

THE

MARCH - 1990

BUSHWALKER

Newsletter of the Confederation of Bushwalking Clubs NSW Inc.

ISSN 0313-2684

IS THIS THE ONLY WAY ?

Logging is fast approaching the Georges river, a tributary of the Deua River. These brand new

access roads were discovered on a walk on the 3-4 of March this year. *Continued on P4.*



Royal National Park 111th. Anniversary

Saturday the 28th April will be an open day for the Royal National Park.

Admission will be free for the day and a number of activities and walks will be run by the park.

The numbers of people that can attend each walk will be limited.

For information on what is happening phone the visitors centre on 542-0648 or 542-0666. ■

THE BUSHWALKER

GPO Box 2090 Sydney 2001

This newsletter is published by the Confederation of Bushwalking Clubs NSW Inc.

Distribution is through the affiliated clubs to their members.

Contributions and suggestions are welcomed.

Material can be sent to the above address, marked for the editor.

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)

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.

Thoughtful details include large zippered pockets for security, a concealed passport pocket and double stitching at stress points. Functional Longs have a style that goes anywhere. \$94.95.

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Yes, please send me your new Travelwear Catalogue.

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Address _____

State _____ P/Code _____

Post to: Paddy Pallin Pty. Ltd., Unit 14F
Hordern Place, Camperdown NSW 2050.

Paddy Pallin
THE LEADERS IN ADVENTURE

OOPS

This refers to the obituary notice for Paul Barnes in the last issue of the Bushwalker.

Paul has made a miraculous recovery, well he was never really dead. We do feel dreadful about the error.

We will obviously need to check these details out more carefully when we are given them.

Sorry Paul but unfortunately the no budget way we produce this newsletter means occasional problems. ■

MANAGING WORLD HERITAGE

The Tasmanian department of Parks Wildlife and Heritage has been working on the development of a plan of management for the extensive world heritage areas in Tasmania.

During December 89 and February 90 the department was seeking submissions from interested groups and individuals on the management of their areas.

They hope to have a draft plan of management ready for release by August to October of 1990. This will allow for public comment which can influence a revision to be done through Nov 90 - Feb 91.

The topics they have asked for comments on are wide ranging and well thought out. It is to the credit of the Tasmanian Parks Wildlife and Heritage that they have put together such a substantial public comment procedure.

It is now up to the walking community in Tasmania and the mainland to assist with our knowledge and views. We will run further information on the developing plan as it comes to hand. ■

AC.260341

LETTERS

Messy Bushwalkers

It would seem time to remind all bushwalkers of a need to leave campsites, overhangs etc. in a better state than they found them.

Whilst on a trip to the Castle in the Budawangs we noticed the litter problem was on the increase, caused or so we thought by hikers and not by genuine bushwalkers.

Just before the pass up onto the Castle there is a small overhang used by many as a lunch stop. As we passed through we noticed a small amount of litter in the fire place and decided to clean it up on our way back.

After an enjoyable night camping at the end of the castle we met 3 bushwalkers from a Sydney university and in the course of conversation we learnt that they could not find the pass up last night and had spent the night in the

overhang at the bottom of the pass, the same one we were going to clean up.

You can imagine our dismay and disgust, when passing through this same overhang we discovered it to be in a worse mess. There was half eaten food, polystyrene plates, bits of foil, pieces of plastic etc. strewn around.

We can only assume that the 3 bushwalkers we had met earlier were the ones responsible for this mess as we had not passed any other parties on the way down nor had there been any other parties after we had arrived last night at the book on top.

If this is the example being set by so called responsible bushwalkers then how can we expect the general public to "do the right thing"

So my message to all bushwalkers is very simple - clean up after you and leave nothing but footprints behind.

*Graham Cummings
Camden & District
Bushwalking Club.*

Engadine Station Royal National Park

The state rail authority has been "upgrading" Engadine station.

They planned to close the access to Royal National Park from the station, with the excuse that fare evaders go and hide in the bush.

This access to the Royal could be classed as a right of way because of its long usage.

Many years ago it was also used as an access to an oval which has since disappeared (overgrown). After making enquires and protesting I was informed that they now plan to put a gate in the barrier fence. This gate will be closed between 15.00 and 18.00 hours Monday to Friday. Anyone coming back from a walk during this time will not be able to get onto the station and if they cross the line elsewhere could be charged with trespassing.

Any suggestions for a solution would be appreciated.

J. Calloway.

BITS & PIECES

Clean Up Australia Day

The aftermath

The Confederation had it's official response to the clean up day. Two groups of walkers from a number of clubs (SBW Sutherland Three Peaks and Camden) removed large amounts of rubbish from areas of Royal National Park near Heathcote and Bundeena.

The rubbish ranged from bits of cars to rusted shopping strollers, with of course an enormous amount of broken glass and discarded cans. It was very gratifying to see the tracks in our areas for once not covered in rubbish.

There were also a number of clubs that did unofficial clean up jobs on the day. We would like to hear about your areas if you could write to the bushwalker

The most disappointing aspect of this has been that in the short time since the clean up, the tracks at Bundenna and Heathcote are once again a disgrace. This is a very poor comment on some of the people who frequent the Royal.

There have been some suggestions that the notice for the clean up was not long enough. So walkers who missed

the first day don't feel left out the Sutherland Bushwalkers are organising another day in the Royal National Park.

This is to be on the 22nd July and if your club would like some details then ring Anthony Jackson on 520-2784

We hope to be able to cover a larger part of the park this time, it also will not be as hot as the January clean up.

Put the date in your diaries and ring for details, see you there. ■

Did you know

A recent New Scientist (24 Feb) has an article that suggests that parrots may be as bright as primates (*brighter than some I know*).

One of the researchers mentioned was James Serpell from the University of Cambridge.

Some of his work has been done on communication among Loriine parrots of the genus *Trichoglossus*. These birds have complex cooperative ritual displays. Serpell believes that parrots can suffer boredom and frustration when in an environment that is not

challenging enough, (small cages for example)

How many of us have watched our parrots in the wild and wondered about the abilities of these creatures. If anyone has any stories of bird activities on a walk, let us know.

That land leeches are found only in South East Asia and Australia.

In Australia land leeches have been found only on and east of the great dividing range on the east coast, lucky us.

It may only be a personal observation but with all the wet weather this year we seem to be having a bumper crop of leeches up and down the coast. Normally dry areas that are not a problem seem to be writhing with the little monsters.

Have any of you also noticed a tendency to large swollen reactions to the bite of leeches. I hope that the green house effect is not going to mean a never-ending supply of eager leeches. ■

Cont. from p.1 The road comes off the existing Bendethera Fire Trail and comes to a finish on the ridge above the Georges and Dry creeks.

There are a number of branching roads that lead off the main one (which we had no time to see). The area is steep and with more of this type of action it is hard to imagine there being no effect on the Georges and Deua rivers.

It must be time that even more pressure was brought to bear for the establishment of commercial tree farms, so the shrinking natural forests we have can be given a chance. ■

Hints on field gear for S&R

The following is a reminder checklist of equipment. This is for a 24 hour search (be prepared to stay that long, as no one knows what might happen).

The list would need to be changed in response to the time of year and the details of the search. This is just meant to be a basic outline.

Personal Gear

- Rucksack (frameless is best)
- Sleeping bag
- Bivy bag (or share a tent fly)
- Water bottles or wine cask liner (without the wine)
- Food for 48 hours (don't bet on being able to cook it)
- Clothing for the season and any possible weather changes
- Wet weather gear
- Hat and beanie
- Personal abseiling harness and gear
- Garbage bags or other methods to water proof gear

CONFEDERATION ACTIVITIES 1990

MARCH- APRIL

31-1st

Search and Rescue Training

MAY

11

Search and Rescue Bush Dance

12 - 13

Confederation Reunion

26 - 27

St John First Aid Course

JUNE

23 - 24

Search and Rescue Rogain

SEPT

21

Confederation Annual Ball

OCT

20 - 21

Search and Rescue Training

27 - 28

St John First Aid Course

Ask your club about details for any of these activities, or ring the Confederation information number (p.2)

- Torch (that is suitable for night walking)
- First aid kit (more than just a few bandaids)
- First aid knowledge (more important than the kit)
- Map and compass of the area

Group Gear

- Fuel stove for the party, it may be the only method at the time and it will be the most convenient.
- Enough extra warm clothing for that poorly equipped lost party (will vary with conditions).
- Tent fly for an overnight stop, it's lighter than a tent.

Use this list as a starting point and build your own from that. With your gear thought out you can pack and be ready to go in just a few minutes.

Remember that searches are normally in bad conditions and we search in out of the way places.

Having a list of what to take should help you with that rush to pack at 11pm, when all you really wanted to do was go to bed. ■

1990 ROGAINE

The June rogaime is getting closer, I hope your club teams are almost organised.

Last year Sutherland won the event, and they are looking to repeat the performance this year. The weekend can be good fun and a chance to try out your navigation.

This year there is an extensive wilderness section in the course. Fill out the entry form in the Bushwalker and send it in as soon as you can. Or give us a ring if you need help with a team.

As well as bushwalking clubs participating there will be representatives from many other rescue services. This is a chance to meet other groups and compare each other in action.

see you there ■

FROM THE CLUBS

This was taken from a recent edition of the Catholic Bushwalking Clubs newsletter.

CBC Editorial

The scene:

The Carroll household at 2 o'clock Monday morning. All is quiet except for the sound of Thomas snoring. Suddenly the urgent ring of the phone breaks the silence. Thomas reaches over and picks up the phone, expecting the voice on the other end to be that of the shift supervisor at the plant where he works.

It isn't, instead it's a distraught female voice. My daughter left this morning on a walk with the CBC. She hasn't returned yet and I think something terrible has happened. You're a contact. Can you tell me where she is?

Thomas springs into action. Just as his place of work has a detailed and practised Emergency Action Plan so has the CBC. He rings a couple of other club members. They discuss likely scenarios and agree to meet at the start of the walk at 6am.

They do so and discover the cars are still there. What now? When it comes down to it the club is less than totally prepared to handle emergencies such as the one described above.

Two popular excuses for not being prepared are "Such an emergency couldn't happen" or "If a problem happened we'd find a way to deal with it".

Couldn't it? Would we? Isn't it about time we formulated a plan to deal with such emergencies. Actions should include developing procedures, contact lists and methods of communication.

Another excellent idea would be to get involved with Federation S&R activities. Lets pull our weight, not sit on our hands!

I wonder how many other clubs are in just this situation and don't realise it. Sit down and try to think of all the problems that could occur if this happened to your club. To just ring the police and for get it is not the only way.

The following is an extract from the December 89 NPA Journal. The article was written by Grahame Wells the NPA director. This is a problem we had not heard of, but one that needs a lot of publicity among walkers. If you would like the full article, with references, then contact the National Parks Association. This is even worse than leeches. (I might sell my volleys)

Lyme Disease a "new" danger in the bush

During 1987 some 1500 cases of Lyme disease were reported to the US Centre for Disease Control and it is now found in 32 of the 50 States.

The spirochete bacterium (*Borrelia burgdorferi*) which causes the disease was only identified and isolated in 1984. The disease is now recognised in Australia, England, China, Japan, Continental Europe, Scandinavia, Russia and North America.

Two Sydney based researchers, microbiologist Dr Rosemary Munro (SW Area Pathology Service) and medical entomologist Dr Richard Russell (Westmead Hospital) are collaborating to identify the tick which carries the coiled bacterium responsible for the disease. The Australian workers are looking at the paralysis tick (*Ixodes holocyclus*) whose main host is the bandicoot, but it also bites people, their pets and livestock and other native animals including kangaroos.

Lyme disease is considered to be a rare infection confined to people in rural areas and to those with recreational interests in the bushland of eastern coastal Australia.

Habitats such as wet sclerophyll forests or scrubby rainforest margins and ti-tree swamps where reasonably high humidities can be maintained close to the ground are danger areas.

Symptoms

Lyme Disease has been called the great imitator because of its ability to mimic other diseases and thus resist proper diagnosis. In Australia it could be confused with epidemic polyarthritis (Ross river fever)

The disease starts with a red rash, followed by aches pains and nausea similar to the flu. This can be followed

by arthritis and brain and nervous system disorders. It is only fatal in about 5% of cases but other severe cases involve a brain disorder similar to Alzheimers disease.

Diagnosis involves a blood test for antibodies or in some cases a urine test.

Treatment

Antibiotics can bring relief but researchers are finding that symptoms can recur months or years after the disease is first contracted.

The earlier the treatment the more effective the antibiotics will be.

Facts About Lymes Disease

Prevention

Avoid tick habitats when possible

Wear long pants with cuffs tucked into socks

Wearing light coloured clothing will help you spot ticks

Protect yourself with repellants and your pets with repellant collars. Don't bring pets to any National Park.

Brush off your clothing and check your pets before entering the house

Undress and check for ticks; they usually crawl about for several hours before burying into the skin. Remove any attached ticks by gently tugging repeatedly with tweezers at the place where the ticks feeding tube enters the skin.

Diagnosis and treatment

Check any rash or red patch, especially one that slowly expands over several days. The red patch can get quite large (2.5cm to 45cm), and it may be ring shaped.

Flu like symptoms often occur in the early stages of the disease. Symptoms similar to meningitis, such as stiff joints, difficulty in concentrating and remembering, as well as fatigue can occur in the later stages of the disease.

The final stage of the disease (weeks to months later) involves elevated temperature and pain and swelling in one or more joints

If you note any of the above symptoms following a tick bite, call your doctor.

Lyme Disease is treatable with antibiotics at any stage; the earlier it is diagnosed, the easier it is to treat

BUSHWALKERS SEARCH AND RESCUE
REGISTRATION FORM

TEAM NAME : _____

EVENT: TWO DAY NAVIGATION SHIELD ONE DAY MINOR
Please circle event to be entered.

ACCREDITED NON ACCREDITED

YALWAL 1990

PARTICIPANTS NAME

1.
2.
3.
4.
5.
6.

TEAM REGISTRATION:	\$8.00												
MAPS (Minimum 2) @ \$5.20 ea.:	\$												
Commemorative T-Shirts:	\$												
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at \$12.00 ea.	\$												
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Bushwalkers Search and Rescue
Send to : 9 Jefferson Cres.,
Bonnet Bay. 2226
Phone No. : (02) 528 6174

NEWS ON PARKS

Claustral Canyon

This is one of the most popular easy canyons in the Blue Mountains.

Recently the log that was used as the anchor point for the second pitch washed away. This should have been no long term problem as with some creative rigging the first two pitches can be done as one.

However a commercial group, that will remain nameless, took it upon themselves to place a new bolt at the top of the second pitch. Of course this was to make the canyon "safe" for us.

I hope this is not a start to further bolting of popular canyons. The National Parks were also not informed of this action, they were left to find out like the rest of us. Nice of some people

to decide for us what artificial additions we should have in our park.

Tasmania

The Douglas-Apsley area has finally been protected from woodchipping and mineral exploration. On the 18th. December the Tasmanian Government declared a national park covering the catchment of the Douglas and Apsley Rivers near Bicheno in eastern Tasmania.

The park is the only major dry sclerophyll reserve in Tasmania with gorges, waterfalls and delightful swimming holes.

The Tasmanian Conserver
Jan-Feb 1990

Queensland

The new Queensland Government plans to double the state's area of national parkland. It has already frozen the freeholding of land on the Cape York Peninsular, dropped its High Court challenge to world heritage listing of the wet tropics and banned logging in unspoilt rainforests.

It will examine ways of closing the road north of Cape Tribulation, buying back the freehold rainforest near the Daintree River and reducing the 252 proposals for development along the Queensland coast.

The Colong Bulletin Jan 1990

How to be REALLY COLD in your sleeping bag

Another in the series "Helpful hints for bushwalkers"

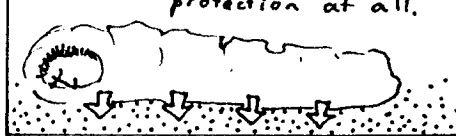
For many walkers one of the lasting memories is the totally sleepless night in a freezing sleeping bag. In fact, some people manage to make this a fine art. Here are some ideas:

B Keir.

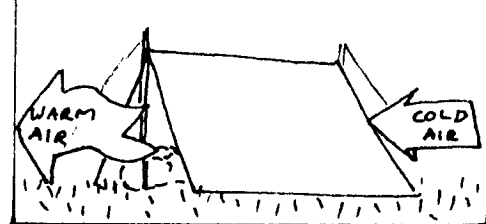


get the bag out of its stuff sack just before you go to bed. This makes sure the bag has no chance to "loft" (fluff up) which would make it lots more efficient

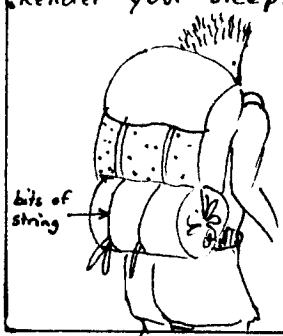
sleep straight on the ground. DON'T use a thermal mat. This way you lose lots of heat by conduction. Sleeping bags work by having lots of pockets of trapped air. The squashed bit of bag under you gives no thermal protection at all.



sleep in a draught so a fresh supply of cold air is always available to remove heat

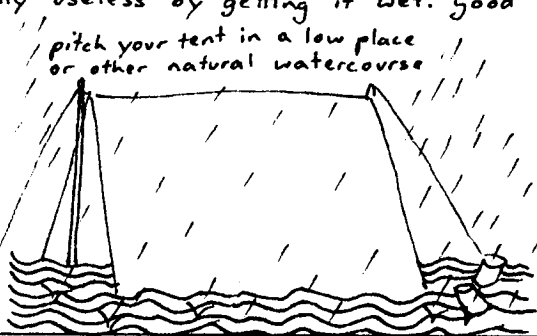


Render your sleeping bag totally useless by getting it wet. Good ways of doing this are:



tie it on the outside of your pack. This method is also good for getting the bag ripped in scrub.

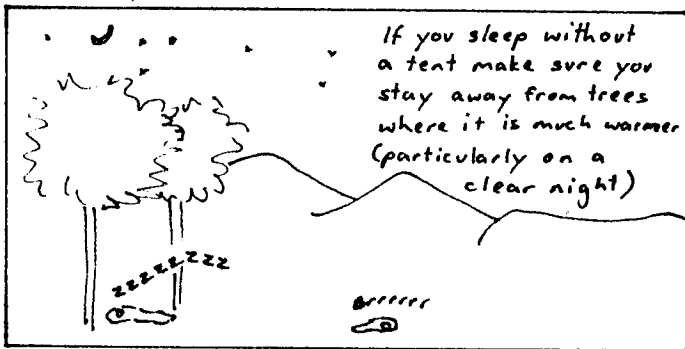
pitch your tent in a low place or other natural watercourse






believe the manufacturer and don't use a pack liner

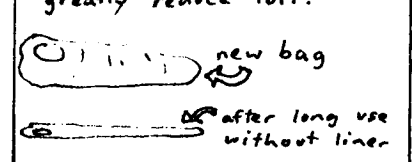
If you sleep without a tent make sure you stay away from trees where it is much warmer (particularly on a clear night)



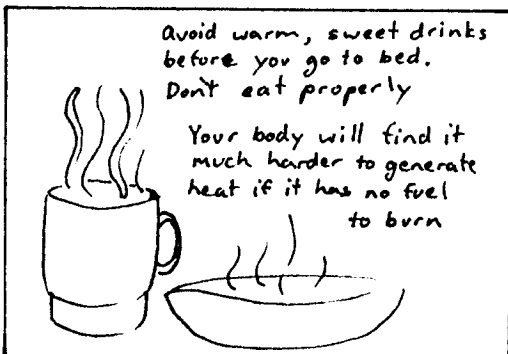
Don't cover your head with the hood or a beany. Your head has an ample blood supply and radiates more heat than any other part of your body



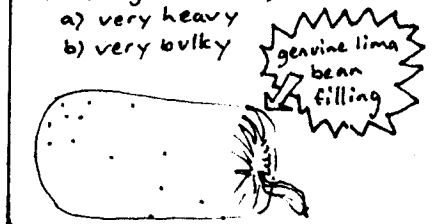
Don't use a sleeping bag liner. This works in two ways:
 a) you don't have an extra layer of trapped air to get warm by over a period of time body oils get into the down to greatly reduce loft.



Avoid warm, sweet drinks before you go to bed. Don't eat properly. Your body will find it much harder to generate heat if it has no fuel to burn




Save money by buying a very cheap sleeping bag. These have the added advantage of being
 a) very heavy
 b) very bulky



We hope these have given you some ideas. Like Scott of the Antarctic you can discover this ultimate challenge. The joys of insomnia, hypothermia and frostbite can be yours!

THE END



The *very* Cross Country Skier.™

HE'S NOT A HAPPY BOY. ONE THE LOOK OF BACE ON HIS FACE! HOW CAN THIS BE? HASN'T HE JUST SPENT QUITE A LOT OF MONEY ON XC SKIING GEAR? ISN'T XC SKIING MEANT TO BE FUN! (ONCE YOU CAN TURN) SADBLY HE DIDN'T BUY THE BEST GEAR HE DIDN'T BUY GEAR THAT'S BEEN TESTED BY THE PEOPLE THAT SELL IT. HIS TENT HAS CARBON CHARACTER PRINTED ON THE OZ PERMIER "COTTONESQUE" FABRIC. NOT SO MUCH A SNOW TENT AS A "NO TENT"



HANDSPUN BEANIE TOO GOOD FOR HIM - BUT IT'S A SHOWER CAP FILLED WITH TISSUES! IT'S NOT EVEN A FAIRISLE PATTERN! HAS HEAT RETENTION PROPERTIES OF DRIED FILCHARD.

OH DEAR! LOOK AT THE PACK YES, IT'S AN ORIGINAL \$4 LATTIAN "SNOW" PACK MADE OUT OF 2 MICRON "RIP-START" NYLON. WHY DIDN'T HE CHOOSE ONE OF OUR CUPERS PACKS! WE HAVE A PACK FOR EVERY BACK. WITH SPECIAL ONE-WAY ZIP

THIS GOES WELL WITH THE OSTRICH FEATHERS LIKE SLEEPING BAG WITH A TEMPERATURE RATING OF 17° CELSIUS. AND THE 31 SEAGULL FEATHER "NEELY WAWM" SKI JACKET. MADE TO MEASURE BY KALAHARI DESERT CRAFTSMEN. NOT QUITE THE SAME AS OUR SUPERDOWN GEAR. DUE TO LACK OF INSULATION THIS KNEE HAS BEEN LOCKED IN THIS POSITION.

UNCONTROLLED SHIVERS

WHY SPEND MONEY ON THERMAL UNDERWEAR! WON'T 6 STAPLED FLOTTING PADS WORK! WHAT DOES IT MATTER THAT 2 1/2 KILOS OF PERSPIRATION HAS FROZEN TO HIS LOWER TORSO.

THE WORD "SNOW" IS PERMEATED TO MEAN "SAVES NOTHING" ONLY WEIGHT.

HE TRIED THE "SELF-DEFLATING" SLEEPING SLAB. IT'S A VERY GOOD CARBIO-VASCULAR DEVICE SO YOU CAN GET YOUR EXERCISE INSTEAD OF SLEEPING IN LUXURY ON ONE OF OUR THERMA-RESTS. THE ULTIMATE SLEEPING MAT!

"FREEZEY" BRAND RUBBER MITTENS. GOOD FOR WASHING UP.

WHY DIDN'T HE TRY OUT OUR RANGE OF REAL MITTS AND GLOVES. SNAP FROZEN SKIN. (HE DON'T STOK THIS ITEM)

BREADBAG GAITERS GOOD FOR KEEPING FROZEN BAND IN

THE DEBATED "ECONOCOMPASS" MUCH CHEAPER THAN OUR RANGE OF RELIABLE SILVA COMPASSES - THIS PUNIBUS ITEM USES THE OLD SUN PLAL METHOD. SADBLY IT DOESN'T QUITE PERFORM DURING WHITE-OUTS OR WHEN OVERCAST BUT IT'S GREAT FOR SCRAPING THE WAX OFF YOUR MICA SKIS. COMES WITH BGY TO USE INSTRUCTIONS.

MAYBE IT'S THE SOPHISTICATED "KANDILL" BRAND STOVE THATS MADE HIM LESS THAN HAPPY. SURE, IT'S NOT THE WORLDS FINEST LIKE THE XGK BY MSR. BUT IT DOES COME IN A DRIPLESS MODEL (AS SHOWN) THE ONLY PROBLEM IS DRIPLESS IS ALSO "UNLIGHTABLE". SIX GOLD MEALS (RAW) AND ALL HIS MATCHES LATER HE MAY THINK ABOUT THE MIGHTY MSR.

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FOR SALE

Collectors Item Found in back cupboard after many years languishing

Walkers song books Available at the Bushwalkers Ball, or sooner by arrangement

Keith Maxwell 622-0049 \$2 each

Hi-Tech Boots PCT model size 9, rarely used 1/2 price, \$35. ring Paul 604-4634