

THE SYDNEY BUSHWALKER is a monthly bulletin of matters of interest to The Sydney Bush Walkers Inc, Box 4476 GPO Sydney 2001. To advertise in this magazine, please contact the Business Manager.

Editor: George Mawer

42 Lincoln Road Georges Hall 2198

Telephone 707 1343

Business Manager: Joy Hynes

36 Lewis Street, Dee Why 2099

Telephone 982 2615 (H), 888 3144 (B)

Production Manager: Fran Holland

Editorial Team: George Mawer, Barbara

Bruce, Jan Roberts, Maurice Smith

Printers: Kenn Clacher, Kay Chan,

Barrie Murdoch, Margaret Niven & Les Powell

THE SYDNEY BUSH WALKERS INCORPORATED was founded in 1927. Club meetings are held every Wednesday evening at 8 pm at Kirribilli Neighbourhood Centre, 16 Fitzroy Street, Kirribilli (near Milsons Point Railway Station). Visitors and prospective members are welcome any Wednesday.

President: Greta James

Vice-President: Ian Debert

Public Officer: Fran Holland

Treasurer: Tony Holgate

Secretary: Maureen Carter

Walks Secretary: Morrie Ward

Social Secretary: John Hogan

Membership Secretary: Barry Wallace

New Members Secretary: Bill Holland

Conservation Secretary: Alex Colley

Magazine Editor: George Mawer

Committee Members: Denise Shaw & Maurice Smith

Delegates to Confederation: Wilf Hilder & Ken Smith

IN THIS ISSUE APRIL 1995

- P 2** Invitation to a St Johns First Aid Course
Fran & Bill Holland
- P 2** An invitation to compete in the annual
Wilderness Shield competition
- P 2** 'The Empty Community' Do the RNP shacks
serve any useful purpose or are they simply
a blot on the landscape? Elwin Morris
- P 4** Old Bushwalkers Never Die. Barbara Bruce
visits some members who have escaped.
- P 5** Nepal Trek Don Finch & Sev Sternhell
- P10** About the White Ants Jim Brown
- P12** Safety and Learning Maurice Smith
- P13** Ken's Canyons Maurice Smith
- P14** A letter from Bert Carlons' daughter

How About It?

Here I am soliciting again. We need copy for this magazine. We need your stories, your trip reports, your jokes and yarns, your complaints and constructive suggestions, (suggestive constructions?) your ideas that might be helpful to beginners, we can be a blackboard for your advertisements, we can display your sketches, you perhaps have some gossip you wish to propagate, some poetry you want the world to read, could be you want to buy something, sell something, find a friend.

We'll print just about anything in the guise of being "matters of interest". Tit-bits, fiction, truth - or your version of the events, lies - or your version of the events. How about it? Deep down you know that there are lots of things you'd like to say.

We'll accept it in any form, we're not in any position to be too choosy but if you can put it on diskette as IBM compatible "something or other" it will help.

Thank you. Ed.

- | | | |
|---------------------|-----------|--------------------------------|
| Advertisers: | 3 | Alpsports |
| | 7 | Willis's Walkabouts |
| | 8 | Mountain Equipment |
| | 10 | Eastwood Camping Centre |
| | 13 | Paddy Pallin |

ST JOHNS FIRST AID COURSE FOR SBW MEMBERS

We are planning to run a first aid course for SBW members and prospective members over a weekend in August (tentatively 12th/13th August).

This will result in St Johns First Aid certification for members attending the course. The instructor will be a bushwalking member of Confederation, Dave Shepherd. He is an accredited instructor who regularly conducts first aid courses for The Confederation of Bushwalking Clubs. Dave will give emphasis in this course to first aid problems encountered in the bushland remote areas.

The cost to our members will be \$58, a substantial discount on the normal cost of \$125. This will only be possible if we get a reasonable advance booking for the course but numbers will have to be limited as well.

To make it a fun Weekend, as well as an instructive weekend, we are offering our home as the venue, possibly with a barbecue on Saturday evening. You can stay overnight for an early start on Sunday morning.

We are seeking expressions of interest at this stage but a \$20 deposit will secure your place in what is expected to be a popular course.

Please phone Fran or Bill Holland (484 6636).

Notice of Change of Walk

My weekend test walk of 7,8&9 April could not be held due to a change of circumstances. In its place on 28, 29 & 30 April there is a weekend test walk in the Budawangs from New Haven Gap. For further details please contact Maurice Smith on (02) 587 6325 H or (02) 285 5573 W.

Wilderness Shield Navigation

Coming up on the weekend of 24 & 25 June (a few days after the winter solstice) is the annual Wilderness Shield Navigation competition organised by the NSW Confederation of Bushwalking Clubs. This is off-track wilderness navigation at its most challenging.

Last year SBW had one team in the short event. This year I would like to see several teams entered by

SBW, in both the short and long event. So dust off your map and compass knowledge and give me a call to register your interest (but not between May 30 and June 17 when I will be in Kakadu).

For further details please contact Maurice Smith on (02) 587 6325 (H) or (02) 285 5573 (W).

THE EMPTY 'COMMUNITY' IN THE ROYAL NATIONAL PARK

by Elwin Morris

The 137 huts that with their dunnies, gardens, barbecues, chairs, tables, beer bottle walls and other paraphernalia clutter all the flat useable spots behind Era, Burning palms and Little Garie are supposed to house a 'community'

I visited Era on a warm sunny Sunday at lunchtime in February, when there was a good surf on a safe, patrolled beach. Apart from the lifesaving club and at most 20 huts, the place was deserted. I was told that the day before, on an equally fine day, only about 10 huts were occupied

A relative mansion takes up all of the point of the north headland, with a fenced estate where prickly pear and blackberry are spreading. The brother of a long time hut owner on the opposite headland didn't even know the owner's name, but knew he 'almost never comes down'.

One of the hut owners at Era, a graphic designer who described 'the community', in a recent article in the Sydney Morning Herald, lives in expensive Louisa Road, Birchgrove, and has a weekender at Pearl Beach, like his neighbour, David Williamson, the playwright. It wouldn't be surprising if he preferred Pearl Beach to Era most of the time.

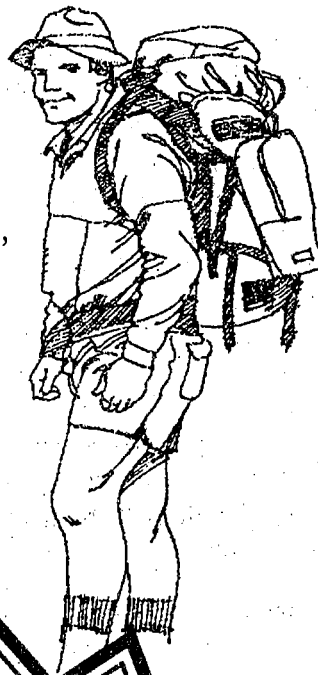
Most of the huts are empty except at peak holiday periods. They are ugly, despoiling otherwise beautiful headlands. They take up almost every good camping or picnic spot with sea views near the safest beaches. You feel you're trespassing when you walk on 'their' lawns even though there's no one around.

How much longer must this so called 'community' get away with it?

Bushwalkers

We specialise in the latest light weight gear for your outdoor adventures. Whether you require Tents, Backpacks, Sleeping bags, Rainwear, Stoves, Abseiling gear or Accessories, we carry the best brands. Macpac, J&H, Berghaus, Scarpa, Outgear, Trangia, M.S.R., Jansport, Bluewater, Edelrid, Petzl, S.R.T.

We offer you personalised knowledgeable service to help you purchase the correct equipment for your needs, naturally we offer the best prices too. Advice is only a phone call away.



X-Country Skiers

We stock the latest range of skis, boots bindings, & poles for backcountry and telemark skiing.

- BACKCOUNTRY SKI HIRE
- MAIL ORDER CATALOGUE AVAILABLE
- DISCOUNT FOR CLUB MEMBERS

IMPORTANT NOTICE

HIRE GEAR
Now Available

**BOOK
EARLY
DON'T
MISS OUT.**

▲ Macpac - Tents - Backpacks - Sleeping bags

▲ J&H - Rainwear ▲ Trangia - Stoves

▲ Thermarests ▲ Bivvy Bags

Special prices for club members.

Week or weekend rates.



Your 'One Stop' Adventure Shop

**OPEN
7 DAYS**

1045-1047 Victoria Rd, West Ryde NSW 2114. Ph: (02) 858 5844

OLD BUSHWALKERS NEVER DIE -

by Barbara Bruce

they just walk off into the countryside

... Like Helen (Rowan) and Brian Goldstraw and Wendy and Steve Hodgman, both of whom own properties on opposite sides of the A.C.T. and who Tony Marshall, Marsha Durham and myself visited in the middle of March. Margaret and Bob Hodgson and their two daughters also presented their credentials while we were visiting the Hodgmans.

We were all very active walkers in the '70s and early '80s so it is interesting to see how the different ones have branched out into new areas and new activities. It occurred to me that there may be a few 'out there' who also know the same people and would be interested to hear of them.

Brian and Helen have a 40 acre property (I *don't* know how many 'hectares' that is!) called "Sunset" outside Hall. They have a son, Geoffrey (5) and a daughter, Amy (3). Their kitchen, dining room and lounge have a magnificent view of the Brindabella Range and they offer agistment for people with cattle. This area is not endowed with many trees and Helen and Brian have planted quite a few. Although the weather conditions have not helped them to flourish as yet, I can see some improvements since the last time I visited. Wind can be a bit of a problem - it hinders the growth of the trees, but when grown there will be a lot more protection. They also grow their own vegetables and feed their chooks on food scraps - nothing gets wasted! Brian has set up an irrigation system with pipes from their dam and they use water from a tank which captures rainwater from their roof.

It only takes Brian 20-25 minutes to drive to work in Canberra, while Helen enjoys the friendly neighbourliness of country people. It was with pleasure I listened to her tell of the great success of a local church craft group which involves all ages and levels of society: the older folk who set it up each fortnight, the young mothers of all religious and ethnic groups who frequent it for

social contact and the parishioners who share their expertise for free.

As far as Wendy and Steve Hodgman are concerned, it is as if they just went on a bushwalk one day and decided that that was it, they weren't going to go any further - this camp would be permanent. Their home on 100 acres at Captains Flat is about 70km away from Brian and Helen and is set right in the bush. They have three children - Sean (9), Jenny (5) and Lewin (2½). Like Helen, Wendy also has a mesmerising view through her leaded glass kitchen window.

While Brian and Helen have been at "Sunset" for eight years, Steve and Wendy only moved into "Chippendale" (Chip'n'Dale) last August. There wasn't a lot to do in the way of renovations, but they found quite a few repairs were necessary in very quick succession! So fortunate that they had put aside money to buy a "farmworthy" vehicle... They too have chooks - and ducks and goats and yabbies and trout and grebes (which look like ducks) and a horse and dogs.

Wendy and Steve have always been different in what they have done so to hear that Wendy is currently educating her children at home will not surprise those who know them. (If they should express a desire to go to school, they would not be held back.) They still have cause to visit Canberra once or twice a week, including some of the cultural activities put on during the Canberra Festival. Steve can operate his computer company from home but still travels to Canberra and other states fairly frequently. They seem pretty relaxed - maybe it's the country air!

Both couples would welcome visits from any of their S.B.W. friends, so to make it easy I will leave you with their phone numbers in case you should wish to make it a reality.

Brian and Helen Goldstraw:

(06) 230 2650

Steve and Wendy Hodgman:

(06) 236 6380

KANCHENJUNGA TREK

Sev Sternhell and Don Finch * 1994 *

Kanchenjunga is the third highest mountain (8586m) on earth and is situated at the eastern extremity of Nepal on the border of the Indian state of Sikkim. We (the authors, together with Barbara Finch, Peter Finch, Brian Holden and Ros Kerrigan) completed a long trek in the area late in 1994. Being fully catered our trek had not only three guides ("Sherpas") but six kitchen staff and a varying number of porters up to 25) carrying tents, food, a dining table and the inevitable tent toilet. This is the only way to trek in eastern Nepal, as the area is not much visited by trekking parties and hence boasts very few inns (tea houses). We arranged the trek through Bir Sarki Tawang, whom we knew from three previous treks and who is a truly excellent guide and a good friend. Bir acted as our expedition chief (Sirdar) and organised the infrastructure through the smallish but excellent trekking company, Magic Mountain (Sundar Himali) owned by his friend, Ang Phuri Sherpa. We have nothing but praise for both Bir and Sundar Himali.

We set off on 9 November 1994 by light plane from Kathmandu to Tumlingtar, a reasonably safe air strip situated on the Arun River and managed a short walk (including a crossing of a tributary of the Arup by boat) on the same day, to camp at Kukowa at an altitude of 500m. The vertical profile of the trip is shown on the illustration at about 2500m. As you can see, the profile resembles the Himalayas themselves; as Bir says, "Nepal never flat. When not up, it is down." You better believe this as the ascents on the profile add up to over 1900m and this is a gross underestimate, as all the little ripples of a hundred metres or so were not counted.

It would strain the readers' attention span to go over a trip of this length on a day to day basis, but a few highlights should give you a feel for this kind of trek.

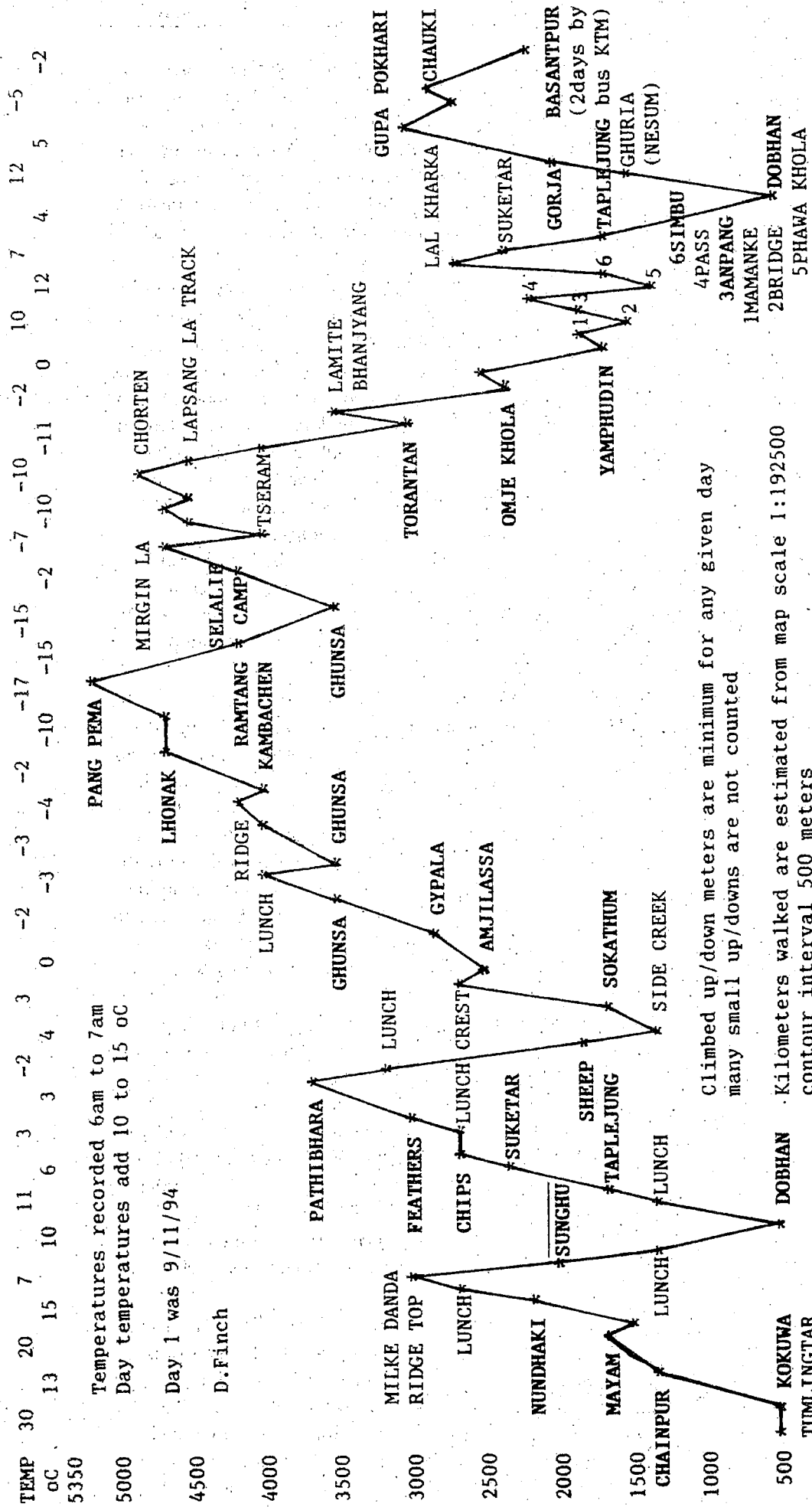
It took us 10 days to reach Pathibhara, a "hill" according to Bir, but a fair sized mountain (3794m) by our standards. When we reached the top, which is a local pilgrimage spot with a temple containing an altar for sacrificing goats, it started to snow and we thought that the view would be ruined. However, as on many other occasions, the sky cleared overnight and the morning greeted us with a magnificent view of five of the world's six highest peaks: Everest, Kanchenjunga, Lhotse, Makalu and Cho Oyu; only mountain number two (K2) was unseen in far off Pakistan.

In a further five days we reached Gunza, a Tibetan village at 3420m where we had our first acclimatisation day (Pathibhara did not count as we descended sharply after one night). We used this day to reconnoitre the crossing of the lower reaches of the Kanchenjunga massif, which we knew we had to do later and which looked rather horrific from the top of Pathibhara.

We had a second acclimatisation day at Kambachen, a tiny settlement in spectacular surroundings at 4050m, which we reached in one day from Gunza. We spent this day clambering over the hills around Kambachen taking hundreds of photographs in truly breathtaking (no pun intended) surroundings. Even if you could go no further, the trip to Kambachen would be worthwhile, particularly for the magnificent views of Jannu (7710m). Kanchenjunga, while enormously massive and impressive, is not a particularly beautiful mountain because it is seen as a wall rather than a peak from both north and south. However Jannu, known as The Fang of Death, is a spectacular sharp double peak of yellow rock and gleaming ice.

From Kambachen it took us three days to reach the north base camp of Kanchenjunga at Pang Pema situated at 5140m, where we spent one night. In this area we saw several herds of blue sheep and deer. During three days it got progressively colder (the lowest temperature we recorded was -17, but undoubtedly it must have got colder still) even the weather was very good with crisp sunny mornings, some cloud in the afternoon which cleared at sunset to brilliant starry nights. Sleeping in tents at these temperatures had its moments, particularly as one needs to get up several times each night to relieve oneself of the enormous amount of fluid which one takes in to avoid acute mountain sickness (ACM). At Pang Pema itself, some cloud prevented us from seeing the top of the north wall of Kanchenjunga, but the overall landscape was very impressive indeed, with our campsite at the foot of the Wedge Peak (6750m), the Nepal Peak (6910m) and The Twins (7004m). Needless to add that Pang Pema is well above the tree line and nothing but stunted shrub and grass exists in the narrow strip above the glacier and below the towering walls of ice.

It took us two easy days to return to Gunza even though a significant snowfall occurred. This was so because moving down when acclimatised to a high altitude gives one a great feeling of energy - one is drunk on oxygen. From Gunza we embarked on crossing the tail end of the Kanchenjunga massif over a succession of five passes known collectively as Mirgin La, with the ▷



Climbed up/down meters are minimum for any given day
many small up/downs are not counted

DOBHAN . Kilometers walked are estimated from map scale 1:192500
contour interval 500 meters

(1 hour by air from Kathmandu)

(1 hour by air from Kathmandu)

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
-----	---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----

CLIMBED	260	+915	1135	335	-1915	935	730	605	740	370	-820	+800	+300	1100	+800	+1000	1415	-230	
UP/DOWN	1040	805	-1405	835	860	-500	215	+510	+200	0	-910	880	600	-1500	-815	+950	-1085	875	-500

Variable	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099	2100	2101	2102	2103	2104	2105	2106	2107	2108	2109	2110	2111	2112	2113	2114	2115	2116	2117	2118	2119	2120	2121	2122	2123	2124	2125	2126	2127	2128	2129	2130	2131	2132	2133	2134	2135	2136	2137	2138	2139	2140	2141	2142	2143	2144	2145	2146	2147	2148	2149	2150	2151	2152	2153	2154	2155	2156	2157	2158	2159	2160	2161	2162	2163	2164	2165	2166	2167	2168	2169	2170	2171	2172	2173	2174	2175	2176	2177	2178	2179	2180	2181	2182	2183	2184	2185	2186	2187	2188	2189	2190	2191	2192	2193	2194	2195	2196	2197	2198	2199	2200	2201	2202	2203	2204	2205	2206	2207	2208	2209	2210	2211	2212	2213	2214	2215	2216	2217	2218	2219	2220	2221	2222	2223	2224	2225	2226	2227	2228	2229	2230	2231	2232	2233	2234	2235	2236	2237	2238	2239	2240	2241	2242	2243	2244	2245	2246	2247	2248	2249	2250	2251	2252	2253	2254	2255	2256	2257	2258	2259	2260	2261	2262	2263	2264	2265	2266	2267	2268	2269	2270	2271	2272	2273	2274	2275	2276	2277	2278	2279	2280	2281	2282	2283	2284	2285	2286	2287	2288	2289	2290	2291	2292	2293	2294	2295	2296	2297	2298	2299	2300	2301	2302	2303	2304	2305	2306	2307	2308	2309	2310	2311	2312	2313	2314	2315	2316	2317	2318	2319	2320	2321	2322	2323	2324	2325	2326	2327	2328	2329	2330	2331	2332	2333	2334	2335	2336	2337	2338	2339	2340	2341	2342	2343	2344	2345	2346	2347	2348	2349	2350	2351	2352	2353	2354	2355	2356	2357	2358	2359	2360	2361	2362	2363	2364	2365	2366	2367	2368	2369	2370	2371	2372	2373	2374	2375	2376	2377	2378	2379	2380	2381	2382	2383	2384	2385	2386	2387	2388	2389	2390	2391	2392	2393	2394	2395	2396	2397</
----------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	--------

KIMS	4	12	19	10	8	11	10	14	16	15	10	21	14	18	12	11	21	11	14
WALKED	17	13	12	9	6	11	9	7	3	1	20	9	11	20	10	14	10	14	11

	17	13	12	9	6	11	7	3	1	20	9	11	20	10	14	10	11
WALKED	17	13	12	9	6	11	7	3	1	20	9	11	20	10	14	10	11

◁ highest of them at 4724m. The best views and the highlight of the trip were from Selela La (La means 'Pass' in Nepali) in perfect weather with great views of Jannu and Kanchenjunga. The crossing of Mirgin La was a two day affair with a very pretty camping spot on the banks of a stream on a high meadow. The descent from Mirgin La to Simbua Khola (river) was not without minor drama as three of our porters got mislaid on the huge mountainside. However, Bir and his men found them in darkness and all was well.

Next day we walked up Simbua Khola to camp near Ramze where the river emerges from the Yalung glacier. The following day we made a trip up Yalung glacier to a Chorten (a Buddhist religious structure consisting of a pile of stones, prayer flag and small offerings) where, in perfect weather, we enjoyed a view of the south face of Kanchenjunga. On photographs, this looks somewhat disappointing, but standing there one can quickly calculate that the wall of rock and ice rises 12000 feet above the Chorten! It is just that there is nothing around to indicate the scale.

The return trip had no major objectives so we were relaxed about the weather, but it had its

moments, particularly a nasty sidle on a snowy and unstable scree slope before a small pass - Lamite Bhanjyang (3410m). Later on we also had three rather hard days even though we were fit. Following major river valleys in Nepal is not always easy: the valleys are about 3000m deep and side streams cut huge declivities in them. One is forever going down and then up 1000m or so.

Eventually we reached Basantapur, where a road complete with a private bus and representative of Magic Mountain appeared to take us back to Kathmandu after the traditional party where our staff entertained us with song and dance. As the old hands among us knew, the hardest part of the trip followed, with a two day bus trip, but only one really close shave - a safety record of some sort. Then four days in Kathmandu to enjoy the sights, eat like pigs and shop, shop, shop.

In all a magnificent trip. We were very lucky with the conditions and very fortunate in the absence of serious altitude sickness. For the next trip to this bewitching place, contact Sev Sternhell.

THE GREEN CENTRE

Central Australia's heavy rains early this year have insured an above average supply of both water and wildflowers. 1995 is shaping up to be an excellent year to visit the region.

Our West Macdonnells walks will include portions of the Larapinta Trail as well as some magnificent areas which lie well away from the marked route. Each section lasts about a week. Our East Macdonnells, Finke Gorge and Watarrka walks take you even further off the beaten track.

We no longer have space available on our March-April trips, but welcome bookings on our June-July (pleasantly warm days and cold nights) and September-October (warmer days and cool nights) trips. Ask for our trip notes.



Willis's Walkabouts
12 Carrington Street, Millner NT 0810
Phone (089) 85 2134
Fax (089) 85 2355





OUTFITTERS FOR THE SERIOUS BUSHWALKER

SYDNEY

291 SUSSEX STREET (CNR. BATHURST)

PH: (02) 264 3146 or (02) 267 3639

FAX: (02) 264 2645.

CHATSWOOD

272 VICTORIA AVENUE

(OPP. CHATSWOOD CHASE CAR PARK)

PH: (02) 419 6955



BUSHWALKING PACKS

All sizes 40-85 litre capacity.

The best designs to suit your back.

MACPAC, W.E., OUTGEAR & SOUTHWIND.



THERMAL UNDER & OUTER WEAR

Polypropylene, Chlorofibre,
Polartech, Polarlite &
Polarplus. PROPEL,
EVERWARM, PETER
STORM, SNOWGUM,
MACPAC, MONT &
INTERTREK.



RAINSHELLS

Jackets, o'trousers & capes.

Goretex, Milair, MVT, Nylon,

MONT, W.E., INTERTREK &

PETER STORM.



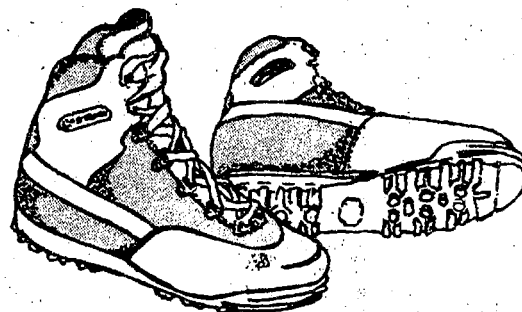
DOWN SLEEPING BAGS

From super-lightweight travel to expedition use.

MACPAC, MONT, SALEWA, J&H & ROMAN.

FOOTWEAR

For Trekking, Travelling, Bushwalking,
Ski Touring & Climbing. Synthetics or
leather. MONTELLIANA, LA ROBUSTA,
LA SPORTIVA, BUNYIP, HI-TECH,
MERREL & VASQUE.



FREE

- NEWSLETTERS
- EQUIPMENT CATALOGUE
- PRODUCT UPDATES

PLUS - YOUR CHANCE TO WIN EXCITING PRIZES!

Please send me info on: ☐ TRAVEL PACKS ☐ SLEEPING BAGS
☐ FOOTWEAR ☐ WARMWEAR ☐ RAINWEAR ☐ TENTS ☐ STOVES

☒ YES, I WOULD LIKE TO BE INCLUDED ON
MOUNTAIN EQUIPMENT'S MAILING LIST!

NAME:

ADDRESS:

P/CODE

POST TO: MOUNTAIN EQUIPMENT

291 SUSSEX ST, SYDNEY 2000. Ph: (02) 264 3146

Mountain Equipment - The leading specialists in lightweight outdoor equipment

From the Clubroom -

Jan Roberts

Barbeques, boats and bargains were the main focus for Wednesday night clubroom activities during March. Following the yearly election of the SBW committee on the 12 th of March, the traditional celebratory barbecue was held for the incoming office bearers.

Kirribilli Barbecue - March 15

Having accepted the role of Social Secretary the week before, this particular night proved to be literally a trial by fire for me. It seemed that part of the social Secretaries job was to ensure that the barbecue was burning fiercely on the night, in time to sizzle the arriving offerings. Unfortunately the only matches I could find proved pathetically inadequate, as did the pile of soggy wood provided by the Kirribilli Community Centre.

Happily Bill came to the rescue with dry timber from Westleigh and with the help of Miriam, Dick and Oliver, I managed a respectable inferno in time for the first sausage sacrifice. Gradually little groups formed at tables decorated with cloth and candles as members settled down to serious eating and the usual 'Walk Talk'.

The promised downpour held off until we had finished the festivities for the night, and so my prowess as waterproofing the fire was not needed after all.

"Kathleen Gillett" - March 22

As one of the original volunteer guides for the National Maritime Museum, David Boulton entertained us on this particular evening with a presentation on the restoration of the "Kathleen Gillett" built in 1939. David and his wife Janet are both keen walkers, and like many others we know are busier in retirement than ever before.

The "Kathleen Gillett" sailed in the first Sydney to Hobart Yacht race in 1945 and was the second to circumnavigate the world between 1947 - 48. The video we saw traced this magnificent yacht's life from conception through some exciting times including crocodile hunting in the Solomon Islands, and being dashed on a reef near Guam, to eventual purchase and restoration by the museum.

A gift to Australia for the Bicentenary from the Norwegian Government, the Kathleen Gillett is a 'must see' next time you are at the Maritime Museum at Darling Harbour.

Thanks to David for his fascinating presentation on such a significant part of our maritime heritage and for the four free passes to the Museum donated on the night to the Club

Club Auction - March 29

Patric James once again took command of the auctioneers hammer last week to run our annual auction at the clubrooms. By far the best participation we've enjoyed for a while, the auction proved to be not only a great way to pick up the odd (and some of the items were very odd) bargain, but it was also great fun.

Some of the items up for auction included a lawn mower, 2 bicycles, jewellery and even a genuine Asian wood carving complete with household dust! Members and prospectives all got into the mood of the auction very quickly with some of the better quality boots and gaiters prompting fierce bidding for the start. A reserve price was made available to those who required it, and it was felt that this contributed to an improvement in the overall quality of the goods.

Thanks to Patric for his time, effort and entertainment in helping us to raise a tidy sum for the Club, and for all those who participated on the night.

Reminder-

Upcoming event

The SBW Concert is planned for May 24th and is shaping up to be a big night. For those of you who are planning to be part of the entertainment and haven't rung me yet, please do so soon as we need to finalise the program. There's still time to be included to strut your stuff! John Hogan has agreed to be master of ceremonies even though he's normally the shy, retiring type, and we look forward to a big audience on the night. Remember to mark your diary.

THE WHITEST OF WHITE ANTS

Part 1

by Jim Brown

"All right," said The McGregor, "We've now got names with 'ant' in it for all the characters except the Black Duke. What are we going to call him?"

"Well," I volunteered doubtfully, "How about 'Anthracite'? I believe it's a kind of coal - very black and pretty hard."

"Ha!" exclaimed The McGregor. "I don't think there's anything much blacker than anthracite coal. That should do."

The old team of writers had assembled early in 1957 to 'tidy up' the mass of scribbling we'd been doing for the 'Chronic Opera' to be played at the Reunion. The basic theme of the storyline had been dreamed up by our Producer/Director, The McGregor himself, and it had its origin in a group of our current members, commonly called the "White Ants".

Householders, of course, have good reason to think of white ants as unspeakable villains, insidiously devouring the timber work of housing, but the SBW breed of 1953-57 was a very different kettle of termites. Oh sure, at 11.00 a.m. they may call to the leader "a great place for lunch, leader!", or at 4.00 p.m. "What a beaut spot for the night camp, eh?" You may imagine they were the laggards and sluggards of the walking game, but you would be way off beam. In fact, most of them were solid, reliant walkers, some almost in the 'Tiger' class, but possessed of an impish sense of humour which made them turn on a show of 'white anting' the trip. Those of us who got to know them fairly well came to regard them with affection, and in my own case found them jolly company despite what was almost a 'generation gap' in age.

The story devised by Malcolm McGregor for our next 'Chronic Opera' transported us to the Ant Queendom, where a new Queen Antimony, played by Heather Joyce (later Heather White, but no "white ant" for all that) succeeded to the throne and was hoping to wed her favourite Noble Ant, Count Anthony (Geof Wagg). The main obstacle was the senior Noble Ant, the Black Duke (to be played by Frank Rigby), who was a notorious "White Ant", but should become Royal Consort, in accordance with the Consorting Act, of course. However the Queen's old father, antecedent (McGregor) recalled that in his own time he had foiled the former Black Duke by recourse to an amendment in the Consorting Act which enabled the Queen to

make her own choice, provided her champion could walk 1000 miles in the course of one year.

Once he had told his daughter, she opted to persuade Count Anthony to attempt this feat. There were difficulties however, with the various personalities and their attitudes. Even her personal maid Antirrhinum (Yvonne Renwick) had misgivings, while the Ruler of the Queen's Navee, Admiral Antidote (Brian Anderson) as a staunch supporter of the Black Duke, was prepared to go to any measures to stop Anthony in his stride. Needless to say, both Frank Rigby and Brian Anderson were eminent Club "White Ants" at the time and I found them great people, both for their walking ability and delightful sense of humour. Another opponent of the Count Anthony proposal was the stodgy old Archbishop of Anterbury (my role in the play). Finally - and very disquieting for the Queen, Anthony himself had misgivings about his athletic capacity, expressed in the aria Geof wrote for himself to the old ballad tune "Rolling Down to Rio".

I've never walked a step before if I could catch a tram,

You may suppose I'm lazy - ah well, perhaps I am. (*See Note A*)

(Yawn) Ah, ah, ah, ah, ah.

But now they say I've got to walk, to me it seems quite mean

To walk a thousand miles - a thousand weary miles

To win a loving queen.

As Archbishop, I was allowed to write my own anthem, setting out my rather pedestrian view (to "Banks and Braes o' Bonnie Doon").

I grant I'm pedantic, I'm not a romantic
This law is fantastic and all so much cant.
This thousand mile antic will drive us all frantic,

I look upon Anthony as redundant.

It's extravagant, quite irrelevant,
Ranting and panting of antenuptial love.
Fragrant diction, but flagrantly fiction,
The Queen needs the Black Duke, who'll never be druv.



AIKING
AUSTRALIA



MONT

SPORTIVA

*Come in and discover for yourself
the fun of browsing through
mountains of outdoor equipment...*

Outgear
AUSTRALIAN MADE
OUTDOOR EQUIPMENT



boreal **BlueWater**

WILDERNESS

- Be assisted by knowledgeable, friendly staff.
- Realistic prices for everyone.



SCARPA



Teva
THE SPORT SANDAL

D.B. Stuff

- mastercard • bank card • visa •
- american express • cheque • lay-by •



VICTORINOX



THERM-A-REST

SOURCE
VAGABOND SYSTEMS

Kinetix

trading hours

Monday: 9:00^{am} - 5:30^{pm}
Tuesday: 9:00^{am} - 5:30^{pm}
Wednesday: 9:00^{am} - 5:30^{pm}
Thursday: 9:00^{am} - 9:00^{pm}
Friday: 9:00^{am} - 5:30^{pm}
Saturday: 9:00^{am} - 1:30^{pm}
Sunday: CLOSED

ROMAN



trangia



**eastwood
camping
centre**



Peter Storm

3 Trelawney Street
Eastwood NSW 2122
Telephone (02) 858 3833

Equipping you to enjoy the Australian and World environment.

FIRST AID

AND ACCIDENT MANAGEMENT

CHECK LIST

1. DANGER - To you, to others, or the casualty. Don't become the next victim.

2. RESPONSE - Shake and shout "Can you hear me? Open your eyes. What's your name?" - "If you can't speak, squeeze my hand."

If a neck or spinal problem is suspected - Apply a cervical collar but do not move.

If unconscious - support neck and head then roll casualty onto side. Clear mouth, check pulse and breathing.

3. AIRWAYS - Ensure airways are clear and open. Tilt head back and open jaw.

BREATHING - if not, 5 full breaths in 10 seconds.

CIRCULATION - Check pulse, if present - start Expired Air Resuscitation (EAR)

Adult - 1 breath every 4 seconds

Child - 1 breath every 3 seconds

If NO pulse - start Cardio Pulmonary Resuscitation (CPR)

1 Person CPR - Adult - 15 compressions + 2 breaths every 15 seconds

1 Person CPR - Child - 15 compressions + 2 breaths every 10 seconds

2 Persons CPR - Adult - 5 compressions + 1 breath every 5 seconds

2 Persons CPR - Child - 5 compressions + 1 breath every 3 seconds

Count "1000 - 2000 - 3000 - 4000" - BLOW repeated. (for adult)

Check pulse at 1 minute, then 2 minute intervals.

Continue CPR until medical help arrives.

4. CONTROL BLEEDING + cover wounds - clean wounds, apply non stick dressings.

5. IMMOBILISE FRACTURES - above & below fracture - bandages, splints, slings.

6. TREAT FOR SHOCK - Lay them down, raise legs, reassure them, keep warm and comfortable. Do not give anything to eat or drink (moisten lips only), loosen tight clothes/belts. Monitor pulse, breathing, skin, temp', fluids, Record condition every 30 minutes.

7. HEAD TO TOE EXAMINATION - Any other wounds, fractures, bites, internal bleeding? Head, neck, chest, shoulders, abdomen, hips, arms, hands, legs, feet, back. Soft tissue injuries (sprains and strains) - Rest - Ice - Compression - Elevation.

8. ENSURE CASUALTY IS KEPT WARM AND COMFORTABLE until medical help arrives. Cared for by most experienced first aider. Alleviate pressure points.

9. PREPARE INFORMATION FOR RESCUERS date, day, time of accident, club, number in the group, number injured, details of casualties, what help is required - Evacuation, doctor, stretcher, shelter, food, water, matches, communications etc. Location, map & grid references, wind direction and speed. Is there a nearby helicopter landing site - minimum 40m x 40m Y/N

10. SEND FOR EXPERT ASSISTANCE/TRANSPORTATION - Send two walkers for help with instructions on what is expected of them.

11. PREPARE FOR HELICOPTER. Clear the landing area. Mark the landing area. If strong wind put up a wind sock (indicator).

12. PREPARE TO WAIT FOR ASSISTANCE.

At least I provided a response for father
Antecedent, who first says - "Tosh, Bishop,
Anthracite's a heel, and you know it" and sings:-

But Anthony's elegant, gallant and pleasant,
Anthracite's humour is mordant and scant.
Anthony's favoured by savant and peasant,
Anthracite's banter has unpleasant slant.

He's too jubilant, it's significant;
In my antennae anticipation swells,
So antagonistic and antipathetic
I'll swear Anthracite's up to something that
smells.

Meanwhile Geof had recognised the problem for an
Archbishop faced with this situation we had developed
and produced for me a delicious aria based on the
Mikado's song "Making the punishment fit the crime"
from the G&S operetta. The words he gave me were:-

I am Archbishop and that's the reason
I've got this job today.
To nobody second, I'm certainly reckoned
An expert in my way.
There is no other who has the wide experience
I can claim
At crowning kings and allied things
I really know my game.

But the hardest part I ween, has nearly always
been
To find a crown to fit the Queen, a crown to
fit the Queen.
As Royal heads arise in every shape and size
For each a crown I must devise, a crown I
must devise.

The cubic head is simple to fit, so long as it's
perfectly square,
A micrometer job is just 45 bob and I work
with meticulous care.
The pointed head is tricky of course, though it
always looks quite nice,

But the one like a sphere is so dreadfully dear
kings abdicate at the price.

Conclusions which I draw from this, I briefly
will explain

Though Queens wear out, there is no doubt
You can use the crown again.

For crowns you know, take long to make as
you beat and burnish and bind,

While Queens so fair are everywhere and
never hard to find.

And so to win renown, this rule I will set
down,

Just find a Queen to fit your crown, a Queen
to fit your crown.

This wisdom I exude, if properly construed
Will earn my constant gratitude, my constant
gratitude.



For this session I've taken up enough of your
valuable reading time. If I am tolerated, I will relate in
another instalment how the Black Duke tried to defeat
Count Anthony's 1000 mile walk and include a few
more of the songs that touched on the whitest white
ants I ever met.

Note A: "Never walked a step if I could catch a
tram"

This needs to be read with the knowledge that, up
to 1957, most of the public transport in a radius of
about 6 miles (10km) from Sydney's GPO was by
"tram" - or "light rail" as its present proponents call it.
Buses superseded trams in the inner suburbs from
1952 to 1961, when the last (City-La Perouse) tram
line was converted. I know - I was closely involved.

As part of these "explanations" it should also be
said that Brian Anderson, who took the part of
"Admiral Antidote", the Black Duke's ally, was
already nicknamed "The Admiral" because he had
organised several easy summertime weekends on the
Walks Program using launches hired from a Broken
Bay boatshed. Regrettably at least one such jaunt
ended up in shoal waters.

Letter to the Editor

By Maurice Smith

Safety and Learning

With the ever increasing popularity of bushwalking the likelihood is that there will be more situations where bushwalkers need to be extracted from mishaps or awkward situations. However, much we might deplore it, the media does not distinguish between the casual once a year bushwalker who readily manages to get into trouble requiring outside assistance and the dyed in the wool club members who are capable and rarely need outside assistance.

Our club has been very fortunate in that our members are very rarely involved in any situation that needs outside assistance. Over the last few years we have averaged about one such serious incident a year. Considering the number of members who are out walking week in and week out I think our serious incident rate is very low and excellent. Of course, we aspire to a zero incident rate.

When we have an incident I believe that we should use that opportunity to learn lessons that can be useful for all our activity leaders and members. Here is what I offer for consideration by club members and for comment via our newsletter.

I believe that our club should form a permanent sub-committee for the purpose of reviewing all incidents that require outside assistance. The sub-committee I suggest would be chaired by the Walks Secretary, and would have as members the club president and three other committee members. The charter of the sub-committee would be to review with the relevant activity leader and group members the full details of the incident. The review is not an inquisition.

Each incident will almost certainly be unique. However, there will be elements in the incident that have broader application. Resulting from the review any lessons learned should be published in our club newsletter. Such an approach by this wonderful club, of which I am proud to be a member, will help to make it an even better club.

It is rare that any of our leaders will be involved in an incident that requires outside assistance. We should equip our leaders with knowledge hard won from other incidents. The benefits for leaders and members in incidents should be reasonably evident to all. Mishap management is all about ensuring that an incident does not become a disastrous headline.

There will probably be members who will say "if we do that we might compromise our insurance cover or we might expose ourselves to risks of lawsuits". My response is that if we do not learn from the rare opportunities that occur then we fail our members in two ways.

Firstly, we fail to equip our leaders and members in handling rare and potentially difficult situations. Secondly, we may compromise insurance cover and risk lawsuits for precisely the same reason. We could be judged to have been negligent precisely because we haven't equipped our leaders and members with the knowledge and skills for managing these rare situations.

I would like to see the views of other club members in print in this newsletter. Get your pen and paper, or word processor out and offer constructive criticism.

Ken's Canyons

By Maurice Smith

When it is too hot for serious bushwalking around Sydney and its environs then I get the urge to go canyoning. Over the weekend of TBA and on a day trip on TBA I have been canyoning with Ken Clacher.

It hasn't been too hot even when wearing a wetsuit in the canyons on top of the Blue Mountains. In fact before the start of next summer's canyon season I intend to upgrade my wetsuit. It is either that or I need to put on a lot of fat for insulation. But if I put on insulation then much my current wardrobe will not fit me. On balance it will be cheaper to buy a new wetsuit!

Anyway, enough of the waffle. On the Thursday and Friday before this weekend we had quite heavy rain as the drought broke. However, the ABC news weather forecast on the Friday night was good. Five minutes after the weather forecast was over my phone rang and my immediate reaction was that it was Ken to tell me he had cancelled the trip. Fortunately the call wasn't from Ken and the trip was on with an early Saturday morning start.

The weekend of TBA saw a nine members and three prospective members meet on the Bells Line of Road at Pierces Pass and then perform a car shuffle with most of the cars being left back at Mt. Tomah in anticipation of our exit there. Under leaden skies we started by dropping off the main road into ▸

< an upper branch of Range ??? Creek. Almost immediately we came onto what seemed to be a burned out marijuana crop.

As we progressed down the creek the water level was high and fast flowing. Soon we were donning our wetsuits as we took to the creek and found deep holes. Several tricky down climbs saw us using ropes for hand over hand descents, with our water proofed weekend packs being tossed in ahead of us.

Lunch time saw us at the junction of Range Creek and Bowen Creek South. Shortly after that the creek started to widen out a bit and become quite deep. For most of us it justified inflating our lilos. So off down the creek we floated. There were numerous rapids, fallen trees etc. so that often we were forced to get off the lilo and carry it over or around the obstacles. Carrying the lilo was no great trouble, however, getting off the lilo wearing a saturated weekend pack in fast flowing water posed some real challenges. However, some of the high waterfalls were very attractive with lots of water tumbling down to add their load to our creek.

Around 4 PM saw us at a major junction where it was decided that we would make camp for the night. After some scouting around we managed to find enough sites for us all, including four members who squeezed into a rather interesting cave (of which more shortly). Upon opening our packs, one member found that his waterproofing hadn't been adequate. Quite a lot of his gear was very wet, including his sleeping bag, as well as some food and horror of horrors, wet toilet paper too. However, a fire was soon started and a reasonable amount of the wet gear was soon steaming and quickly dried.

A camp fire was set on a rock slab in the creek and happy hour followed in the traditional manner despite the light drizzle that fell now and then. With the creek roaring in our ears in due course we adjourned to the sleeping bags for the night.

Just as well that the member with the wet gear is on very friendly terms with a lady prospective as they and another couple shared the small cave for the night. Four people with three sleeping bags, need I say more! They also shared the cave with a native marsupial animal (type not certain) that walked across some of their faces in the night and raided various food caches in the cave. The tale of the animal's raid grew with each retelling the next day.

The creek level was down somewhat the next morning. However, the weather was not looking too promising. After an hour's liloing we came to another

creek junction. Here we made the unanimous decision to pull out of the creek while we had a chance as the weather had turned quite cold and the skies promised lots more rain. Some of the party were suffering quite severely from the cold water and cold weather. The alternative was to keep liloing for another 4 to 5 hours before we could be certain of another exit.

As we made our way back to the Bells Line of Road we came across a vehicle that had been dumped in the bush next to a fire trail. The vehicle's rear windows had been broken but the rest of it seemed intact. Judging by the fresh tyre marks on the trail the vehicle had only been dumped there in the previous night. Relevant details were taken for reporting our find to the relevant police station.

Eventually we hit the main road and then we had the delights of a 4 kilometer road bash back to Pierces Pass. Then we had a car shuffle to reclaim our cars from Mt. Tomah. So ended a wet weekend, and while we didn't get to where we intended we did enjoy the weekend.

The following weekend saw four of the previous weekend's participants plus two others gather at Mt. Wilson for an abseiling and canyon trip. The objective was to descend Crayfish Canyon that exits into the tourist section of the Wollangambe River and then lilo down that river to the usual exit point.

This we did on a warm and sunny day. The water in Crayfish Canyon was the usual temperature of other canyons. In other words it was wetsuit territory. We had two abseils, one of about 10 meters and the other of about 20 meters. Both had difficult starts. The second one had us down besides a waterfall. At the bottom we then twisted and turned as we made our way through the last 200 meters or so of the canyon out to the Wollangambe River. What a contrast in water temperature between Crayfish Canyon and the Wollangambe. After the former the latter was almost sauna-like in comparison. After lunch on the banks of the river it was time to exercise the lungs again by inflating the lilos and then making our leisurely way down 400 meters of the river to the exit. Upon reaching the cars we stumbled upon the club members who had been on the other canyon trip with Geoff MacIntosh ???. A combined afternoon tea at the Ivy Inn at Bilpin on the way home put the finishing touches to another great day canyoning.

So Ken Clacher thanks again for a good time in the canyons. □

LETTER TO THE EDITOR

"Green Gully" Megalong Valley
N.S.W. 2785 (047) 879150

The Editor

I am researching the history of my family, the Carlon's, in the hope of writing a book to pass on to my children.

My father, Bert, is the last, in our line, of the pioneering bushmen. I am anxious to preserve as many facts and memories of Dad, and his family, as possible.

I know many of your members have had much to do with my family over the years - particularly my grandparents, Alice and Norbert Carlon.

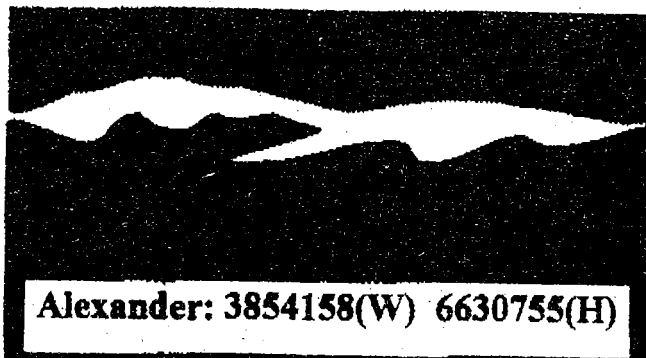
I would be grateful if I could appeal to those members, through your magazine, for any memories they can share with me. I would also love to obtain copies of photos of family members and the farm 'pre Packsaddlers'. I would of course meet all costs.

Kind regards, Sharon Tofler.

OK you older members, here is another opportunity to do something for our Club and for Bushwalking, and of course another chance to get into the history of bushwalking in Australia. I believe that most of us would consider a book about one of our forebears should get a pretty high rating. So, lets give Sharon any information that we can. As we don't know where our individual contribution might fit into the overall storey I suggest that you contribute anything you have and let Sharon sort it out. And remember - nothing is too small and nothing too big. (so go for it - ED).

Wanted - Treckers to go to the EVEREST BASE CAMP

via Pumori Ridge - Kala Pattar, Nepal
Sometime in: October '95 - November '95
Thirty Days Duration



Best views in the world of the whole Everest Region

ALEXANDER 3854158 (W) 6630755 (H) ALEXANDER 385 4158 (H) 6630755 (W)