We found some shade and stopped for morning tea in the gully. On a hot day one could easily drink 5 litres of water in Kakadu. After a while we boulder hopped up the gully to the top of the escarpment, about 200 metres high and had a long rest. From a nearby high point we were able to see Jim Jim falls with the aid of binoculars. We left at 12.30 pm and walked southwest to get to Surprise falls. At about 1.30 pm we had lunch at a shaded spot beside some high rocks. Meanwhile Kim left to locate Surprise falls alone with his map and compass and came back by 2.30 pm. The party left the lunch spot at 3.00 pm. After about 10 minutes, travelling towards south, a piece of dry wood penetrated Neil's Volley shoes and pierced into the sole of his foot. After first aid procedures, we walked for 1 km further to the south, travelled west for about 0.5 km and then turned north again to walk through open areas. In order to get to Surprise falls it was necessary to go around a deep gorge. We reached Surprise falls at about 4.00 pm. The views from there were spectacular. Everyone jumped into the crystal clear pools. Some went down the beautiful gully below Surprise falls. We had a pleasant evening and after dinner, everyone disappeared to sleep by 9.00 pm. It was a relatively hard day, walking about 15 km.

Monday, 29th May 89: It was cool that morning and we left at 8.00 am. Travelling west, after 3 km we came to a monsoon forest with large magnificent trees and plenty of shade. There were flowers all around us. So many different kinds of birds as well. At about 10.00 am, after walking towards west for about 5 km, we reached the start of the major tributary of Coolpin creek on our left, flowing

towards south. We had a brief stop to have some water and continued on at about 210 degrees bearing. We were walking in broken rock areas. After another km, it was flat grassy area for a while and stopped for morning break at 10.30 am near a creek flowing north. Everywhere there were orange flowered Eucalyptus and red flowered Gravellea. Neil and Rob were suffering a bit with foot problems and Chris looked after them well. We left after morning break at about 11.00 am. Travelling west, we reached another creek at noon. We walked downstream along the creek for 0.5 km and stopped for a swim. That creek was flowing towards west. So many different kinds of birds were flying about, including a group of red ringed parrots. After we left the swimming spot at 12.30 pm we saw the second buffalo for this trip, crossing the creek. It was limping. The creek was becoming bigger as we were following it downstream and there were a number of beautiful pools. At one of the waterholes we saw a large goanna. We continued on further through a miniature gorge, stopped for lunch at 1.30 pm and rested until 3.00 pm. After walking downstream through a number of small cascading waterfalls, we left the packs in the shade under rocks and wandered off to look at the large waterfall (about 150 metres) and the enormous gorge below. Russell had named that area the "Graveside gorge" for nearby there are aboriginal sacred grave sites. That waterfall was as big as the Jim Jim falls but had no name. Fabulous views of the large waterfall and the gorge from the high points on both sides of the creek. That waterfall was very impressive. There was a large rockpool below. The gorge certainly looked unspoiled. The sunset from where we camped was stunningly beautiful. We stayed around the fire until 10.00 pm.

Tuesday, 30th May 89: We left the campsite and the creek at 8.00 am. In the morning the sunrise provided colourful appearance in the skyline. After walking for 1.5 km on top of the escarpment at about 200 degrees bearing, we reached a small creek with water. Everyone had plenty to drink and had a long break to enjoy the surrounding areas. Neil was still recovering from his foot injury. We only had to go about 5 km and should get there for lunch and enjoy a relaxing afternoon. Walking for 2.5 km at 260 degrees bearing we stopped near a rocky outcrop, surrounded by a large number of huge *Allysoncarpia* trees and with plenty of shade for morning break at

9.30 am. That morning it was cool and very pleasant to sit around. We left at 10.00 am, went up a number of rocky tops and continued on at 260 degrees bearing. After negotiating a spur about 100 metres high, we reached our destination at 11.00 am. An excellent camping area adjacent to a beautiful large pool. We all went swimming. We had early lunch at noon under a temporary shade put up with tentflies. After that everyone started relaxing under the shade and near the pool. At 3.00 pm we all went up the gorge to enjoy the fabulous cascading waterfalls. Then we slowly walked back and reached the camp spot at about 4.30 pm. That was an amazingly beautiful part of Kakadu. Peter played his harmonica that evening. Everyone was asleep by 8.30 pm.

Wednesday, 31st May 89: We left the campsite at 7.45 am and walked downstream along the creek at 280 degrees bearing for 1 km to reach the main creek in the Graveside area. Walking another 200 metres upstream along the main creek, we could see the side creek we were aiming for on the opposite side. We crossed the major creek at the junction and walked upstream along the minor side creek mostly on our left for about 2 km. We could see many palm trees with multiple branches, called *Gronophyllum* palms all along that creek. Russell had named that area the "Gronophyllum" area. We stopped at 9.00 am near a beautiful pool. A number of the walkers jumped in, others sat under the shade. That morning it was cool (15 degrees) and comfortable. We left at 9.30 am. After walking for about 1 km on our left, we crossed over and walked on the right for 500 metres. Then there was a very narrow chasm with a series of large pools. We had to scramble up on the right a fair bit to reach a rock platform above a large waterfall. We stayed in the shade of a rockwall and had morning tea. There were swimming holes above the waterfall as well. Everyone went for either a swim or a dip. We left that spot around 11.00 am. We had to pick up a particular side creek to go south and stay on the correct route. After another 500 metres, Kim picked up the correct side creek. Then we headed towards a junction of two creeks and reached there after about 1 km. Walking upstream along the creek on our right for another 400 metres we reached our destination for lunch; a waterfall marked in the map. There were a number of large pools nearby. Everyone went swimming. After an hour's break for lunch we left at 1.30 pm. Kim's plan was to walk upstream about 1 km, leave that creek and go cross country towards a tributary of Barramundi creek. Water bottles were filled before leaving the creek. We left the creek and proceeded uphill at 220 degrees bearing and the first 1 km was a bit difficult. On many occasions we had to go around high rocky areas. Kim's navigation was excellent. We saw a flowing creek on the way and everyone had a drink.

Then it was walking through flat area, without rocks, but with speargrass, not too tall, but still bearing the sharp seeds. The seeds went into shirts, backpacks, socks and shorts. After about 3 km we stopped to remove some of the annoying seeds. The bearing was still 220 degrees. We stopped for a rest after doing about 4 km for 20 minutes. Time was 3.30 pm. Then we continued on and saw the two small creeks marked in the map. Still 220 degrees bearing. That eventually took us to a major tributary of Barramundi creek, with plenty of water. Walking on our right high above the gully and a waterfall, the side to negotiate down was very steep and full of loose rocks. Kim found a way down the slope with rocks and thick bush. We all got down to the pool below that waterfall into a delightful rainforest with large trees around and a pool for swimming. The water was pretty cool and only the hardy ones went in. Meanwhile Kim went further downstream, without his pack, to look for a negotiable route through that gully. He came back and said that there was another waterfall and a pool further below; and that the packs would have to be liloed across and the walkers would have to do a compulsory swim across that pool, about 30 metres across. We did that and everyone by that time was truly exhausted; that was a long and hard day. About 500 metres downstream we found a good campsite. Time was 5.15 pm. By 6.00 pm we had put the tents up, firewood collected, clothes washed, fire started and the first cups of tea commenced. Chris said that the next day only 6 km to go. Everyone liked to hear that and stayed till 9.30 pm that night around the campfire.

Thursday, 1st June 89: Most of us slept in. Slow start for the day. Breakfasted and left at 9.15 am. After we left that campsite, we walked at a bearing of 220 degrees downstream along the creek on our left. We walked for 1 km to reach Barramundi creek, then upstream along Barramundi creek for 1 km and stopped at 9.45 am. After 20 minutes we left, but stopped soon for morning tea at 10.30 am. Quite a bit of walking through thick speargrass. The high cliffs could be seen on our left, about 500 metres to 1 km away. Otherwise the whole area looked flat. From where we were sitting for morning tea, we could see the cliff lines coming closer to the Barramundi creek. After half an hour we continued on to reach the campsite near a waterfall in Barramundi creek and reached there at 12.15 pm. On the way to Barramundi falls, we saw red tailed black cockatoos, along the Barramundi creek. We also saw several mud holes used by buffalos recently. There was a beautiful pool under that waterfall, above which was a small but beautiful gorge. The area around the pool was a large open area with so many large and magnificent *Allysoncarpia* trees which provided plenty of shade. Everyone enjoyed

swimming in that pool. We only walked for 6.5 km that day. The rest of the day we spent around the camp, swimming and lying around, having conversations and simply being lazy. By 1.00 pm it was time for lunch. Then everyone did their own thing. Chris, Kim and Sue went up the waterfall, rockclimbing. Kim came back with a small goanna which he took back up the waterfall afterwards. Later on Jim and Jo also climbed up the waterfall (about 10 metres high) and went to the next waterfall above. Many went for several swims, liloing and snorkelling. Bill went for a solo walk around the gorge. Peter played his harmonica in the evening. Long session of singing before going to sleep.

Friday, 2nd June: Plan for the day was to cover 11 km from Barramundi creek to Waterfall creek. In the pool adjacent to the campsite Kim saw a freshwater crocodile that morning. From the camping spot we left at 8.20 am. We headed towards the hills to our right (while facing the falls) and went up (about 150 metres climb) south, about 500 metres away. Excellent views from there. We could see the waterfall creek and areas in the direction of UDP falls from there. While we waited at a lookout point, Chris went alone and located a particular gully which she and Russell found on a previous trip to go down south to reach Waterfall creek. We then left as a group at 120 degrees bearing towards that gully. After about 200 metres, we started the descent along a dry side creek with boulders and got down to Waterfall creek at 10.30 am. We had water to drink from the creek below and headed downstream. Around 10.45 am we came to a rocky area with extensive artwork under so many rocks. Men, women, kangaroos, crocodiles and so many other items. They appeared to be very old paintings. We stopped further downstream under a huge rock with plenty of shade at 11.30 am for swimming. Where we were sitting, the water was flowing down a break in the rock. Chris, Kim, Jim, Rob, Judy and Sue went down through a dark chasm and then a tunnel below and went a long way before coming out, about 50 metres downstream. Kim brought a geko back for us to see and a couple of others saw a snake in the dark chasm down below. Just before we got to that spot, we saw a dead snake on a flat rock, about a metre long with light yellow colour and brown stripes (possibly a tree snake). After lunch we left that spot at 1.30 pm. On our way downstream we saw more aboriginal paintings nearby. Then we walked through waterfall creek gorge with big boulders. At about 2.00 pm we went to a cave on our right with some of the best and well preserved aboriginal paintings - men and women, the serpent, several hands and so on in the gorge itself. We continued to walk downstream and reached an open area by 3.00 pm. Jo went for a swim and saw a fresh water crocodile.

While walking on the open area we saw several buffalos. That afternoon the temperature went above 30 degrees. After 6.5 km we stopped to camp on the western side in a rocky area with a few flat sandy spots adjacent to a large pool for swimming. After early dinner everyone went off to sleep by 8.30 pm.

Saturday, 3rd June 89: Last day of the trip. That morning we left at about 8.30 am. When breakfast was over, I thanked both Kim and Chris for their effort in taking care of the group and for their navigational skill. We had camped about 3 km short of the UDP falls. We walked on the western side of the creek for 500 metres and crossed over where we could find a sandy bank. We walked at times along Buffalo tracks - other times we walked along rocky areas. Crossed several side creeks and reached UDP falls after walking for 3 km on the eastern side. At times it was difficult walking through thick bush. We reached UDP falls by 10.00 am. We stopped just at the top of UDP falls, for enjoying the views while eating some scroggin. Kim left early to go to Darwin via Pine creek. Sue and Bill went with him early. The rest of the party left at 11.15 am. The bus was waiting for us at the UDP falls car park. We boarded the bus which then had to go and pick up the members of the other party finishing the walk at Coolpin gorge. The second party guided by Andrew finished the walk the evening before and walked to South Alligator river and had camped there. Rob and Neil had composed a song about every participant and the guides, which they sang in the bus on our way back to Darwin.

Every member of that party of 26 returned home with a feeling of great achievement. Russell Willis, Andrew Griffiths, Kim Brennan and Chris Cox deserved our gratitude in making the trips to the Northern territory and WA a great success.

Note: The previous parts of this article appeared in the following SBW magazines before:

Part I: September 1989

Part II: November 1989

Part III: March 1990

An excellent article on Kakadu can be read in the current issue (Number 19, July-September 1990) of the Australian Geographic magazine with a detailed map of the area. It can only be purchased directly from the publisher.

ADVANCE NOTICE: Jan Mohandas is planning to take another party to Kakadu NP for a fortnight's walk in May/June 1991. If you are interested, please contact Jan. 872-2315 (H); 516-7640 (W).

THE JULY GENERAL MEETING

by Barry Wallace

It was all a matter of the gong having the st-st-stutters, or was it Bill's short-short term memory. Whatever, the meeting began at 2006 and 2007 and there were just about 15 people present, counting Bill twice, that is. There were apologies from Bob and Geoff Niven, Fran Holland, Jan Mohandas, Carol Bruce, Patrick James, Greta Davis, Kenn Clacher and, delivered in person as she exited stage rear, from Deborah Shapira. There were no new members for welcome but a sharp-eyed Barbara Bruce, sitting in as secretary in Patrick's absence, spotted one as yet unwelcomed new member, Vincent Smith, who was duly hauled before the meeting and welcomed with badge and some fumbling.

Correspondence was next. There was an invitation to the F.B.W. Annual General Meeting, a letter from the A.C.F. advising us of a change in their address, from David Rostron notifying the Club of his Central Australian walk for insurance purposes, from Warwick Blayden asking again for permission to access the Club's old minute books for research purposes, a letter to Warwick confirming that that would be O.K., letters to M.W.W.C. and F.B.W. advising them of the availability of back copies of their magazines from the estate of Marion Ellis, to George Lauder accepting his resignation, to Ian Debert confirming his appointment as chairman of a Coolana Sub-committee, and a letter to the N.P.W.S. advising of our opposition to the proposed routing of a sewer line through Bouddi National Park. A little later in the meeting we discovered a couple of letters which had earlier been overlooked. These were from the Threatened Species Network and from a group concerned with urban tree preservation. I'm not sure I understood what either of them was about.

The Treasurer reported that we have earned \$10,519.00, spent \$7,045.00, and closed with a balance of \$3,473.00.

The Walks Report began at the weekend of 15,16,17 June with Wayne Steele's Byangee Walls trip. This was variously reported as "a tough walk", and "a grand walk", and seems to have involved the use of ropes in one or two places. Of the other walks that weekend there were no reports, but just for the record they were: George Mawer's Glenbrook to Glenbrook via Kanuka Brook, Vic Lewin's Woronora area test walk and Ralph Penglis's Sydney Harbour N.P. trip.

June 22,23,24 saw the NSW V.R.A. Rogain competition at Yalwal. There were 15 teams, with a group from S.B.W. coming in second. They all seem to claim: (a) It wasn't a competition. (b) They all enjoyed it. The 12 starters on Jan Mohandas's Cloudmaker/Paralyser trip encountered sleet and snow on the Sunday afternoon and returned to the cars a-tetch late. Don Finch cancelled his Boyd Plateau walk and although Jim Percy's "100 person (sic)" cave trip went, there were no details. Which is marginally better than Alan Mewett's Muogomarra Nature Reserve walk and Wendy Lippiatt's Waterfall to Waterfall trip, for both of which there were no details.

Maurie Bloom's mapping instructional over the weekend of 29,30 June, 1 July was relocated to Belanglo State Forest to escape the worst of the icy blast which obtained over those couple of weeks. Maurie used the Orienteering Association's course to conduct intensive map reading and navigation exercises for the 6 prospectives who attended. George Mawer's Budawang test walk had 11 starters, went to program, was a top walk, and encountered sleet and snow on the Sunday afternoon. Of the day walks, Greta Davis reported 16 on her Bundeena to Otford test walk and Eddie Giacomel had 6 on his Benowie Track walk.

The following weekend, 6,7,8 July saw Bill Holland cancel his Nattai River walk and Ian Debert cancel his Megalong Valley trip. Both these walks had been scheduled as Saturday starts. Jo Van Sommers extended her Lawson to Hazelbrook walk for the more keen of the 22 people who attended, they did nine waterfalls rather than the puny seven which appeared on the program. There was no report of Nancye Alderson's Lower Blue Mountains Historical walk. Kenn Clacher reported on the cross-country ski trip scheduled for that weekend. It seems the snow was good. They needed chains to get to Bullocks Flat. Other than that there were no details, but it did bring the Walks Report to a close.

The Social Secretary's advance notice of the Club auction brought forth a motion that the proceeds go to the Conservation Fund. This was duly passed.

The Conservation Secretary reported on a number of potential development sites which overlook national parks. There is also a rumour that there may be a plan to release keys to gates on the access roads into Wollemi N.P. to the 4WD fraternity. The Conservation Secretary will write to Tim Moore to enquire further. There is an enquiry underway into Power Lines in NSW but the reporting period is rather short. There is growing concern at the pre-emptive actions being taken by certain commercial operators who run trips into natural areas. Such matters as the installation of permanent belays in canyons and track clearing and marking were mentioned. There will be an S & R exercise over the weekend of 20,21 October and a First Aid course over the following weekend.

General Business saw the withdrawal of motions related to the establishment and operation of a Conservation Fund. The committee has resolved that the Conservation Secretary examine the various options and report to the committee. A motion was passed that all interest earned by the Conservation Fund during 1989 be reinvested in the Conservation Fund.

The meeting was also advised that we will not proceed with the purchase of a collating machine. It seems the machine did not perform well under the normal conditions of use.

The committee will review progress to date with the proposed Club Song Book.

Then it was merely a matter of the announcements and the meeting closed at 2121.

* * * * *

KAKADU - Kimberley

Leave your winter worries behind while you explore one of the most beautiful wilderness areas in Australia. Step out of the vehicle and walk back into a land that time forgot. Trails are non-existent. The only signs of man are rock paintings done tens, hundreds or even thousands of years ago.

Flowers line the banks as you make your way along clear streams, stopping for yet another swim when a pool is just too inviting to resist. Gorges and waterfalls add to the beauty of this wondrous land.

Short sleeves suffice by day. At night, you sit quietly around the campfire before snuggling down in your sleeping bag under a blanket of stars. From the rugged escarpment of Kakadu to the rounded domes and deep gorges of the Bungles, Willis's Walkabouts has something to suit every bushwalker.



Willis's Walkabouts offers extended bushwalking trips throughout Kakadu and the rest of the NT, the Kimberley, and even overseas to Alaska and the Yukon and South America.

Write for the full 1990 program.

12 Carrington Street

Millner, NT 0810

Phone: (089) 85 2134

CONSERVATION

By MORAG RYDER

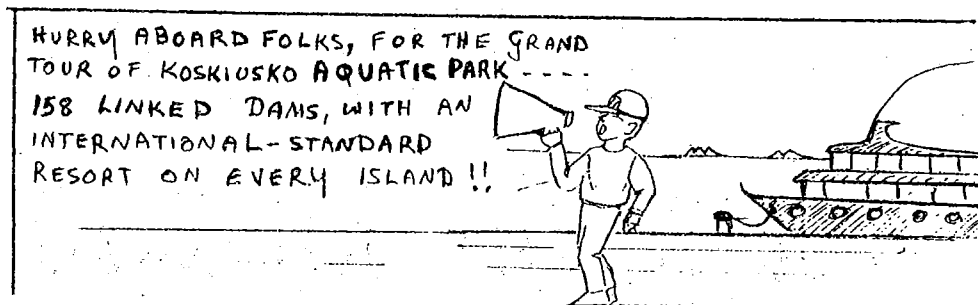
A Change of Tune.... A Change of Heart?

Lately, our State Premier has been making a lot of soothing noises to the conservationists. Even nodding in agreement to their demands for less pollution and re-forestation. Sweetly agreeing to abide by Federal Government decisions on mining, national parks and forestry.

Recently however, he made a statement which really does warrant your consideration. Always desperate for more funds, it seems he is now convinced that the Snowy Mountains Hydro Electric Authority could produce 'enough electricity to supply N.S.W, Victoria, Queensland and South Australia'. REALLY? Does that mean, for the last 40 years the SMA has been allowing zillions of megawatts of available power go to waste? Or does it mean that Mr. G. intends to build lots more dams, power stations and associated infrastructure in the Kosciusko National Park?

Umm....didn't we go through all this a few years ago in Tasmania? The situation sounds positively fascinating, folks.

Watch this space.

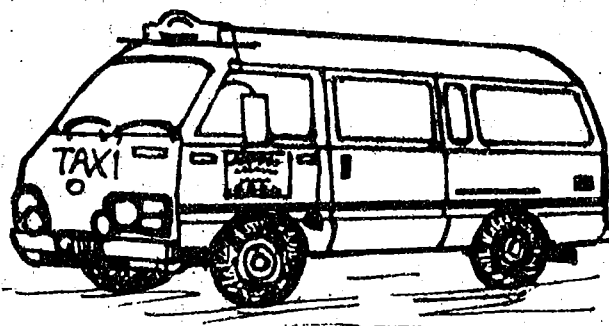


BLACKHEATH TAXIS & TOURIST SERVICES

10 & 18 SEATER

MINI BUS TAXI

047-87 8366



KANANGRA BOYD

UPPER BLUE MOUNTAINS

SIX FOOT TRACK

PICK UP ANYWHERE FOR START OR FINISH OF YOUR WALK

- BY PRIOR ARRANGEMENT

Share the Fare

-

Competitive Rates

WRIGGLE, WRIGGLE, WRIGGLE

by Jim Brown

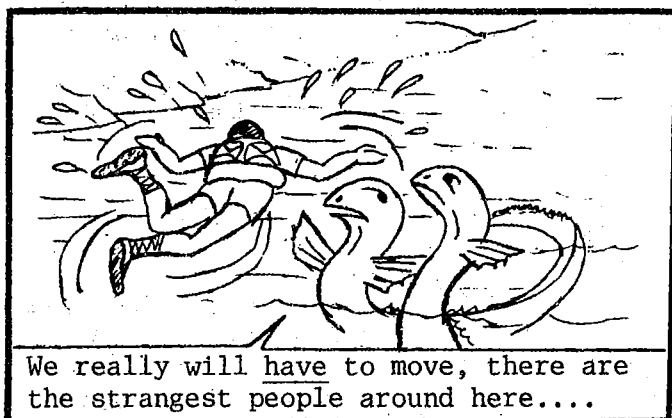
At the June General Meeting, I listened attentively as Deborah Shapira recounted the events of the walk she had led over the June Holiday week-end, from Glen Davis via Capertee River, Wolgan River, Newnes and Pipeline Pass back to Glen Davis. There was a mention of rivers being rather swollen, and of difficulties with quicksand. "Fortunately," said Deborah, "there was always someone at hand to haul out anyone who looked like getting stuck deep in the sand".

Ah, yes, I thought, that would avoid the necessity for using the "wriggle system". Which I had to do a couple of times, once on the Capertee and once further down on the Colo, when I was tackling solo walks with no-one to haul me out. So, just in case anyone should get into difficulties with quicksand when there isn't anyone near to lend the helping hand, this was my experience.

As a general rule, the deepest one is likely to sink into soft sands in our local rivers is about thigh-deep. In extreme cases, almost up to both hips. Usually, too, the area of soft sand is not extensive, and is often immediately upstream of boulders or fallen trees which have allowed a pile of the lighter sand to become trapped above them. The trouble is, of course, that it becomes very exhausting to haul one leg out (which makes the other leg go in deeper) and then in one short step go in deep again.

The first time I struck this condition was on the Capertee, about five kilometres above the Wolgan/Colo junction. On what looked an easy, shallow crossing, I found I was going hip-deep both legs, and the effort of dragging a leg out was quite exhausting. Standing and gasping, with water almost up to the groin, though the water itself was only eight or ten centimetres deep, I managed to work out that if I could bring more body surface than the soles of my feet into contact with the loose bottom, I couldn't sink so far.

First I took off my watch (I reckoned that if I survived I'd need to know the time as I walked back to Glen Davis) and stowed it in a shirt pocket.... later, fearing the pocket would get wet, I transferred the watch strap to hold in my mouth. Then leaned forward until my body up to the bottom of the rib cage was resting on the river bed. I didn't sink far, and found I could free first one leg, then the other. With added "surface" of both thighs on the bottom of the stream, it was a simple matter to wriggle forward, snake-fashion, until I found firmer sand in the bed of the river, stood up and waded out.



We really will have to move, there are the strangest people around here....

Of course, clothes were not only saturated but covered with gritty sand. I tried to wash it out, but by the time I reached Glen Davis the next morning, with the pass to Newnes still to be done, I was a sorry case of chafe from navel down to the thighs and between them. But was I down-hearted? Not on your life. I was delighted at discovering a new technique, but made the proviso that it may not work if there was water about half a metre deep flowing over the quicksand.

I recall that, despite my discomfort, I was still exulting as I tackled the Pipeline Pass. Having exhausted all the melodies I could remember from "Marriage of Figaro" I began to hum, croon, mutter - and gasp as the gradient steepened - what I could recall of the Winterreise songs. Then said sternly "Shut up, you haven't got enough wind.... anyway, it isn't a Winter Journey, it's September. Hey, it would have been a bit cold doing the snake act if it had been June or July, though."

* * * * *

THE ANNUAL GENERAL MEETING of the Confederation of Bushwalking Clubs NSW

The following Office Bearers were elected for the coming year:-

President	Gordon Lee
Senior Vice-President	John Porter
Junior " "	Gary Philpott
Secretary	Bob Cavill (a Minutes Secretary will be co-opted to help)
Treasurer	Rose Maxwell
Conservation Officer	Roger Lembit
S & R Officer	Keith Maxwell
Tracks & Access	Phil Venn
Publicity Officer	- - - -
Auditor	Ian Cox
Public Officer	Jim Callaway

Annual Affiliation Fees: These were set at \$3.00 per member. This sum will include the levy for Public Liability Insurance.

SOCIAL NOTES FOR SEPTEMBER

by Greta Davis

- 5th September - Committee Meeting
 12th " Half-yearly General Meeting
 19th " Slides and talk about the ANDES by Gerhardt Leitner.
 26th " CLUBROOM CLOSED (The Ella Community Centre take two weeks holiday,
 so the Clubroom will also be closed 3/10/90)

* * * * *

THE BUSHWALKERS' BATTERY

by Morag Ryder

So your torch expired half-way through dinner on the last trip. Winter days are short and one often reaches camp just before dark. This means good batteries are essential and the June issue of 'Choice' had some advice on the subject. Although NiCad batteries can be re-charged, the actual hours-of-life per charge is no better than the cheap Zinc Carbon type. Alkalines are best when you have to drain a battery for long periods. They can last up to 7 times longer than Zinc Carbon.

Best performers were (1st) Tandy's Enercell 23-552 and (2nd) Eveready's Energiser E91. You'll be happy to know that neither were the most expensive.

CONVENIENT PROTEIN

Unflavoured gelatine is 88% animal protein. A tablespoonful equals the dry-weight of protein in a large steak. Almost tasteless, gelatine can be added to a variety of foods, muesli, soup or stewed fruit with rice. Worth considering for longer trips in warm weather, when most animal proteins very quickly go 'off'.



CLUB CLOSED.... on SEPTEMBER 26 1990