

BUSHWALKER

Newsletter of the Confederation of Bushwalking Clubs NSW Inc.

ISSN 0313-2684

NOTHING EVER CHANGES

It can be amazing how little, things really do change. The following article was written by Paddy Pallin for the first issue of The Bushwalker in 1937.

How To Get Lost

By Paddy Pallin (Rover Ramblers and Sydney Bushwalkers)

Don't be half-hearted with your walking. Plan your trips ahead, and if you are considering getting lost, do the thing in style and make a job of it.

Here are a few tips that will help.

Before you set off there are certain preparations to be made. It is silly to get lost in easily accessible country, and so it is best to choose the wildest and most rugged territory. Of course, you must have information to help you get into the area, so go to someone who knows the district and get some dope on it, but whatever you do don't take notes of what he tells you. Rely on your memory, or should he insist on giving you notes and route sketches, it is much better to leave them behind.

With food, you have the choice of two courses. You can so cut down the food supply that you will be on short rations before the first week is up, or you can take an extra liberal supply, including lots of fresh or tinned fruit and vegetables (so full of vitamins, don't you know), in a number of bottles and tins. The latter course is preferable, because getting lost on an empty stomach is distinctly ultra vires or honi soit qui mal de mer (if you know what I mean). Besides bottles and tins come in so useful for leaving messages behind for the search party. By the way, you mustn't dream of taking pencil and paper along with you, it is so much more fun writing messages with a

burnt stick on rocks, or the tail of your shirt.

Then of course, keep your proposed route a profound secret. If possible don't even let anyone know from what station you will be commencing your trip and need I say how foolish it would be to give anybody even a brief itinerary of your trip, because, obviously that would make it so much easier for the search party, and that would spoil the fun. Unfortunately for some obscure reason, parents generally want to know when you will be coming back, but be as vague as possible. It is even better to say you intend leaving from one place, and then change your plans at the last moment. This puts possible rescuers quite off the scent.

Having thus prepared, set off on your trip with light hearts and full knowledge that you are going to cause a spot of bother before you reach home again.

It is not a bad plan if you wish to get lost to leave the map and compass at home, but some people prefer to take them along because then they have something to blame. If you do take map and compass, put them carefully in the bottom of your pack so as not to be able to get at them. In this way, you can't easily identify landmarks, and it is much simpler to get lost that way.

If you have any difficulty in getting the party lost, an individual member of the party can go off from camp without pack, map, compass, or matches- just for a look around. Then he should wander round aimlessly for a while, admiring the scenery and pick a few flowers. Without a great deal of trouble he can very effectively get lost in a remarkably short time. But this is not a very matey thing to do, because

even though he has the thrill of being really lost in the bush, it is a bit uncomfortable spending a few nights in the bush without a fire, on an empty stomach, when you're by yourself.

It is not nearly so bad if there are two or three. So it might be advisable for the whole party to leave camp without gear, food and matches and wander off. Besides, it is ever so much harder to find camp if there is no one there to answer your calls.

In the best circles, however this is considered bad technique, because possums or bandicoots might raid the stores and it wouldn't be very nice if, after being without food for three or four days, the party stumbled across the camp and then found the tucker all messed up.

Another way to make getting lost more exciting is, on learning that the party is lost, to get very excited and rush about first in one direction and then in another, and, of course, it is even better if the party separates because that makes it so much harder for the search party.

Generally only the most enthusiastic get-losers get astray without food. As a rule there is generally some rice or flour left, but, of course, it is simply not done to have any knowledge of cooking. Think what fun it must be to learn cooking when lost and after all you will want something to while away the hours until the search party finds you.

That brings me to my final point. Never make a smoky fire when lost; it might be seen by searchers, and as for proper signal fires, well, of course as a good get-loster you simply wouldn't know about such things.

Cont. on P. 5

THE BUSHWALKER

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All material should be accompanied with the name and address of the author or it may be attributed to the editor.

Any opinions expressed are those of the individual authors and do not represent the official views of the Confederation.

Material can be sent on disc (ascii text files, 5.25" disc) or by phone to the Outdoor BBS on 046-581881 (24hrs)

Advertising rates are available on request, ring 548-1228, to discuss your needs.

The Bushwalker is published quarterly as a volunteer effort and so any assistance offered is most welcome. The aim of the bushwalker is to provide articles and information that relate to and are relevant to the member clubs of the Confederation. With your help we may achieve this.

Information about the Confederation can be obtained from our volunteer answering service. This operates from the 548-1228 number. The service operates both in and out of office hours, but no late night calls please.

Editor : Gordon Lee (SBW)

CONFEDERATION ACTIVITIES 1990

JUNE
23 - 24

Search and Rescue Rogain

SEPT
21

Federation Annual Ball

OCT
20 - 21
27 - 28

Search and Rescue Training
St John First Aid Course

A GOOD NIGHT OUT

What can bushwalkers do for a night out when they aren't camping?

Here is a suggestion-try a night at BERNARD KINGS RIVERSIDE RESTAURANT. If you can't give up a friday or saturday night you can take in a show on wednesday.

A buffet menu (serve yourself) is available at about 7.45pm. The show starts around 8.15pm. Doors are open at 7.30pm. The menu on the night was restricted as could be expected since prices have been reduced (A winter special) to \$35 a head or \$29 if you come with a party of 14 or more.

Walkers should enjoy seeing how much their plates will hold. I found the food adequate, tasty and the variety of side salads satisfying. If you can't finish eating before the show starts, no matter, you can eat, drink, watch and listen at the same time (walkers are very talented).

The Cabaret: The theme of a lady bowler whose ticket in a raffle wins her a world tour gives the cast of six artists and a pianist (with recorded orchestra) the opportunity to spread their talents over a variety of nationally flavoured numbers.

Some of the solo spots were enthusiastic and energetically performed. A fair portion of the material was refreshingly original and topical. The choreography was as good as the restricted stage would allow and this was given a lift by the magnificent costumes.

As with the almost forgotten vaudeville shows of the past the principal comedian was given top billing, Bernard King filled this role brilliantly. The bout of good belly laughs elicited by Bernard's solo spot was enjoyed and remembered with pleasure. This all done without resorting to crudity.

A short interval for coffee and a wide variety of sweets gave the performers and the audience a break after which the show continued till 11.00pm. There was something in it for everybody and for the money this was a great night out.

The location for a change is central to most people in Sydney and not just those who are forced to live (exist?) in the city.

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LETTERS

Messy Bushwalkers 2

The letter in the March issue of *The Bushwalker* reminding walkers to "DO THE RIGHT THING" prompts me to write a similar item.

During the Easter weekend a group of us from Sutherland Bushwalking Club were walking from Kanangra to Ti Willa via the Cloudmaker track.

Inclement weather forced us to return along the same route two days later. The track was "well" used that weekend, we met and passed several groups, so no one group could be held responsible for the amount of rubbish that we found on our way out.

We picked up a total of four shopping bags of other peoples' garbage, most of it fresh. The worst spot had to be the cave at Crafts' Wall (southern end) which yielded two full bags of cans, aluminium foil, broken glass and at least twenty paper cups (it must have been quite a party!) We could only imagine that the person who left a trail of orange peel along the track must have thought that it wasn't real rubbish and wouldn't offend anyone. They were wrong on both accounts.

Do the people who drop this rubbish think the National Park Services will come along and clean up after them or perhaps it's "out of sight out of mind". Most likely they just don't think at all.

I guess if we keep on cleaning up their campfires and carrying out their rubbish then someday they might get the message.

*Jill Parr
Sutherland Bushwalkers*



When Will They Ever Learn

The Easter trip to the blue breaks had to be cancelled as the level of the kowmung had risen during the Autumn "Monsoon".

From all the alternatives we could think of, Ti Willa seemed the most inviting especially since One Hundred Man (person) Cave would offer a good place to bludge if the rain got too bad.

Since the days walk from Kanangra to Ti Willa was easy and, for once, the sun was out, the six of us set off at a fairly relaxed pace.

Just before Gordon Smith Pass we saw two guys crashing through the low scrub to the south of the track. We recognised them as a couple we had previously seen carrying fishing rods and nets who had said they were heading for the Christy Ck / Kowmung Junction. They hadn't the faintest idea where they were but at least they had maps, so we pointed them towards the route over Maxwell Tops and suggested that if they made it as far as the Coal Seam Cave they might be better off annoying the trout at the Gingra Junction rather than attempting to navigate to Cambage Spire and then climbing down with their hands full of rods and nets.

The rest of the day was uneventful although we saw plenty of others on the highway to Cloudmaker, including a group of four who had also changed their plans to do a Blue Breaks trip. Nightfall saw us settled in the hundred man cave sharing it with only two other walkers from CBC who, like ourselves, were planning to cross Ti Willa the next day and camp at the Gingra Ck. junction.

Rain on Saturday resulted in apathy setting in and we, unlike the hard men from CBC, remained in the cave diving out between showers to explore the cliff lines around the Ti Willa plateau.

During the late afternoon we heard people calling out in the distance. It sounded like several groups on the spur from Cloudmaker. This continued for over an hour by which time it was getting dark.

Fearing that someone may be lost we headed out in their direction and eventually made contact with one of their group. It turned out that they were a party of school students, nobody seemed sure how many, who were led by one teacher. With them was a lone walker who had joined them near Crafts Walls. Eventually we gathered them all together and guided them to the cave, which was what they had been looking for.

As we talked their story unfolded.

The lone walker had been part of the group of four we had met the previous day. They had started out as six from Kanangra but the "Leader" had abandoned two of them because they were not able to keep up with the pace he was setting. John, the lone walker who ended up walking with us had joined up with the students soon after he had left his "mates" but the other person had been left to walk alone back to Kanangra where he hoped to get a lift, as he had no transport. On the way out the next day we were disgusted to find that the remainder of John's party had left a note in the Cloudmaker logbook indicating that only the "Hardmen" in their group had been able to make it. The last lines of their verse being:

"We started with six,
only four made dex"

We would dismiss this behaviour as being typical of uneducated "Hikers" but these were members of a large bushwalking club on a scheduled club walk.

No wonder we have problems with inexperienced people getting into strife in the bush when members of our own organisation set such a bad example.

*Tony Parr
Sutherland Bushwalkers*

CONSERVATION NEWS

NCC NOTES

These are a few brief notes on the present situation at the Nature Conservation Council (NCC)

The NCC is an umbrella organisation of over 85 different groups, with an interest in conservation, varying from Field Ornithologists to Bushwalkers to Australian Conservation Foundation to the National Parks Association.

An Annual 2 day conference decides policy issues and a monthly (5-6 hour) meeting controls events between conferences (of the 22 member executive council). The Confederation of Bushwalking Clubs is allowed to appoint one member to this executive. The NCC runs a shop and information centre at 39 George St. The Rocks, and this does help our income.

In December last year the Director (one of a paid staff of five) resigned and there has been a period of confusion as calls have been made for the radical restructuring of the NCC. Fortunately, this era is now past, as the April meeting saw a successful strengthening of positions and redefining of responsibilities within the executive and the staff. We are glad to have a new project officer, Anna Dawson, but are sad to lose the services of Fiona Buining and Barbara Hoffman.

New staff are being actively recruited but at the moment we desperately need volunteers to help in the office or shop - anything at all in terms of time is needed. If you can help or know of someone who can, please ring Philip Venn 344-8862.

Some of the items discussed at the May executive meeting were :

- The premiers round table meetings, at which the NCC can only speak to the premier with land developers present!
- The joint task force on intractable waste and the proposed high temperature incinerator
- Marine national parks
- The National Parks and Wildlife Service Advisory Council which appears to be headed for

extinction via irrelevancy as "the Minister does not need advice"

As you can see a lot happens at the NCC meetings. With Judy Messer in the chair, Penny Figgis as Deputy and such seasoned campaigners as Milo Dunphy, Fay Sutton, Vince Serventy, Peter Prineas and John Whitehouse on the executive discussion can be very lively indeed.

We are all part of the conservation movement, Bushwalkers were probably the first, so we need your help now ! Our legislatures, local state and federal are being bombarded by applications to do all manner of strange things to our world and in particular to NSW. The consultative process is becoming more of a sham. All bushwalkers are under siege and we all need each other's help. In many ways bushwalkers can be the eyes of the conservation movement, if you see surveyors marker pegs where you walk or bulldozer activity in the bush, tell someone. Conservation demands constant care.

P. Venn

MINIMAL IMPACT

One philosophy of wilderness activity is,

"To take nothing but photos
Leave nothing but footprints"

This is more than just high sounding moral trendiness, it is a way of continuing our activities while still leaving something for future generations.

Most bushwalkers would have little argument with the ideas behind the floral words. We are quick to resent the intrusion of unwanted roads and developments in areas that have suffered little to date. We can see the wisdom in keeping the numbers of walkers to a minimum in areas that are degraded by heavy use. We have seen the controversy in the climbing community as bolts were slowly replaced by less destructive and permanent methods of achieving your goals.

Or has this changed the moment money rears its head. Last issue we mentioned the bolting of Claustral

Canyon. This may be a small matter on its own but how common-place is it becoming? Many of us have heard of the bolted route down Mt. Banks. Is it now acceptable to put in a completely artificial route down a clean face. The level of development may not be large in extent, but trees and bushes have been removed as well as a track being cut from the base of the cliff to the valley below. Most bushwalkers know what eventually happens when tracks are cut directly down a spur. After a few years of use and heavy rain they get deeper and deeper.

The area concerned is in the park and yet the NP&WS as far as we can tell have never given permission for the construction of such a route or for its commercial use by large numbers of inexperienced people.

There are innumerable trips that we can do which require no artificial aids, only trees. Are we too lazy to find them and so have to use a constructed route. Or do we not think enough about the consequences of what we do.

It could be that we think that one little section of bolts is no real problem, but I know a few good areas that could be bolted, it might be worth my while to go ahead and start making money this way. How many others could do the same? If its good enough for one then all of us should be able to do as we wish.

Bushwalkers as a group can not expect to be taken seriously with our claims for wilderness if its only wilderness when it suits us.

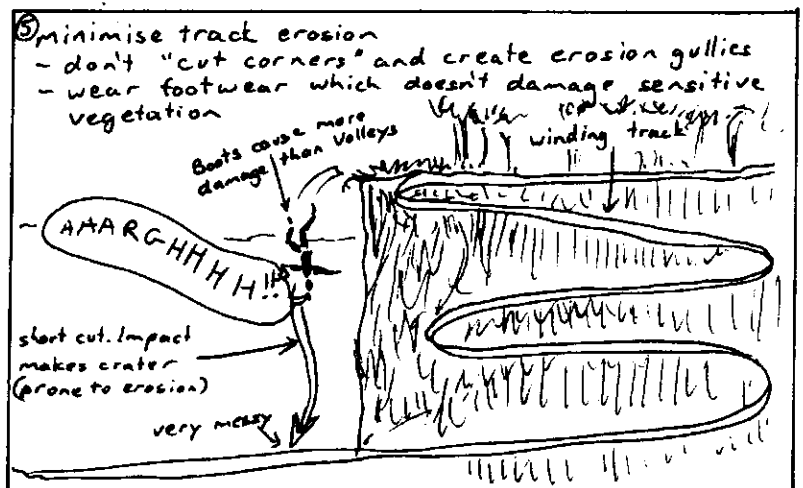
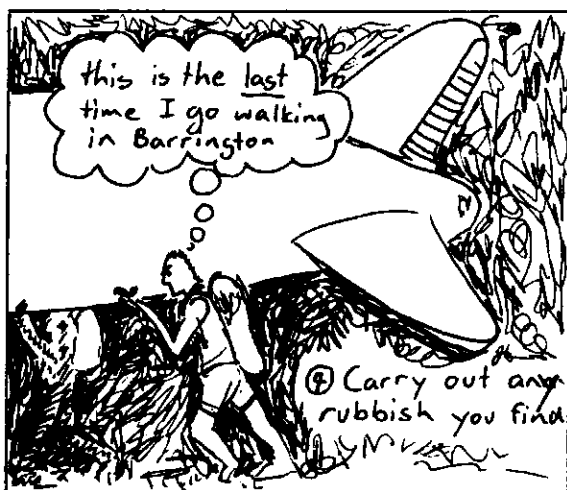
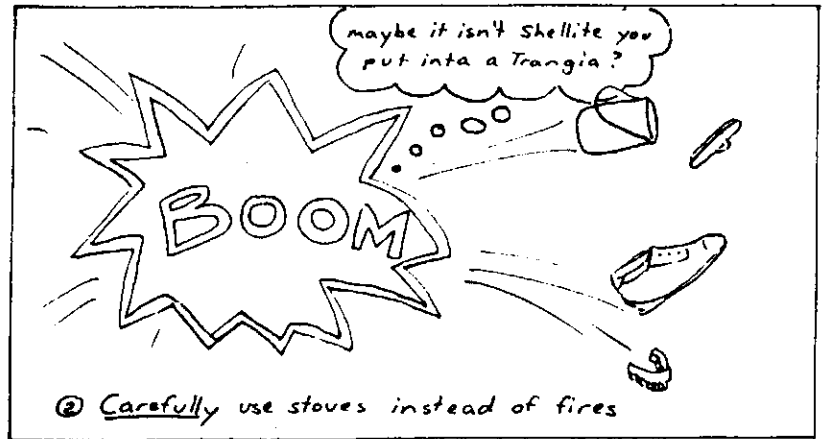
There are places for commercial developments and ways of going about it. To go ahead and impose your permanent changes on everyone is no different from the irresponsible 4wd that we continually belittle.

Bushwalkers, all of us need to be more thoughtful about what we do and its consequences.

If we control ourselves we don't invite outside control. ■

MINIMAL IMPACT WALKING

Cont. from P. 1 When after days of heroic fortitude and endurance, you are found, or stagger weakly up to some lonely farmhouse, just think how you will bask in the sympathy and endearment of your distraught parents, to whom you have been so providentially restored.



BITS AND PIECES

Easy Care Travelwear

Paddy Pallin's new Travelwear Longs are the most comfortable, practical pants ever designed for people on the move.

Light, cool Longs are made from Exodus, a remarkable new fine weave fabric. They shrug off wind and showers, pack down small and weigh only 250 gm. Best of all, Longs dry fast for easy wash and wear.

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Paddy Pallin
THE LEADERS IN ADVENTURE

AC.26034.1

ARCHER RIVER EXPEDITION

During June, three Sydney bushwalkers, Peter Treseder, Steve Irwin, David Dickford and Ron Moon from Melbourne will be undertaking a crossing of Cape York from the east coast to the Gulf of Carpentaria.

The expedition is sponsored by Australian Geographic, Australian Native Fisheries, Paddy Pallin and Canoe Specialists of Beecroft. They will start on the east coast and walk across the McIlwraith Range to the headwaters of the Archer River. From there they will walk and canoe the Archer river to the Gulf.

The party will be passing through some country which has rarely been visited and will be the first to travel the full length of the Archer River. The trip will not be easy and obstacles encountered will range from thick vine forests to confrontations with crocodiles. ■

FIRST AID NEWS

For all those people who did the first aid course during October of 1989, great news. Your certificates are now ready (I hope S&R's response time is quicker than St. Johns)

To find out the long awaited details ring :

Keith Maxwell on 622-0049 (h).

The May 1990 course went off well, with a large number of enthusiastic walkers. We should thank the instructors, Grace Matts andfor donating their time and also the St. Johns administration for reducing the cost for VRA members. When we have details of the certificates we will let you know (maybe eventually) ■

CONFEDERATION ?

Some of our observant readers may have noticed that the newsletter has been referring to the Federation as the Confederation. This isn't another example of our inadequate proof reading, but a result of the federation finally incorporating. We are now to be known as the Confederation of Bushwalking Clubs NSW. ■

ITS A SECRET

This seems to be the way some people treat their walking. We have had a few examples recently where calls from concerned spouses or work mates have gone something along these lines.

"My husband has gone on a walk with some friends and he hasn't come back yet, what should I do?"

Well, the obvious things that we should ask spring to mind, What club are they with, where were they going, what cars or transport were they using etc.

Unfortunately the worst case we had wasn't able to answer any of these questions. Her husband was meeting some people from one of the clubs ? and then going on a day walk. It would have saved a lot of wasted worrying if he had left some of the above information with his wife ,(but we're never going to be late or lost are we ?)

Another case involved a walker leaving some information and instructions to call us if they failed to return. That was very useful but then we had difficulty finding the exact details of the walk they had gone on, as the leader had left only partial information.

With both of these cases the result was a happy ending and the lack of information didn't matter, but don't bet on it. It is not only the leaders responsibility to leave information. Everyone should leave a description of their walk and car numbers, if for no other reason than to make your stay at home friends etc a little happier. ■

ENGADINE UPDATE

In the last issue there was a letter explaining the situation of access to the Royal National Park from Engadine railway station.

It seemed that the railways were to put a gate in the fence they built so that there would be some level of continued access.

Well the fence is there , but the gate isn't. This not only affects walkers but also the joggers in the area that cross over from Engadine. I think that Jim will need help to get the gate. ■

HELPING HINTS

A HOT TOPIC - STOVES

This article comes from the Sutherland Bushwalkers newsletter. It is good to see that some bushwalkers are thinking about the environment on a personal level and helping to preserve it for us all.

As more and more emphasis is rightly placed on conservation and the need to conserve valuable natural resources it becomes more important to use stoves rather than burning timber, pleasant as the campfire may be.

Most of us who have been going bush for a long time, have debated, cursed, fought with, kicked and carried stoves of one type or another almost as long as we've been walking. Problems we've found include weight, physical size, hard to light, hard to put out, likely to burst into flame, difficulties in carrying fuel, lack of efficiency, etc. But, look no further, help in the form of a basic, light, cheap, easy to use, small size, pretty efficient stove is at hand.

The simple stove was written up in Wild in winter 1988 and we had a chance to have a good look at it when Bruce brought one that he had made up on the January 1989 Croajingalong trip.

All that is required is the burner from a Trangia stove (which can be brought separately) and a windshield either bought or made up of aluminium sheet.

If you make the shield up yourself use an aluminium sheet about 0.5mm thick 15cm wide and 50cm long (or longer if your billy is larger). Bend it around in a circle till the ends overlap and rivet together. This should provide shielding for billies of most sizes. You may need to experiment a bit. It is also necessary to cut a few "V" notches on one side of the bottom of the shield to help air circulation. The shield can, when not in use, be pushed flat and rolled up.

A three legged fold up stand for the Trangia burner can be bought in many disposals and some bushwalking stores. The whole thing weighs about 250gm and can be made for less than \$20.

Metholated spirits is needed and for a longer trip a bottle of this needs to be

carried. However, on a day trip the burner will easily hold enough to boil several billies. It is very well sealed by an O ring in the cap.

It has been suggested that the stove is so simple and cheap that it makes a good addition to a day pack and can be of considerable help if overdue in the cold.

Arnold Fleischmann

SAFETY CHECKLIST

While we would hope that all club members in the Confederation have a high level of ability and support, it seems from some of the issues raised in this edition of the Bushwalker, that some people need reminding on certain points.

The following is a list that was prepared by the search and rescue section of the Confederation. It is not the final word, but more of a discussion point for safe walking practices.

- Give complete route details of where you are going and names of who is going to either close relatives, friends or the police.
- Tell them when you are leaving and returning and also any special medical conditions of members.
- Don't forget to tell them when you return safely.
- As well as taking a map and compass it helps if you can use them (more than one may be handy).
- Appropriate clothing and footwear for the conditions is important. Always include a waterproof/windproof parka and remember that your clothes need to keep you warm even if wet.
- Take waterproof matches and some spare food that doesn't need cooking.

- Plan for the abilities of your party and don't overestimate, remember Murphy was a bushwalker and maps often lie.
- Keep the pace to the slowest members ability, it is very depressing to be forever catching up to the group.
- It is better not to split your party unless extreme conditions force it.
- If someone is injured leave a person with them and then go for help (this implies that at least three on a walk is a good number).
- If you keep moving when lost that is a great challenge to the search groups looking for you (see lead article) but it won't help you to be found.
- If you come out late it is a good idea to ring home as soon as you find a phone, so any preparations for a search can be called off.
- Remember that the safety of the group depends on the fitness and experience of its members. So have at least one experienced walker for every three newcomers.

Stan Cottier OAM

In June it was announced that Stan Cottier a life member of CMW had been awarded the Order of Australia for services to conservation and the environment. Stan is well known to bushwalkers having served Federation from the early 1950's in a number of positions. He also served on the Royal National Park Advisory Council for many years and can be found most weekends at Burning Palms in the rangers hut. Congratulations Stan!

BUSHWALKERS BALL FRIDAY 21ST SEPTEMBER

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2ND SYDNEY BUSHWALKERS	58 POINTS
3RD SHOALHAVEN BUSHWALKERS	56 POINTS
4TH GOULBURN POLICE RESCUE	50 POINTS

FULL REPORT IN THE NEXT "BUSHWALKER"