

THE SYDNEY BUSHWALKER



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 at 8 pm at Kirribilli Neighbourhood Centre, 16 Fitzroy Street, Kirribilli (near Milson's Point Railway Station). Visitors and prospective members are welcome any Wednesday. To advertise in this magazine, please contact the Business Manager.

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JUNE 1992

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EDITORIAL NOTES



Well there is snow cover already and hopefully by the time you receive this issue it has not been rained off. Thanks to all contributors to this Snow Special, both voluntary and coerced, and also to Morag Ryder for the beautiful drawings. Bert Whillier telephone me to say that he teaches cross-country skiing on sand dunes, not a bad concept if you do not like cold weather. You will notice that safety is a very big issue and many trips do not go exactly according to plan because of the extreme weather conditions and/or the safety of the party. A good leader will always have plenty of contingency plans to make sure everyone is comfortable and above all enjoying themselves.

Most of you will regret the passing of Rob Webb and those of us who had the good fortune of being on trips with him will miss his joy in being in the Australian bush with us and his lively company. On behalf of the Committee we wish to extend to Michele and his family our condolences and we will always remember him with great warmth.

Debbie

NEW MEMBERS



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

	Telephone	
	Home	Work
JOYCE Ray - 15/162 Kurraba Road, Neutral Bay 2089	953 7221	922 4211
MACDOUGAL Rosemary Ms - 6 Ralston St. Lane Cove 2086	428 5668	265 3000
BODLAY Zol - 9 Pamela Place, Kenthurst 2156	654 1605	484 4242
DORMAN Peter - 7 College St. Drummoyne 2047	81 4311	319 1537
HAINKE Len - 8 Delta Road, Lane Cove 2086	427 3335	
LANGLEY Angelika Ms - 1 Byora Cres. Northbridge 2063	958 1805	428 1500
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WOOLFORD Marlies Mrs - 131 Bilga Cres. Malabar 2036	661 5595	
HARROLL Rodney - 91 Cutler Road Clontarf 2093	949 5649	968 0004

* * * * *



**CROSS-COUNTRY SKIING - SIERRA NEVADA
MOUNTAINS CALIFORNIA****by David Rostron**

This year our efforts to ski in the mountains known as the "Range of Light" finally came to fruition. There is a 240 mile length of the range between Mount Whitney in the south and Yosemite Valley in the north which is regarded as the ultimate ski-touring/mountaineering route in the world. The skiable terrain in spring is between about 9000 feet and 13,000 feet. Mount Whitney, the highest peak, is 14,400 feet.

A commercial guiding group, Alpine Skills International, conducts 6-day trips (50-60 miles) along/near the crest each year, covering the entire section of 240 miles in four years. It also operates a trip along the "High Route" - an east/west crossing from the desert to the forests on the west side. This is also of six days.

In 1991 Wayne Steele and I planned to undertake both 6-day trips (one day interval between trips) but the Crest Trip was cancelled because of insufficient numbers. This year's snowfall was greater and four of us, Kern Clacher, Les Powell, Wayne and the writer departed on 18/4/92. Les was to undertake an initial 5-day ski trip involving part of the crest and then join us for the High Route trek.

Alpine Skills (ASI) stipulates precise standards for skiing ability and physical fitness (the latter self-determined by the Harvard Step Test) for the various trips. We believed we had achieved these standards but were anxious to acclimatise and undertake more training. We arrived in Los Angeles a week before the first trip and proceeded to Mammoth Mountain Ski Resort (base 8,500 feet) in North-West California. It often has lift skiing from November to early July.

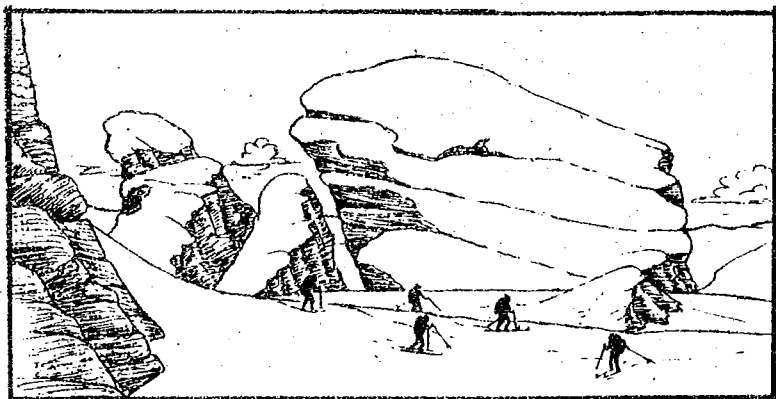
We enjoyed two days of lift skiing and had four days out on the range including one overnight trek. We crossed two passes including one at about 12,100 feet. Snow conditions varied from good spring corn to heavy slush. Unfortunately Les' first trip was cancelled due to insufficient numbers. He returned to Mammoth whilst we set out on the Crest tour from near Bishop Pass to Rock Creek in the north.

ASI provides dinners, cooking equipment, lightweight tents (Megamids to accommodate 3-4), shovels, ice axes and avalanche beacons. Each person's share of community gear/food weighed 4-5 pounds plus ice axe. Our leader (there were two guides), Peter, examined the contents of our packs (a recommended gear and food list is issued) and directions were given to discard some items of gear/food, whilst there were discussions (arguments!) over others. Their aim is for all to have the appropriate equipment but to travel as light as possible. Our estimated pack weights were 30-32 pounds.

My pack was the first to be examined. I was directed to leave out my only two apples. Wayne, as astute as ever, hid his two bananas in his parka sleeves!

We walked from an elevation of 9,200 feet and commenced skiing at about 9,900 feet near South Lake. In the first hour an American doctor, Alan, developed problems with his new climbing skins. He was also concerned about his level of fitness and then volunteered to withdraw. The other guide, Tim, accompanied him back to the road. Our party then comprised the two guides, two Americans and we three Australians.

The four Americans all had wide telemark/alpine skis with no climbing bases. Two had "Randonee" Alpine gear with lock down heels, whilst the other two had very heavy telemark boots. All four were very good skiers and on steep slopes, often with snow of poor quality, performed jump parallel turns. We floundered down these slopes on our lighter equipment and on some it was easier to walk.



Our training and period of acclimatisation paid off. For the first 2-3 days we were much fitter than the guides and others. Their condition improved and for the last three days we all moved together. The guide, Peter, said it was the strongest group he had taken on a tour. Early in the trip, when commenting on our fitness, he said, "I wondered if you guys were from another planet!"

ASI's system of tenting is excellent. The pyramid tents weigh $1\frac{1}{2}$ - $1\frac{3}{4}$ pounds and are 8 feet x 8 feet. The area is marked out and then excavated to a depth of 18" - 24", with the snow blocks obtained being placed around the perimeter to a height of 2-3 feet. The tent is pitched on the ledges, just inside the built-up walls. Two or four skis are positioned with the tips on the ledges and the ends in the apex of the tent. The result is standing room and a comfortable sitting/dining area almost 8 feet x 8 feet. I found it somewhat claustrophobic for sleeping (with four) so I slept out.

The butane stoves and attached pots of about a quart capacity were hung from one of the skis. All dinners were tasty and of the instant variety so we could commence dining within 10 minutes of the tent being set up. We were each given 6-7 soups and six dinners for five nights. The quantities could have been greater for our gargantuan Australian appetites, particularly Kenn's, which is beyond belief!

Our first night was in a bowl at about 11,800 feet. May is the driest month in the Sierras and we had fine weather throughout. There were strong winds on the last two days whilst on the third day we had temperatures in the 80s (Fahrenheit) in the middle of the day, when climbing. Arising from the dry climate there was no moisture on my sleeping bag when sleeping out.

About an hour of the second morning was devoted to ice-axe use and climbing instruction. We then ascended (on foot) to a pass at about 12,200 feet, between Mounts Gilbert and Johnson. The other side was steep (about 50 degrees) and icy. The guides set up the rope for descent (two rope lengths - about 200 feet) and we then climbed down to a level where one felt comfortable about skiing. We spent the morning descending and then climbing/traversing at a height of about 11,500 feet before descending, mainly on foot, down a rocky and then snowy gully for about 800 feet. The angle was 45-50 degrees and the snow soft, heavy and lumpy resulting in the most difficult skiing encountered on the trip. Yes, we made a complete mess of it!

We then joined the approximate route of the John Muir Trail which traverses most of the Crest for 1,200 miles. A climb of about 1,300 feet followed, to Muir Pass, at 12,000 feet. There is a magnificent circular stone hut (built in 1931 in honour of Muir) on the Pass. This can accommodate 12-13 on benches and the floor. We spent a lazy afternoon on the western aspect, soaking up the sun and views and then cooking dinner. This area is the Ionian Basin with countless lakes, easy undulating terrain and for the more adventurous a number of peaks up to about 13,500 feet which can be climbed on skis.

Our night in the hut was the warmest of the trip. We were away at 7.00 am for a delightful 5-mile run across frozen lakes and down undulating terrain to the junction of the Evolution and Darwin Canyons where we made a right (east) turn and climbed the Darwin Canyon (at first on foot because of limited snow) and then ascended on skis to Alpine Col at about 11,800 feet. One of the Americans had "experimental" Randonnee gear, which failed a number of times in the first three days and we waited over an hour for him that morning. This resulted in the exhausting climb to Alpine Col at the hottest time of the day. We continued north across the Humphrey's Basin - more easy undulating terrain and frozen lakes and then camped by open water.

Our fourth day involved more reasonable terrain with two climbs of about 1,300 feet to cols and runs on good snow down similar heights. On one gradual descent, as Kenn passed between rocks he literally ploughed in about two feet as the snow gave way. There he was buried head first. Our guide, Tim, yelled to Wayne, "Help him, help him!" Wayne had his priorities right as he laughed and took a photograph first.

There was a final ascent into an area known as Granite Park. We camped at about 11,000 feet in a small bowl on the side of a ridge surrounded by stark rocky peaks to about 13,000 feet.

The following day involved descents and ascents culminating in a climb under the sheer rocky face of Beak Creek Spire (13,800) to Bear Creek Col. This involved a ledge climb on foot for the last 100 feet. The descent on the other side is vertical over rock and snow for about 80 feet. We were lowered - "dropped" is a better word - with Kenn and Wayne sustaining minor injuries to various sensitive parts of their anatomies! - by our guide Tim who then abseiled down. The initial steep snow was heavy and crusty so the descent on foot continued for 300 feet until the slope was at a reasonable angle. A short ski down led to a delightful lunch spot on a knoll in a steep walled valley. A short sharp climb (it was all relative) of about 800 feet took us to Rock Creek Col - our last pass, at about 12,000 feet.

Rock Creek Canyon, comprising pine forests and many lakes, stretched out below us and we had 6-7 miles to travel to the road head. Progress was swift for the first 1,500 feet of descent. We could have gone out that afternoon (of the 5th day) but soft snow and some uncertainty about skiing across lakes encouraged our leader to stop at about 3.00 pm. Camp was established in a snow-free grove of pines and all slept out on a somewhat windy night. The view of the peak at the head of the Canyon was one of the most magnificent mountain-scapes I have seen.



A leisurely start the next morning found us skating across lakes and there was some skiing on patchy snow. We walked the last two miles to the vehicles and Les arrived in our rented station-wagon about 15 minutes later.

The postscript was that Wayne's blisters prevented him going on the second trip, whilst the breathlessness I had experienced over the last 1½ days discouraged me from attempting the High Route. I believe this was caused by being at an altitude above 10,000 feet for some days. It improved after three days at lower altitudes.

The area does justify the description "Range of Light" and the weather is excellent in spring. However, one outcome was very sunburnt lips and the tips of our tongues. The mountain scenery is breathtaking and equal to the Alps, with the lakes and pines providing contrasting jewels to the stark rocky peaks.

Arising from the lack of rain, snow consolidation does not appear to be as effective or as consistent as that experienced in the Australian Alps. The comments of the Americans about good corn snow, when we did experience it, indicated variable conditions were the norm.

* * * * *

Ed note: Heights, distances, weights and temperatures have been left in the old imperial system in accordance with that which exists in the USA and hence in all their literature. For those of us more accustomed to the metric system and contemplating a visit to the USA it is advisable to take a pocket calculator. Don't bother trying to figure out their petrol, or rather gas, quantities though.

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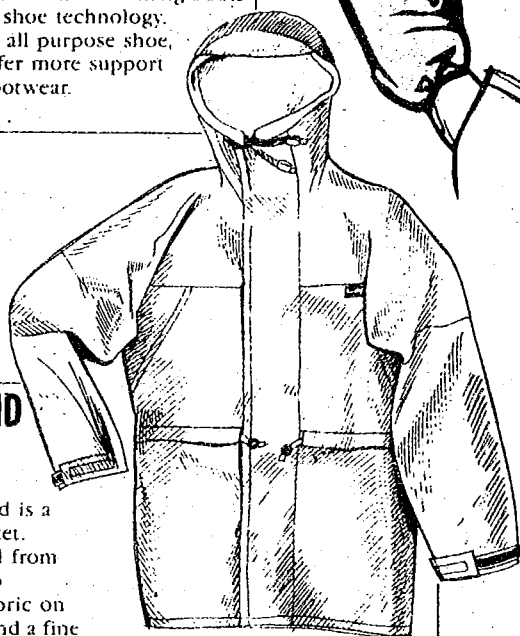
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VALE ROB WEBB

by Patrick James

Rob died on Thursday, 28th May 1992, after a determined but unwinnable fight against cancer. Rob joined SBW in 1988 and was welcomed at the December 1988 general meeting. Rob quickly found his niche in the Club; he was one of those mad group of people who go tearing through the bush like rock wallabies. When he was not running in the bush he was also a conventional, normal speed, day and weekend walker.

Besides bushwalking Rob was also a serious long distance runner. Hence the Kanangra to Katoomba in one day, Six Foot Track gallops and Royal National Park jaunts.

Rob was a happy, caring person, a good companion, an asset to the Club and a welcomed participant on any walk.

Rob found a kindred spirit in Michele Powell and had fate not interfered they would have been married this year. Rob will be dearly missed by his family, his friends and his business colleagues. Rob's plans for the future will not be realised and our condolences go to Michele who was to share that future with him.

TO ROGAINE OR NOT.....

by Deborah Shapira

It is on again - the NSW Rescue Emergency Services ROGAINE. This year it will be on 26-27th June in the Nattai Wilderness area. Participation is by teams; 2-4 team members for the one-day event which will be on Saturday from 8.00 am to 6.00 pm, or 4-6 team members for the two-day event which finishes at 2.00 pm on the Sunday.

Having been a member of the SBW team which was a "bridesmaid" - two years running I can tell you that it is a lot of fun. SES teams are invited to compete, as well as Cave Rescue, Police, other bush walking clubs and this year, I am told, there will be a team from the Navy! - something to do with finding downed aircraft in the bush. Funny, I always thought the Navy was associated with the high seas!

The first year we went there were teams dressed in boiler suits, heavy boots, carrying heavy packs looking aghast at us in our sandshoes, shorts and light packs. The following year saw more shorts and sandshoes. This is an opportunity to show the official Rescue Services how bush-wise we bush walkers are. Bushwalking Clubs usually win.

Prizes will be handed out by the Police Minister (don't let that prevent you from participating), it is the best practice for honing your map-reading and compass skills. If you want more information (e.g. hints on how to come second or even first) or entry forms and Rogaine Rules, please contact me.

* * * * *

KENN AND LES' STORY**By Kenn Clacher**SECOND TRIP - SIERRA HIGH ROUTE

The second trip was the "Sierra High Route", a renowned crossing of the Sierra Nevada from one side to the other between Sheperds Pass and Giant Forest. As the start and finish points are about 500 km and eight hours travelling time apart by road, two groups of ten were formed, ours travelling from east to west, the other in the other direction, and a car swap was arranged. This necessitated many phone calls to ASI and eventually Les driving to Reno, Nevada, to sign on as an eligible driver for the rented car which we would swap with ours.

The High Route promised to be another spectacular trip, different from the Crest Tour in that it started in the desert of the Owens Valley, near the town of Independence, and finished in the habitat of the Sequoia Redwoods, the largest living things on earth. This was a big contrast to the first trip, which started and finished fairly high near passes on the eastern side of the range.

We met the guides and other participants at the Palms Cafe in Independence, a classic small western town cafe. There we met each other, were briefed, and dined on dinosaur ribs before driving to the trailhead at 6,200 feet to sleep there to help acclimatisation. It was with some trepidation that we saw on the map that we had about 6,500 feet of climbing to accomplish before cresting our first pass, Shepherds Pass at 12,000 feet. Our destination the first day was Anvil Camp at around 10,200 feet. Even though we climbed over 4,500 feet that day (there were some downhill sections) through desert terrain, with skis on our packs, it was fairly easy going on the well-formed and gently graded track at an easy pace, with some high cloud reducing the sun's bite a little. A more normal pace would have had us camping near the top of the pass. This would have represented too great an altitude gain in one day for the majority of members who did not have our advantage of spending the previous weeks at high altitude. The gain was still too much for Dick, who started throwing up at Anvil Camp, continued for the next couple of days, ate only a few meals of soup on the whole six days, but nonetheless remained cheerful, and kept up with the group, throughout the trip.

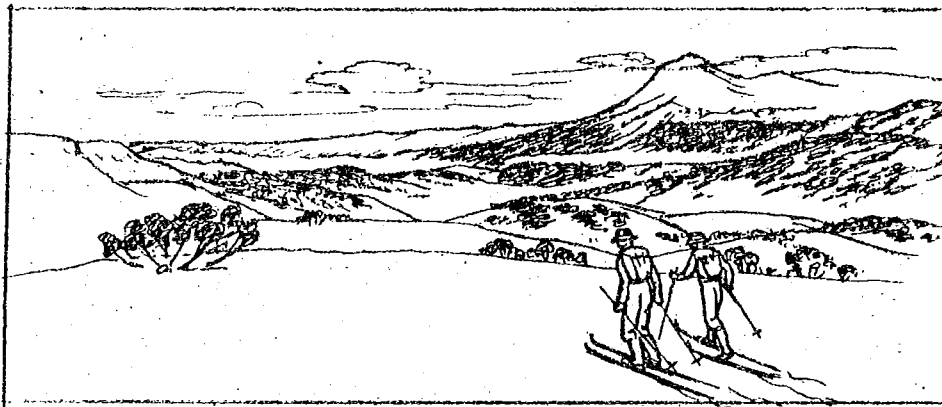
At Anvil Camp we had the luxury of running water (it still needed to be boiled to guard against giardia) and bare ground to sleep on. The tent was unnecessary as the sky was clear and there was no dew.



The next day we completed the crossing of Shepherds Pass after some instruction in ice-axe and stock self-arrest techniques. A long downhill run to our campsite at the junction of the Kern River and Milestone Creek completed the day's travel. Again we were able to camp out on bare ground without the Megamid, that is, until it started to snow and the tents were hastily erected,

whereupon to comply with the rules for such occasions, the snowing promptly stopped.

This was the beginning of a couple of days of intermittent low cloud, snow and poor visibility, interspersed with periods of clearer weather and occasional sunshine. The terrain was now more interesting, with the crossing of the steep Milestone Pass high up on the distinctive Milestone Peak, helped by ice-axes, and the highest point we reached at 13,000 feet. That night we met up with the other group, swapped car keys, and dug in the tents for the first time on the High Route, just in time to retreat from a high wind and snow which lasted all night and into the next morning.



After a short wait the clouds lifted sufficiently for the leader to decide to attempt the day's trip as planned. The clouds stayed high enough for us to be able to navigate without difficulty, but low enough to add great drama to an already imposing landscape, especially in the aptly named Cloud Canyon. We crossed three passes, none requiring long ascents, all spectacular, with tricky descents, to pass Triple Divide Peak before making camp in a spectacular setting in the upper part of Deadman Canyon with a great view straight down the deep glacial valley. The descents all required ice-axes, or great care past exposed sections, or both ("Kenn, this is a no-fall zone," said the leader), but eventually led to some great downhill runs.

The fifth day took us again over three passes, the highlight being an ascent of an unnamed peak, with spectacular views all the way back to Milestone Peak. Some of us enjoyed an exhilarating ski back down on good snow while the last of the party climbed up. Several hundred feet of exposure if one strayed too far left added some interest to the descent. From here there was just one small climb before we claimed our reward for our 6,000+ feet ascent at the start. Unfortunately the snow became very soft as we descended, and in places was more difficult than any I have ever previously encountered.

That night we camped near Pear Lake Hut, an imposing hut of two stories which is run as a lodge, and which is at the opposite end of the spectrum from Muir Hut where we stayed early in the first trip.

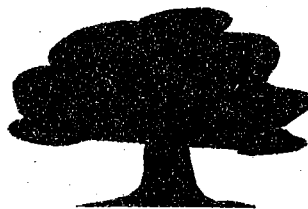
All that remained was to walk the remaining 10 km or so back to where our cars had been left at Wolverton Ski area, in Giant Forest. This is the home of the Sequoia Redwood trees, and provided an enormous contrast to the desert in which we began our journey. We had covered a great variety of country, from desert to steep mountain passes, open plains and river canyons to redwood forest. About everything one needs for a complete ski tour except snow gums.

CHANGE OF ADDRESS - Please alter your List of Members and also your Walks Program with the new address of **IAN WOLFE**.

2 Clee Court, 2 Lower Wycombe Road, Neutral Bay 2089.

Telephone 909 3370 (H) 312 8443 (B) Fax 312 9998.

CONSERVATION CORNER



THE MANAGEMENT OF KOSCIUSKO NATIONAL PARK

Excerpt from the Colong Committee Policy Statement - September 1980

by Alex Colley

Kosciusko National Park which has an area of 1,507,400 acres is the largest park in the state and was proposed by Myles J. Dunphy, OBE. The aim of creating a national park is to preserve the natural features of an area. Flora, soil and streams and landscape have already been severely damaged by developers, both public and private. Neither the authorities, nor the majority of conservationists, foresaw the scale and effects of tourist development.

Skiing is an extremely popular and healthgiving form of recreation as is bush walking. Skiing in itself does little damage, because flora is protected by a blanket of snow except where it is trampled around huts, lifts, parking areas. Constant bush walking on unmaintained tracks leads to erosion.

The Statement then suggests several measures, many of which have been ignored, such as the new resorts of Blue Cow and Mount Selwyn. Removal of huts has occurred and overnight accommodation has not been increased. Purification of water below Perisher and Thredbo remains a problem. Further installations have been built in existing resorts. It is probably a matter of time before new resorts with and without overnight accommodation are constructed, laying destruction to the fragile environment.

* * * * *

LETTER TO THE EDITOR

from John Noble

In the Sydney Morning Herald of Saturday, 16th May, page 11, was an interesting article by a journalist, Catherine Armitage, on a proposal to use tissue culture to restore now scarce staghorn ferns in places now depleted of them. Unfortunately a line in the fourth paragraph made the staggering claim that their scarcity is the result of "...culling of staghorns in the wild by generations of bushwalkers (!!) and landowners...."

Can you image any bushwalker trying to add a staghorn to an already full pack?

I find this unfounded accusation to be grossly insulting to those of us, both past generations and present, who have contributed so much to the establishment and preservation of national parks and like reserves in order to conserve the very things such as she accuses of destroying.

(A similar letter has been written to the Editor of the Sydney Morning Herald.)

OLD SBW MAGAZINES covering the last 40 years may be obtained from Dot and Pete Stitt (phone 869 2964). They are moving house and no longer have space for the old mags. Call in to 28 Thelma Street, Eastwood to collect them - after phoning.

MIDWEEK WALK with MARGARET NIVEN STAGHORN, will now
BE TAKEN BY FRAN HOLLAND 484 6636.

WALKS NOTICE

The walk shown on Walks Program for July 10,11,12 led by Greg Bridge in the Shoalhaven River area should have been shown as a DAY WALK on the Saturday. Greg will give you all details when you phone him.

BERT'S BONDI SKI FIELDS

by Bert Whillier

I had grown up in the Eastern Suburbs of Sydney swimming, surf board riding. I only worked 18 months in the building trade from school, when in 1929 the Great Depression occurred, so I spent a lot of time on the beach. Some of us used to run laps of the beach so I got to like distance running. I joined the Eastern Suburbs Athletic Club.

The new American craze of hiking came to Australia, Sam Larids a Jeweller in the town saw the possibilities, and organized hiking trains. For 2 shillings and 6 pence (25c) your ticket got you a place on the train, there was a leader, someone at the lunch spot to boil some Kerosene tins of water for tea and usually we would end up at Audley with a band and a dance, before catching the train back to Central. It made a good relaxed day away from running races on the Saturday.

After a couple of years of this a fellow in the Club suggested he get a friend to nominate me for the SBW, in the SBW I got invited on walks with Gordon Smith & Jack Debert Tigers. By October 1937 I was invited (press ganged) on Gordon Smiths 3 months trip to New Zealand. The whole trip costing 60 Pounds (\$120) boat fare of 19 pounds inclusive (\$38) return.

This was my first sight of snow and ice highest peaks we climbed in the Mt. Cook regions where the Minerets 11,200 ft.

Returning to Sydney in February 1938 all safe & sound in May 1938 I got the urge to ski, so as I had learnt to drive I bought a 1928 overland tourer for \$120 so Max Gentle, Dot Butler & myself set out for the snow, those days before the Snowy Scheme the road from Canberra was rough dirt.

We had booked a week at the Hotel Kosciusko now Sponars Lakeside Inn.

We arrived at the hotel about 6pm, Dot and Max headed straight for the table, but muggins owner driver not being well versed in car care I didn't know about anti freeze, so tried to drain the radiator and the water tap hadn't been opened for some time, by the time I drained the radiator it was 7.30pm so to the kitchen to get the scraps.

Being May the snowline was a fair way from the Hotel, so we would shoulder our skis, which were very heavy and walk about 10K or so to the snow.

On the Wednesday we decided to go to the summit we trudged up the summit road, all there was at Perisher at that time was 4 stone walls, with no roof, where we sheltered out of the wind. We got on to the snow about Charlottes Pass we reached the summit about 2pm. We had arranged to stay overnight at Betts Camp where the Hotel had a couple to cook etc. for guests.

In 1946 I booked a week at the Alpine Hut in the Brassy Mountains. They had a cook and accommodation for about 20 skiers.

The story about the cook was that Ken Breakspace and some of his mates had practically carried the cook in the 8k or so when

the hut was snowbound he was very miserable, the question to teach him to ski or he'll escape. I believe he didn't have any ski lessons so I don't believe he was there the next winter.

In the years following the War a lot of the skiers were migrants from Europe, a lot from Austria that had brought their skis with them, not many skis were to be bought in Sydney, so some of us made our own, steaming them up on the kitchen stove we would file a groove in the heels of military boots, and with these boots & skis we would join the migrants on trips to the main range.

Wally Reid had a Chalet at Kiandra, and in Sydney, a shock absorber factory in Woolloomooloo on the top storey he built a slope covered with coil matting that we could practise on then he'd take bookings for the very unreliable snow of Kiandra.

There was, also, 70K from Canberra a Chalet built by the Canberra Alpine Club on Mt. Franklin on the border of NSW and ACT. To go to the toilet you went to NSW, much to the amusement of the Canberra-ites.

In the middle 1950's as soon as my kids reached a reasonable age I would take them in the school holidays to Sawpit Creek. In those days quite a few SBW families had made Sawpit in August Holidays a regular event. We have a fire like the SBW reunions some of us stoked the fire through the night, with suitable convivial refreshment.

Those days the snow ploughs stopped at Smiggins, one of the big Companies had the oversnow rights, and charged a fortune for those days of \$1.00 each way. After years of controversy the road was cleared to Perisher.

In the 1949 season I was 36 years old and I decided to try Cross Country ski racing. I booked a week at Betts Camp and on the Saturday I raced with fifteen other likeminded persons in the 15K State Championship, my technique was at best rugged, but due to all my running and bushwalking etc, I managed a 4th place.

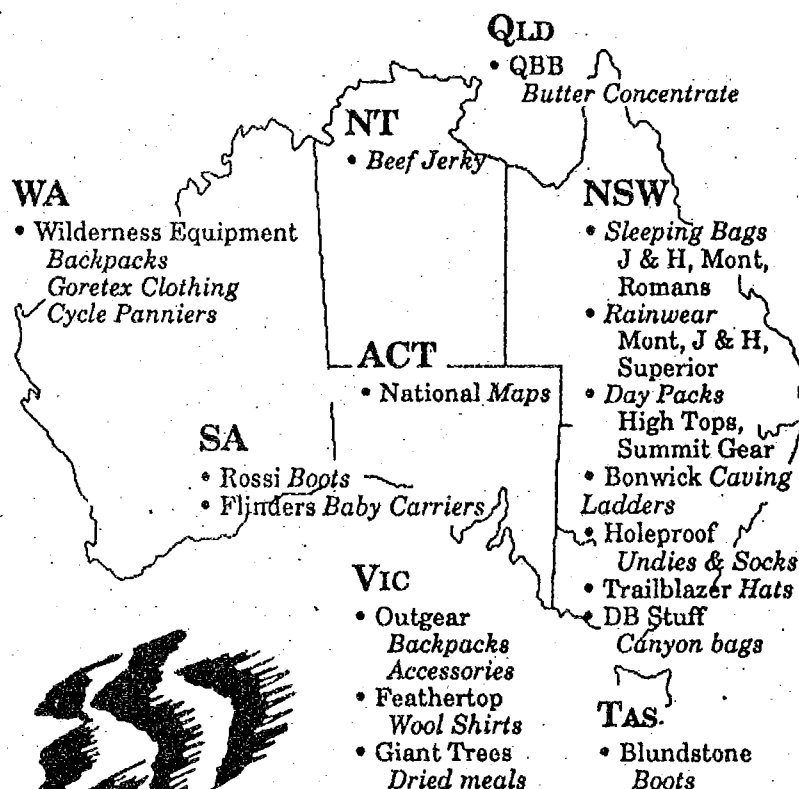
When I retired from work, at age 70, there was, at Perisher in August each year the Martini - Rossi Race from Perisher to the Chalet, also the Paddy Pallin race, Perisher to Chalet via the Porcupine, return via Mt. Sugarloaf, then the road return to Perisher 26K all age groups and catered for up to 80 plus.

* Editors Note.

Bert Whillier won the Norski Kosciusko in his age group 70years M, 1986, also the KAC Martini Cross Country 1987, and the Paddy Pallin Cross-Country Ski Classic 1987.

All his practise for his cross country skiing was done on nearby Bondi Beach as the conditions resemble snow when the sand is wet.

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COLD STRESS AND HYPOTHERMIA

COLD STRESS AND HYPOTHERMIA

from the Nordic Ski Club

Hypothermia is probably the most dangerous risk encountered in ski touring in Australia. With permission from the Nordic Ski Club the following is an outline on recognition and treatment. You will notice that being in a group is more likely to prevent serious consequences since a person suffering is usually incapable of recognizing and dealing with the problem.

Cold Stress

Signs and symptoms

- (a) The patient will complain of being cold.
- (b) The patient may be shivering.
- (c) The patient's major concern is to obtain warmth and because of this he or she will display a negative attitude towards the group's activities and appear apathetic.
- (d) The patient may appear to be clumsy.
- (e) The patient may display fatigue and lag behind the party.

Treatment

- 1. Shelter the patient from the wind, rain or snow and add extra layers of dry clothing (ensure the head is adequately covered) and see that wind/waterproofs are worn.
- 2. Give food that is rapidly digested and metabolised and drinks for the patient and other party members to prevent dehydration.
- 3. Check all party members.
- 4. Allow at least 15 minutes for recovery before assessing situation and proceeding on trip.

Mild Hypothermia

Signs and symptoms

- (a) The patient is apathetic and may exhibit mental confusion, poor judgement, uncharacteristic behaviour and refuses to recognise his or her predicament.
- (b) Shivering intensifies.
- (c) Difficulty with using the hands.
- (d) Inability to keep up with the rest of the party, stumbling.

Treatment

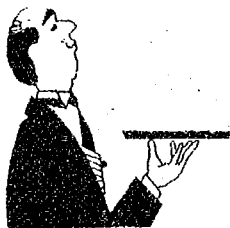
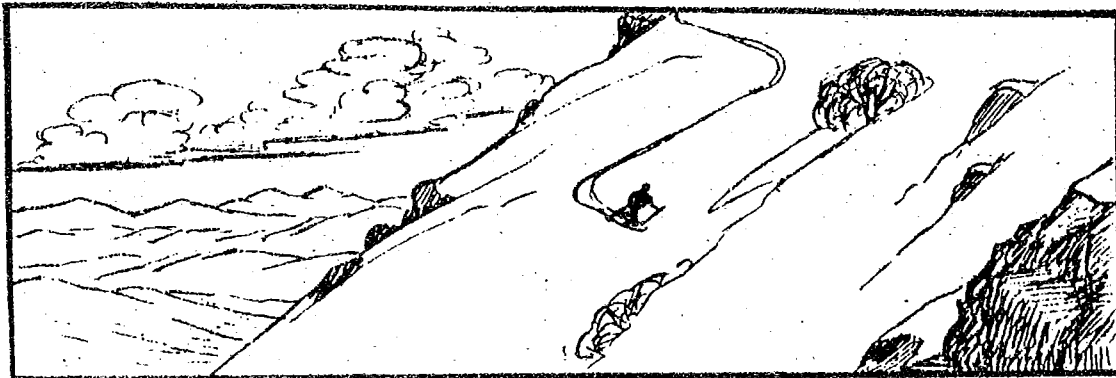
- 1. Shelter from wind, rain, snow. Replace wet clothing with dry.
- 2. Give food that is rapidly digested and metabolised.
- 3. If possible erect a tent and assist patient into a sleeping bag. If you are unsure of the severity use large plastic garbage bags to minimise evaporative heat loss.
- 4. Set up camp. The patient should recover within 8 hours.
- 5. During recovery give plenty of fluids to patient and monitor patient at all times.
- 6. Maintain party morale.

Severe Hypothermia

This is a medical emergency requiring intensive care and requires training to deal with, at the very least a First Aid Certificate. It is usually attributable to either neglect or ignorance and should not occur. Watch carefully for above mentioned signs and symptoms to prevent occurrence.

Severe Hypothermia - continued.Treatment

1. Handle patient with extreme care.
2. Do not remove wet clothing, add further layers to existing clothing.
3. Place patient inside a large plastic garbage bag, then a zippered mummy-type sleeping bag making sure that all but the face is enclosed.
4. Talk to patient soothingly and do not display anxiety.
5. If possible alert Search & Rescue. Do not consider evacuation without the assistance of a professional rescue group and a medical team.
6. The treatment of an unconscious patient is similar. Maintain DRABC and place patient in lateral coma position.



HINTS FOR FOODIES

COUSCOUS

Couscous is a type of fine semolina made from wheat grain. It is the national dish of the North African countries of Morocco, Tunisia and Algeria. It is very quick and simple to cook and a very useful staple when you are restricted to cooking on a stove. The best thing is not to cook it at all but to steam it or add a cup of boiling water to a cup of grain, mix and serve.

Here is a sample recipe from Carol Bruce (1 serving)

90 g	couscous	2 g	dried capsicum
50 g	red lentils	20 g	chopped dates
	garlic	10 g	almonds
5 g	dried mushrooms		black pepper
5 g	dried onions		

Soak and boil lentils, spices and dried vegetables. Add 100 ml boiling water to couscous in a cup. Mix with cooked vegetables, add almonds and serve.

ROBINSON'S LEMON AND BARLEY POWDER

Ray Hookway has discovered that this vital staple has gone missing from supermarket shelves. Therefore he has gone to the trouble of enquiring from the manufacturer as to where it can be obtained. The following stores still stock this commodity - Jewels, Payless and Bilo.

CONFEDERATION NOTES



by Spiro Hajinakitas

N.S.W. CONFEDERATION OF BUSH WALKING CLUBS - 19/5/92

Arising from Minutes of previous meeting: Mention has been made previously of some dissatisfaction with procedures for calling on S & R, and the creation of a sub-committee to consider future direction of this activity by bush walkers. A letter has gone to the Minister for Police Services (Mr. Pickering) requesting a meeting with the sub-committee.

On Conservation matters, walkers in Kosciusko N.P. during Easter noted the registration numbers of two vehicles and informed Park Rangers. Rangers indicated such advice was useful to them in detecting illegal entry by 4WD vehicles.

Arising from Correspondence: Agreed that the Conservation Officer should write to the Director, Nat.Parks Service, protesting at the proposed construction of administrative buildings and kiosk on the escarpment at Fitzroy Falls lookout.

A new walking club at Glen Innes was admitted to membership.

Search & Rescue: No recent call-outs. A First Aid course being run at the end of May was booked out. Any club that can arrange for a minimum of 15 people could book a special course. Contact Grace Matts, phone 790 0374. Two S & R radios have been sent for overhaul and one received back. Others will be sent in turn.

Peter Treseder will organise a meeting with Club S & R representative on 13th June.

At the Rogain in June it was agreed that badges, overalls for searchers and Volunteer Rescue Assoc. Badges would be provided.

Conservation: There was a reply to a previous protest to the Minister for the Environment assuring that no official marking of tracks or proposals for the establishment of marked trails in the vicinity of The Pilot (South Kosciusko N.P.) was intended.

Publicity: A display will be organised for a "Sports Spectacular" to be held at Macquarie University on Sunday, 21/6/92.

It is proposed that each Club be requested to pay \$5 fee for each delegate to attend the Annual General Meeting to be held in August.

Material is being prepared for the Blue Gum Forest 60th Anniversary. It is suggested (1) each club taking part should appoint a leader for its members and (2) suggested various routes to the Forest be taken by club groups to avoid undue congestion on the track down from Perrys Lookdown.

General Business (including Fees for next year): A motion that the component of annual fees for Public Liability Insurance be separated from the rest of the subscription was LOST. Subscription: Set at the SAME LEVEL as in 1991-2.

SBW reported that a person injured on a walk some time ago was suing the club under its Public Liability Insurance provisions. It was agreed to write to the insurance company urging that it not enter into any out-of-court settlement which is being opposed by SBW.

FIRST AID COURSE

The First Aid course run by the Confederation at the end of May was booked out. There have been several inquiries from SBW members about such a course. It has been suggested that SBW should organise their own Club Course at a time to suit themselves. Morag Ryder has volunteered to organise such a group. If interested, contact her at work on phone 922 2111. This course is also open to those whose certificates have expired after three years.

MONTHLY MEETING NOTES



THE MAY GENERAL MEETING

by Barry Wallace

The meeting began at around 2024 with some 20 or so members present and the President in the chair. There were apologies from Jim Callaway, Deborah Shapira, Helen and George Gray and Erith Hamilton. There is also an apology from yours truly to Rosemary MacDougal, she who was listed in last month's notes as Rosemary Jones.

This month there were seven new members to scramble, Zol Bodlay, Peter Dorman, Len Hainke, Angèlika Langley, George Molnar, Jennifer Schweinsberg and Marlies Woolford. Five of these were present for welcome with only Len and George as no-shows. Ian varied the usual process slightly by retaining all the new members in front of the gathering for a brief formal welcome as a group before allowing them to return to their seats.

The Minutes of the preceding general meeting were read and received as a true and correct record. Correspondence brought a letter from the Blue Mountains World Heritage Committee, thanking us for our donation of \$100 and advising us of some of their upcoming activities, from Barry McDougall at Great Australian Walks advising us that the response to his proposal that bushwalking clubs provide funding for a book on the heritage of Australian walking had been disappointing, but nonetheless he will proceed with the work.

Matters financial brought news that in the general account we earned or otherwise acquired \$7,316 and spent \$5,411 (\$3,943 of this amount was funds re-invested). Coolana Account saw income of \$6,862 (\$6,057 of this was redemption of previous investments) and expenditure of \$6,057 (all of which was re-invested funds).

The Walks Report commenced with Oliver Crawford's "Gardens of Stone" trip. They had 7 starters and it was a beaut walk. Getting slightly misplaced and arriving back at the cars in the dark down a near vertical creek bed just added to the sense of adventure. Ian Debert's Macarthurs Flat trip had 10 on the Saturday and 12 on the Sunday. The two ring-ins on Sunday happened to be Ian and Joy. The weekend was fine and mild though a little cold for swimming, and a good bludge was had by all. Mark Weatherly's Maroota area walk had a party of 12 enjoying the delights of lawyer-vine, in areas where the hidden ground was full of wombat holes and any slip meant... well, getting behind the party if nothing else. After all that they said it was an enjoyable walk. Morag reported good weather and a good walk for the party of 15 on her trip via Federal Pass and the Landslide, though two of the starters are reported to have dropped out at the new (?) landslide.

Easter saw good weather all over. Ian Rannard led a party of 16 on his Hume & Hbvell track walk. It went to program. George Walton took a party of 12 on a pleasant if somewhat cool ramble in the north end of Kosciusco N.P. Greg Bridge's Warrumbungles trip had 4 SBW and 20 NPA attendees on a very full weekend of activity. Jan Mohandas had 10 on his "Three Peaks in Four Days" bludge walk, and Bill Capon led 11 marathon walkers from Mittagong to Katoomba. They reported that the views from the Axehead are still as grand as ever.

The weekend of 24,25,26 April saw Maurie Bloom and his party of 17 or so taking their chances on mapreading instruction on his Budawangs walk. Bill Holland's party of 13 reported no 4WDs sighted on his Yalwal area walk, and Morag's mystery walk followed the same route as her walk of April 12th, that is, Federal Pass, Landslide etc. There were 11 in the party, one of whom turned out to be a bolter with an overdeveloped homing instinct. It was reported as a pleasant unhurried day for the rest of the party. Alan Mewett's Mill Creek trip was reported in some detail with readings for bearing, speed, altitude, and of course, time. In between all that they also managed to glimpse some aboriginal rock carvings. For some reason nobody mentioned the weather that weekend. I guess it must have been good.

Spiro's harder-than-test-walk to the edge of the Blue Breaks over the weekend 1,2,3 May saw a party of 6 enjoying good weather and a rather long day on the Saturday. George and

Christine Floyd managed to peddle their Saturday start bike trip to 10 riders. They also reported a long (80 kilometre) day on the Saturday, characterised by steep hills, multiple gear changes and a certain amount of walking. There was also a report of someone taking vengeance on their bicycle saddle by beating it with a piece of wood at the end of the ride. Seems odd, but I guess you had to be there. Laurie Bore led a party of 22 on his Boudi Beach crawl day walk, and Eddy Giacomel and his party of 10 found his Evans Lookout to Bluegum and return walk a rather rushed affair.

The Conservation Report brought news of a promise of some delay in the work at Fitzroy Falls. It also appears that Terry Metherill's threatened legislation has galvanised the conservation arm of the State Government into action on the assessment of wilderness areas. There was also a report on Australian Geo's anniversary celebration conducted in Bluegum Forest. A motion was moved that the Club write to Tim Moore, the NSW Minister for Conservation, to congratulate and thank him for his efforts in the portfolio. After some debate this was passed.

The Confederation Report brought disturbing news that the walker who died on a Newcastle Bushwalking Club walk was not at the time a member of the club and as a consequence was not covered by the Confederation's insurance. Confederation is to write to NPWS complaining about the presence of 4WDs in the Round Mountain area of Kosciusko N.P. at Easter. There was also mention of opposition to continuing camping in the Burning Palms area. It would appear that in spite of the prohibition people are still camping there. The Budawang Committee has held a meeting to oppose the construction of the Welcome Reef dam.

General Business brought news that the insurance claim by our prospective for injuries sustained on a walk is now going to the Supreme Court.

Announcements were mainly advertisements for one thing or another, with Bill Holland doing a plausible imitation of a snake oil salesman whilst trying to explain the complexities of insurance as it applies to walks leaders. The meeting closed at 2139 hours.

* * * * *



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WALKS REPORTS



Sunday 12th April: Proposed Maroota National Park, led by Mark Weatherley.

8 members and 4 prospectives set out on a fine sunny day after ten days of rain. The Crown Lands have some notable features such as extensive grassy woodlands along the creeks, a sizeable wombat population, the size and quality of the milkshake at the Yoothamurra Kiosk and the fact that it is only an hour's drive from the G.P.O. After lunch the party came across a huge gum tree (probably *Eucalyptus grandis*), the girth of which was equal to four SBW members with outstretched arms. Someone with a piece of string measured it to be 6.8 metres. The next biggest tree in the Maroota area was 3.5 SBW in girth.

Easter: Hume & Hovell Track from Tumbarumba to Talbingo, led by Ian Rannard.

The walk went as per program with 16 members enjoying perfect walking weather. The Track passes through a variety of forest types and although over-developed in places, e.g. picnic tables and made fireplaces in the designated camping areas, there was plenty of interest. In the southern section old goldmining works gave easy walking along a water-race as well as adding interest to the landscape.

Sunday 26th April: Gunderman Creek - Mill Creek Entrance, led by Alan Mewett.

4 members, 4 prospective and 1 visitor pussyfooted around Gunderman Creek then huffed and puffed a steep climb to the top of the ridge above the creek. The view encompassed the cars on one of which was perched the leader's map. The party lunched on a rocky ledge near Foody Trig with a view of Foody Creek Gully. Later went to Flat Rock on Matthew's Ridge with aboriginal engravings, one of which convinced one of the party members that they had indeed reached a sacred site. Later reached the Mill Creek Circuit Track and back to the cars at the Mill Creek entrance to the park.

Sunday 10th May: Faulconbridge - Glenbrook, led by Morag Ryder.

6 members, 2 prospectives and 2 visitors undertook a brisk pace on an overcast but dry day. One person returned to Springwood at morning tea time accompanied by a bad headache. Between Blaxland and Glenbrook the track had disappeared due to floods in January and February. There was just enough time to reach Glenbrook in daylight, although by the time the party arrived at the Duckhole most people were tired. They took the Duckhole track to Glenbrook and caught the 4.20 pm train.

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