

THE **Bushwalker** NOV. 92

Newsletter of the Confederation of Bushwalking Clubs NSW Inc.

ISSN 0313 2684

CONFEDERATION CALENDAR **1993**

March 27/28

Search and Rescue Training W/end

April 17/18

YHA 50 Peaks.

24/25

ANZAC Memorial Weekend at
Splendour Rock

May 29/30

First Aid Course

June 25/26

S & R Rogain

Aug. 21/22

AGM and Conference

Sept. 3

Annual Bush Dance

Oct. 16/17

Search and Rescue training W/end

23/24

First Aid Course

Nov. 6/7

Kanagra Walls Track Maintenance

BLUE GUM ANNIVERSARY CELEBRATIONS

A MOST successful and enjoyable weekend was the lot of those bushwalkers who attended this gathering. After a squally, cold Saturday afternoon the weather was perfect on Sunday, which was appreciated by all those present especially the organisers.

The celebration to commemorate the Anniversary of the protection of Blue Gum Forest was attended by 182 people, including representatives of 24 bushwalking clubs. The celebrations in the Forest took place over the weekend

of 5th and 6th September with a formal ceremony on the Sunday.

A helicopter which transported some of the early "bushies" into the Forest to take part in the celebration was made available by the National Parks and Wildlife Service who assisted the Confederation in the organisation of this memorable event.

Some of the "originals" who attended were Enid Rigby, wife of the late Alan Rigby, a member of the original Blue Gum Committee, Dot Butler, Miriam Roots, Bill and Beryl Kenyon, Lewis Hodgkinson, Elizabeth Dickinson, John and Laurie Wood, Gladys Roberts, Jim Somerville and Stan Cottier.

Coast and Mountain Walkers had the most representatives, filling up two pages in the Commemorative Log Book. Other clubs with good turn-out of members included Springwood, Upper Blue Mountains, Bankstown, NPA and Sydney University Bushwalkers.

Many bushwalkers arrived on

Saturday for the bushwalkers campfire. A clean-up of the Forest also took place with the rubbish being transported out by chopper.

The Superintendent and Staff of the Blue Mountains District of the National Parks and Wildlife Service deserve a special thanks for their contribution in making this very special occasion the success that it was.

APPOLOGY.

To Andrew Bell of WILDSPTS for not acknowledging that the excellent article on Care of Ropes and Useful Knots, reprinted in the July issue of this Journal was lifted from WILDSPOT, Wildsports own newsletter. Permission was kindly given by Phil Toomer, who also supplied an excellent copy for reproduction.

BLUE GUM PLANNING WORKSHOP

As part of their contribution to the Blue Gum Anniversary the National Parks and Wildlife Service conducted a Planning Workshop for the Forest on October 10. Almost 30 people turned up to discuss the future management of the area.

A large number of suggestions for improved management were made. These are being compiled by the Service for presentation at another workshop in February. Further information may be obtained from Cath Ireland at the Service's Blackheath office. Phone (047) 87 8877.

Roger Lembit - Springwood

ANNUAL GENERAL MEETING 1992 - 1993

Again this year the AGM was held on a weekend so as to allow the Clubs further out to participate in this most important event. It was disappointing to find that attendances were down on last year, for whatever reason, but nevertheless we were able to fill all the vacancies in the operative positions and these are as follows :-

President: Robyn Aurthur
Bankstown Clb

Snr Vice President: Tony Parr
Sutherland

Jnr Vice President: Don Brooks
Bush Club

Secretary: Roger Lembit Springwood

Asst Secretary: Allan Dixon CMW

Minutes Secretary: Michael Maack
Springwood

Treasurer: Diana Peters Fairfield

Magazine Editor: Gordon Lee SBW

Public Officer: Jim Callaway SBW

S & R Director: Keith Maxwell
Mt Druit

Publicity Officer: Simon Knight
Sutherland

Tracks and Access Officer:
John Morris Sutherland

Conservation Secretary: Louise de
Beuzeville
Andrew Cox Sydney Uni.

Auditor: Ivan Cox 5 Ivy Place,
Kenthurst.

NCC Delegates: Roger Lembit, John
Morris, Don Brooks.

Insurance again occupied a considerable amount of the time devoted to discussion. It is hoped that at long last ALL of the questions on the topic have been answered.

Those in attendance were then asked to discuss the topic "The Future Direction of Confederation" and the results of this will be published in the next issue of "Bushwalker."

TROPICAL FAR NORTH QUEENSLAND

Guided Bushwalk in VIRGIN RAINFOREST

Leader: CHRIS BURN

Phone: (Bus) 02 9795850. (Res.) 02 9391862

Cost: \$984 (Maximum: 6 persons)

Cost includes:

Airfares, 3 day guided Bushwalk, 2 nights at Eacham Rainforest Apartments, 4 nights in Cairns, Accommodation and meals on the walk. Optional extras: Full day snorkelling on the Barrier Reef, Full day White Water Rafting the mighty Tully river, and Hot air Ballooning on the Atherton Tablelands.

They went down to Blue Gum for the Anniversary, but found themselves beaten by the Pollution Control Commission, which has adopted the recent scientific discovery that a forest emits as much pollution as a fair sized city.

I'M SORRY, SIR, BUT I CAN'T ALLOW YOU DOWN THERE UNTIL WE HAVE COMPLETED INSTALLATION OF THE NEW AIR FILTERS!

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BUSHWALKING IN THE 1940'S.

I was a member of the YMCA Ramblers Club which held its meetings in Sydney from 1942 until 1950 and I clearly remember our bushwalking activities during the 40's and early 50's. It was our most important leisure activity and played an important part in our lives. The Club continued to operate after that time but most of the members, with whom I walked, had either married or left to further their careers.

There were many differences between walking in those days and our bushwalking today, but the main difference was in the means of transport to and from our starting and finishing points. Now of course we travel to the start of the walk by car and sometimes do a "car swap" and leave cars at both start and finish. Most of us then were younger than 25 years and very few owned a car so we usually travelled to our starting point by train.

Many of our walks started from Katoomba so we caught a train which left Central about 6.00pm on Friday night. If the carriages were full we crowded onto the exposed rear platform of the carriage and since our walks were usually in winter it was a miserable way to travel. Disembarking at night in the crisp, cold air of Katoomba, we would walk several miles before we set up camp for the night. On my first walk with the Ramblers we went down the Golden Stairs from the Narrow Neck by torch-light and camped near the turn-off to the Ruined Castle.

Returning home on Sunday night it was not unusual that our appearance should cause consternation amongst some of our fellow-travellers. Having reached Central Station and then boarded a Bondi tram (Now long gone - Ed.) here we were, clad in shorts, with our rucksacks, dirty and unshaven, rubbing shoulders with respectable mortals, dressed in their Sunday best, perhaps going home from devotions at a church of their persuasion. It is little wonder that these people looked on us with disdain irrespective of the fact that we took pride in our physical condition and achievements.

(It must be remembered that "Sunday sport" was not the accepted "norm" that it is today - Ed.)

Improvement in Bushwalking gear was also a major difference from those days of 50 years ago. The lightweight gear that we could buy from Paddy

Pallin's shop really "blew" our minds. Beginners could even hire equipment from his shop near Wynyard in Sydney, but we soon saved up and bought our own. His was the only shop in Sydney supplying gear specially made for bushwalkers. We supplemented these purchases with minor items from army disposals stores. A Paddy Pallin sleeping bag was a prized possession. Another of my prized possessions was a proofed Japara cotton "A" shaped tent and a proofed Japara ground sheet that doubled as a rain cape.

Since we did not have the luxury of sleeping on "foamies" and Therm-a-rests, which were still to be introduced, we had to sleep with only a ground sheet between us and the hard ground, taking care to remove any pebbles and twigs which would become increasingly bothersome during the night. We usually dug a hip hole to give more comfort. Half awake at various times during the night, I would find that I had moved away from the hip hole and would wriggle back to ease my bruised hip into it.

Then, as now, food was a major preoccupation. This was long before the days of freeze-dried foods. Dehydrated vegetables were available but they took some hours to reconstitute. It was a case of letting them soak for a couple of hours at least, or overnight before they were cooked. I usually had fresh meat for the first day and always carried some slices of bread. Bacon, Devon sausage and eggs were favoured items of food. Cheese, chocolate and sultanas were useful emergency rations. Scroggin hadn't yet been thought about and instant coffee and toasted muesli were still in the future.

I worked in a chemical laboratory where I tested the new potato mash powder which was supplied to the troops. This product was a revelation to me - obviously it would be ideal for bushwalkers. But looking back on it now, it was not nearly as good as our modern "Deb".

Of course there were many other differences between the bushwalkers' experiences then and now and I will write of this another time, but as I look back on those days I tend to forget the difficulties and discomforts and think more about the magic of those days in the bush, in the company of pleasant and competent companions.

Contributed by L.G.(Jack) Clarke.
Brisbane Water B/W.

THE SCROGGIN EATERS

*A history of bushwalking in
Victoria.*

Not just Victoria - Also included are details such as :-

- * The first bushwalkers and the hiking boom in the 1930's.
- * Sydney Clubs' role in the formation of the Victorian Federation.
- * Information on early maps and equipment, including Paddy Pallins.

- * Extensions of the Alpine track into Kosciusko.

A valuable historical text that is a must for every bushwalker.

If you would like a copy then you can obtain one by sending a cheque for \$26.70 (includes postage) to Vicwalk, Box 815, G.P.O. Melbourne 3001. Multiple orders can save up to \$5.

BITS AND PIECES

PADDY PALLIN - ARCHITECT.

In the early 1980's "Mongrel Design" was one of the young, innovative Architectural offices in Sydney. They even held their own architectural awards, in direct competition with RAlA.

The office was run by Steve Lesuik and Paul Pholeros who have now gone their separate ways. Both architects produce architecture that is highly original and is sympathetic to the natural environment.

Paul's nomination for Australia's most important architect was Paddy Pallin, who developed a lightweight tent which could be carried in a rucksack as the form of dwelling most compatible with nature.

Chris Johnston in Architecture Bulletin April, 1992.

GRASS ?

Since our article in the last issue on the dangers involved in discovering "grass" - not for the camping on - in the bush of our National Parks, at least one such discovery, albeit minuscule by comparison, has been reported. Those concerned did as suggested and reported the matter to the police on finishing the walk.

Annon.

WITH A GRAIN OF SALT.

In the "Bits and Pieces" segment of the January "Bushwalker" a medical opinion expressed the view that people doing strenuous things in a hot climate should refrain from dosing themselves with salt. It suggested drinking water copiously before commencing the toil, and again during long halts and at the end of the exertion. I dare say this is all sound advice, although earlier generations had an almost pathetic faith in the addition of sodium chloride to replace the salt lost through sweating.

For instance, early in the century it was not uncommon for stokers on manually-fired coal burning-ships to collapse from heat exhaustion when passing through the tropics. The affected man was usually brought to a shaded place on upper deck, given salted water to drink, and returned to duty when he recovered. Of course most stokers then were regarded as "only coolies, lascars, niggers" or, if they were Europeans, "the scum of the waterfront" so it didn't really matter what you did to them.

There remains the fact that we do lose salt when we sweat. The view is often expressed that our normal diet contains sufficient salt to restore the body's requirements, and that is probably so in a general way. But walkers sometimes have to exist on a rather spartan diet, and I wonder if this may be at times relatively salt-deficient. I also suspect different people have differing bodily requirements. I add a personal experience.

Long times ago, in January 1964, I had the opportunity to do a trip in the Northern Blue Mountains that I'd had as a target for several years. It would be largely "new ground" for me, and I think, not much known then by other walkers. Part of the route was covered only by the "Singleton Stragetic" map on a scale of four miles to the inch (1/253,440) - about 1/10 the scale of modern maps. It had to be a solo jaunt, and it was unfortunate that my chance coincided with a spell of very hot weather. Over the first three days the maximum temperature in Sydney ranging from 32 to 38 deg.C. What it was like east of Mudgee I don't know.

On the third night, after travelling from Nullo Mountain via Mts Coricudgy and Coriaday, with a few unintended "detours" due to the wretchedly inadequate map, I camped on the upper

end of Widden Brook, well above the highest settlement. During the night I was kept awake for several hours by aching legs and I felt sure the aches weren't due to covering big distances or climbing many hills, because I hadn't.

The temperature moderated on the last day, and I was at last able to open a slab of cheese wrapped in cellophane, which had been molten all the way, a cheese bomb likely to explode over sleeping bag and tent in the pack. Finding a way out via Hool-em-boy Ck on the western side of Widden Valley, I was back at the car at the south end of Nullo by 5.00pm.

That night, sleeping beside the car, I awoke again with aching legs about 11.00pm, and after wriggling around for a couple of hours, unable to get relief, I wondered if I may have de-salinated myself with all the effort in the heat. In the car I had a bottle of lime-juice cordial, and a plastic bottle of water, so I mixed a strong drink and to it added almost a teaspoon of salt. It was wonderful to taste, so I risked another, settled back in the bag and slept soundly and comfortably till the sun was well risen.

Maybe, then, there are grounds, after the day's labour is over, for drinking the large quantity of water but, take it with a grain of salt.

Jim Brown - SBW.

(Ed. It is possible Jim, unbeknown to you, that you may have stumbled on the formula for "Staminade" years before its time.)

HANDY HINTS. 1.

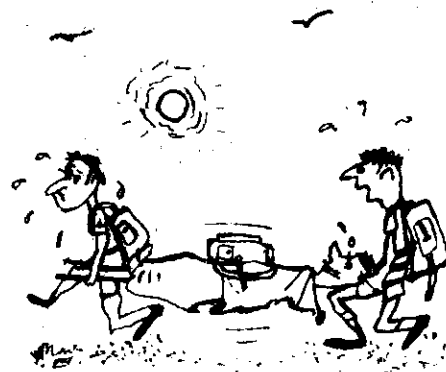
More Bush First Aid.

The following notes have been edited by bushwalking Medical practitioner. NONE OF THESE EMERGENCIES SHOULD OCCUR if Leaders and Walkers are aware of the conditions that may cause them.

HEAT EXHAUSTION.

Prevention.

1. Wear appropriate clothing - Long-sleeved shirt, Hat, Clothing should be loose fitting.
2. Keep fit.
3. Try not to overexert in extremely hot conditions.
4. Drink copiously at every opportunity. A little extra salt may help.



Symptoms.

Faintness, nausea, vomiting and even loss of consciousness are seen. Body temperature is NOT usually elevated and may be low. Sweating and skin colour are variable.

Treatment.

Rest in a cool shady place and give plenty of salty fluids to drink. Recovery is usually fast.

HYPERTHERMIA.

This potentially fatal condition is caused by prolonged exercise in a hot environment and can affect very fit individuals as well as the unfit. The blood vessels in the skin become very dilated so blood supply to the brain and other organs drops.

HEATSTROKE.

This results from inadequacy of the sweating process to dissipate the heat produced when exercising in a hot environment.

Prevention.

As for Heat Exhaustion set out above.

Symptoms.

The onset of heat stroke is rapid with the patient being aware of extreme heat, then becoming confused, uncoordinated, delirious or unconscious. The body temperature is very high and the skin is hot with the absence of sweating.

Treatment.

Heat stroke is a medical emergency and the patient must be cooled fast. Immerse in tepid water or cool by covering with wet cloths and by fanning. Promote circulation in the limbs with gentle massage and give cool salty drinks if the patient is conscious. If unconscious, place in the coma position and continue to cool. Watch for breathing or circulation failure - treat as necessary.

THE MYSTERY HIKE CRAZE.

The Walking Craze of the 30's.

Recession, unemployment and turmoil sound familiar don't they. They certainly did if you lived in 1932. The level of manufacturing activity had been in decline since 1928 and the economy had reached its nadir during 1932-3. Unemployment peaked and never dropped below 8% throughout the 1930s. The living wage was reduced from \$10.60 in 1926 to \$7.00.

In February, Premier Jack Lang had again declared that NSW could not pay its debts in London. The Federal Government stepped in to meet the bill and then initiated action to recover the money from the State.

The Harbour Bridge was opened in May, with a little help from the New Guard, nine years after it was commenced.

Problems in the State increased to such an extent that payment of the dole and pensions ceased. On May 13 the Governor, Sir Philip Game, dismissed Lang and his government because it had instructed officers of the Crown to breach the law.

Lang and his government were heavily defeated at the elections in June. The nation's unemployment figures reached 30%. Over 200 women were dismissed under the NSW Married Women (Teachers and Lecturers) Act which meant that women had to resign from the Education Department unless they could prove hardship.

Out of these troubled times came the phenomenon of Mystery Hikes. The first hike was organised by the department store, F.J. Palmer and Son Ltd, in June 1932. The hike commenced from Waterfall and went to Audley. Two thousand two hundred and forty people (two thirds were female) with three women over 70 and two men over 80 years old participating. It was reported that it took two hours for everyone to pass a given spot.

A second hike occurred early in July which required four special trains carrying nearly three thousand people to Valley Heights. The route went down the old Lapstone Hill and ended at Penrith a distance of 20Kms. It was estimated that many of the 2,500 females went barefoot and that their feet were bruised on the stony ground.

Bert Bailey, an actor ("Dad" of "On Our Selection" fame) lead a third hike organised by the Palmer Community

Hiking Association. Radio Station 2UW broadcast the start from Central Railway Station, a lunchtime resume (presumably ghosted) for those at home, an afternoon resume and met the returning train at 6.00pm.

As well as leading the walk "Dad" gave a lunch-time address which included an appeal for the Blue Gum Forest Fund. It was estimated that eight thousand people attended this walk to the Hawkesbury.

Early in August six thousand people hiked from Helensburg to Coledale. At Stanwell Park Mr H. Hillier married Miss I. Springett in front of a crowd of reputedly 10,000. A week later four couples proposing to get married on a mystery hike in Victoria had their plans cancelled due to strong public reaction.

That same weekend both Newcastle and Adelaide ran their inaugural mystery hikes. Three trains were used in both events with 1,700 and 3,600 people respectively, in attendance.

In August the jeweller, Sam Lands, announced the formation of the Sam Lands Hiking Club. Membership was to be limited to 600 and 500 signed at the inaugural meeting.

Their first walk had 200 people travelling to Lilyvale with a walk to Hell Hole. After lunch there was a session of community singing under the leadership of The Hollywood Rambler - a radio personality. They returned to Otford where another session of singing was held round a huge bonfire.

Another excursion was organised to Katoomba where the party was met by the Mayor and the town band. After lunch the entire party gathered at Echo Point, where community singing was the main item of enjoyment.

A newsletter "The Hiker and Bushwalker" appeared in NSW in July but only lasted about eight fortnightly issues. The newly formed Federation of Bushwalking Clubs was mentioned. Hiking songs became popular and Albert's published "Hike Yourself to Jolly Good Health". The hiker's newsletter also came up with "The Hikers' Ten Commandments".

As has happened in the past but is not so prevalent now, religion raised its head and the Council of Churches remonstrated with business firms concerned with promoting Sunday hikes, and the Minister for Transport for

running "hikers" trains on Sundays. These, the Council argued, unnecessarily increased the amount of Sunday labour and contributed to the secularisation of the Lord's Day.

Later, the President of the Council stated "The Christian Sunday is a safeguard of the economic, moral and spiritual welfare of the people: therefore guard your Sundays. Sunday being the day of rest, "hiking" and other activities of this kind usually deprive other people of their proper Sunday rest.

The NRMA also complained that the hikers were impeding the traffic by frequently spreading over the road. Occasionally motorists were pelted with oranges and other missiles as well as being insulted as they tried to move through the crowds.

It was reported that hikers walking from Pymble to Eastwood were being followed by a youth selling sweets. The lad entered an orchard at the corner of Waterloo and Lane Cove Roads and was caught stealing persimmons. A number of hikers jumped the fence and attacked the orchardist knocking out several of his teeth.

Ms Stell, in her book "Half the Race" suggests that business firms had long realised that healthy staff increased productivity and supported staff hiking clubs. Department stores David Jones and Woolworths had their own staff hikes as did the Taxation Department. City Sport Girls' Amateur Athletic Association and the Community Hospital Hiking Club were also formed. Radio station 2UW got into the act and broadcast a Hiking Section three evening a week.

Asked whether bushwalkers ever looked down on these hikers, Dot Butler replied "No, because my mother used to go them and she used come back thrilled about them, you see. Oh no, we didn't look down them. But bushwalkers wouldn't have gone themhundreds and hundreds of people at a time - it would have been too much for us.

Just as suddenly as these "Mystery Hikes" were born so they ailed and died. No reason has yet been found by the writer for their demise.

THE PADDY PALLIN UPDATE

FROM THE LEADERS IN ADVENTURE

SEPT-NOV 1992

Welcome to Issue 1 of the Update, our way of letting you know the latest developments in products and activities available at your local Paddy Pallin store.

GORE-TEX VALUE - THE BARCOO. \$249

The Tanami Barcoo jacket is now available at all Paddy Pallin stores.

At \$249.00 it represents outstanding value for money for a fully featured Gore-Tex rainshell. The Barcoo passed with flying colours

the stringent tests carried out by W.I. Gore as part of their Guaranteed To Keep You Dry programme.

The Barcoo is mid thigh length and features seamfree shoulders, a waterproof front closure, external drawcord and 2 large volume pockets. Available in Red and Mid Blue

THE PADDY PALLIN CLUB

Back in June we launched The Paddy Pallin Club in order to stay in touch with regular customers. For an annual subscription of \$10.00 members receive a host of benefits including a special Club members discount on their purchases, special rates on adventure activities as well as exclusive trips for Club members. Members receive a newsletter full of outdoor tips, product news, competitions, information on new offers etc.

To join simply pick up a brochure in your local Paddy Pallin store or telephone 008 805398 TOLL FREE.

THE TIKA CORONET - FOR TRAVELLING BUSHWALKERS.

You're off on some lengthy travels that could involve some bushwalking along the way? If so the Tika Coronet (\$389) could be the pack for you. It has both a top loading and front opening facility, a comfortable 2 size adjustable harness system that can be zipped away for avoiding the airport baggage chewer! The front pocket zips off and converts to a daypack. A fine pack for those travelling to Europe but stopping off in Nepal on the way home to trek around Annapurna.



'medical' contents, the kit also contains a fully laminated First Aid Booklet, Casualty Record cards, a notebook and pencil and printed information on Hypothermia and Emergency contact numbers. **\$69.95**

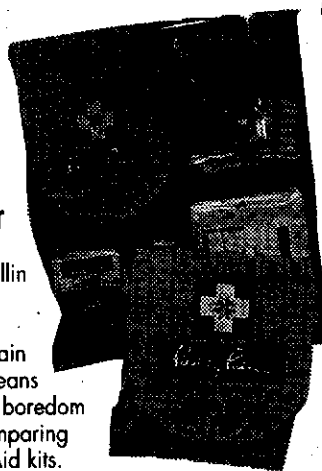
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EXPANSION AND FACELIFT FOR CANBERRA STORE

By the time you read this the painters and carpet fitters will have left and our Canberra store will be looking bigger and brighter. So next time you're in the National Capital call in.



THE ADVENTURE FIRST AID KIT

A while ago some Paddy Pallin staff were tentbound in a storm on the Main Range. As a means of relieving the boredom they began comparing personal First Aid kits. Noticing a number of similarities in what they had ended up with over the years, the idea of developing a specific Adventure Kit came about. A week or so later we were meeting with St John Ambulance and many months later the joint Paddy Pallin/St John Ambulance Adventure First Aid Kit was born. The kit is packed in a brightly

coloured, flexible, multi pocketed PVC pouch sealed with weatherproof press zips. Apart from the

DON'T BAG THE ENVIRONMENT - 16,000 BAGS SAVED!

A big thank you to all our customers for the tremendous support you have given the above scheme whereby every time you elect not to take a bag for your purchases Paddy Pallin donates 10 cents to a charity. In the first 6 months of this year we were able to donate \$800.00 to the Wilderness Society and \$836.00 to a range of charities local to each store. That equates to some 16000 bags not going into precious landfill, less energy being used because we need to order less bags. Thanks to you, everyone benefits.

NEW INTEGRAL OFFERINGS

Drytech, the fabric that revolutionized the Bodywear market, has two more garments in the range.

The cycle short style **Techshorts** are obviously ideal for cycling but also well suited to canoeing or bushwalking with the stretch of the Drytech Jersey fabric accommodating the most extreme movements. Available in Blue and Red at \$35.95

For those who prefer short sleeves we've chopped them off the old favourite, the **Techcrew**, to give the **Techshirt** with a price of \$35.95

Paddy Pallin

THE LEADERS IN ADVENTURE

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THE Paddy Pallin CLUB

NAME: A. BUSHWALKER
 MEMBERSHIP NO: 0001
 EXPIRY DATE: 8/93
 SIGNATURE: A. Bushwalker
 Not Transferable

THE AIR TRAFFIC CONTROLLERS HAVE ARRIVED. See them in your Paddy Pallin store now!

X DOT BUTLER'S BLUE GUM FOREST 60th ANNIVERSARY CELEBRATION

It was the early 1930's. In the newly formed Sydney Bush Walkers Club the talk was all about Blue Gum Forest. Since 1931 they had worked towards its acquisition as a Forest Reserve, saving it from the lease-holder's axe, and now all the members wanted to see its beauty.

Leaving the train at Blackheath on a Saturday, and carrying nothing but their food and that day's edition of the Sydney Morning Herald, two young people in their early 20s (Max Gentle and Dot English) both vibrating with the awful energy of life, raced down from Govett's Leap in 1 hour and 1/4 to camp in the forest under the stately blue gums. The plan was to traverse the whole length of the Grose River.

Campfire made, sausages cooked on a stick and eaten, then, wrapped in a double-spread of the Sydney Morning Herald (it was much larger in those days) they slept comfortably on a soft bed of gum leaves and bracken.

At dawn they cooked breakfast on a merrily burning fire of Herald and sticks, then sped away, carrying only their lunch tied to their belts, running and rock-hopping down the 50 miles of the Grose to its confluence with the Nepean, in one day, and then on to Richmond to catch the train home.

.....

It is now 1992. The years have passed and Blue Gum Forest is celebrating its 60th birthday. Key people, concerned with its acquisition have been invited. On the Sunday I come in with Enid Rigby and Miriam Roots, wives of Alan Rigby and Wally Roots both of whom had been active members of the Committee which worked for the acquisition of the forest, and later became trustees of the reserve till in 1961 it was absorbed into the Blue Mountains National Park.

We "Golden Oldies" were given the V.I.P. treatment. Robyn Arthur (President of Confederation) met us at Medlow Bath helipad where we could sit and have coffee or tea, and biscuits to offset the cold wind. Although we were

invited into the warm "helibut" we were too excited at meeting all the other folk to take advantage of the this kind offer.

The waiting "flyers" were briefed on how to approach and to wait in a group till they were escorted to the helicopter, leaving their packs to be handed in by the flight officer. Came the mighty wind of the chopper's landing, then the excitement of boarding and being airborne, swaying up and away along the ridges, over the tops of the trees, and picking out the route down which Max and I had sped in the lustihood of our young powers so long ago. It gave us a warm feeling of belonging to be still so intimately connected to the life of the forest.

A flight of only a few minutes and were down at the landing strip at The Meadow and being welcomed by the bushwalkers, led by Michael Maack, immediate past President of Confederation.

After the usual fraternisation and news-swapping, (there was plenty of that seeing that some of us had not met for 20 or 30 years) all were seated in a semicircle on the grass or on a fallen tree trunk while Michael told the Blue Gum story, using a microphone, which he passed around among the throng as listeners indicated their eagerness to add their personal reminiscences.

The story was brought to life in a truly wonderful way, for which the Confederation and the N.P. & W.S. is to be highly congratulated. And while congratulations are being handed out, thanks to - those who organised the lunch of damper with Blue Gum Honey and Golden Syrup, appropriately served on the trunk of a fallen tree - uniformed members of the NSW Ambulance Service who were conspicuous among the crowd - a pleasant lass, a Ranger of the N.P. & W.S. - and on standby up top were members of Confederation's Search and Rescue personnel, but thankfully there were no casualties.

It is important to remember that the reservation of Blue Gum was the forerunner of Myles Dunphy's magnificent Greater Blue Mts project, now accomplished in fact (though not in name) by the establishment of the Blue Mts, Kanangra-Boyd and Wolllemi National Parks which we hope will be given World Heritage listing. However an enormous amount of work is yet to

be done if other wilderness remnants of Australia's natural heritage are to be preserved.

Bushwalkers, including all member Clubs of Confederation, who hope to enjoy these natural areas to the full, and want them preserved, should lobby Parliamentarians to give effect to the Wilderness Act submitted by Confederation, The Wilderness Society and The Colong Foundation for Wilderness. Let our children and grandchildren have the same opportunity for outdoor bushland adventure as we had.



BLUE GUM.

Sunlight slanting through blue gum trees
Silence but for the murmur of native bees
How easy it is to recall
When blue gum forest was open - to all.
Ah! pleasant those memories to recall.

Woken from sleep by a soft muffled call
We see from our tents in the dawns misty light
The horses - black, brown, grey and white
Munching their breakfast, ignoring us all,
Slowly they move 'mongst blue gums so tall.

In afternoon sun on those hot summer days
We swam in the Grose, or just lay and lazed;
The smell of woodsmoke faint on the air;
The glinting of sunlight on Alma's long hair.

We met round the campfire, the stars fairly blaze.
Song - stories - talk, the wit would amaze.
One night remains forever enshrined
When a walker a violin played
The world held its breath,
Not a sound would disturb
The magic that flowed from fingers and strings:
Oh! the music that violin made.

All good things must come to an end,
People pressure they say is the cause.
The Grose is polluted, the horses are gone,
We no longer camp beneath the tall trees.

Rules, regulations, and soon, permits too
Will pulldown both you and me;
But still in my memory will live the time
When walkers were free.

Jack Cummings Camden Bushwalking Club.

VALUE

or

What Do You Get For Your Confed. Dollar ?

Brian Walker ran to earth a Public Liability Policy which gives blanket cover to all those Clubs under the umbrella of Confederation. This policy has raised the interest and eyebrows of the NPA, The Wilderness Society and the Victorian Federation. The reason is that it is endorsed for our Sport and costs each one of you only 50c. Victorians pay \$1.75.

Aside from the above there are many ways in which your Confed. dollar is spent. It is possible that in the "dry as dust" information given in the reports from various officers for the AGM, issued to all Clubs prior to, some very telling snippets may have been overlooked.

Our then Secretary, Gary Phillpot, dealt with 731 Inquiries. Now if you take out public and personal holidays this means an average of 3 a day. 147 of these had to be coped with in one month.

645 letters were sent out to Clubs and Club members. Of the outward correspondence 14 letters of major importance were written.

Submissions were made on your behalf on 11 different issues e.g. Opposition to the building of Welcome Reef Dam and expansion of Warragamba Dam; On the review of NP&WS Act stating Confed's view on the need to include responsibility for "Wild and Scenic Rivers", "Endangered Species" and "Wilderness Legislation".

This magazine/newsletter costs Confed. nearly \$1000 each quarter. It has been stated by some that this is an unwarranted expenditure. For their information the last issue cost approx. \$100 for 2000 copies and this issue will cost less in fact it will finish "in the black".

It also has to be remembered that "yours truly" DOES NOT CHARGE for his services other than for "out of pocket" expenses NEITHER DO the other OFFICERS who are so necessary for the smooth running of this body.

So if you still think you do not get Value for Money then we would be very pleased to hear why, and how we could better spend your dollar.

The Editor.



WATER

IT'S VITAL

It's later than you think.

Water, water, everywhere nor any drop to drink." So goes a line in "The Rime of the Ancient Mariner" and although this was written 200 years ago it could well appear in any writings on the subject today.

Perhaps it has never occurred to you, as a bushwalker, just how important water (of the potable - drinkable - variety) is to our sport. In the remote areas in which we walk, and I'm not talking of walks in the arid centre of our country, the most important of the three essentials considered for comfortable camping - shelter, wood and water - has to be WATER.

We must do everything possible to maintain the presence of "pure water," that is water of potable quality, without the necessity of having to boil or sterilise it before it can be consumed; otherwise we are going to find that all of the rivers in our walking areas will be "non drinkable" - polluted.

I am fully aware that we need unpolluted water in our society for us to survive. This problem has to be dealt with for us to be able to live as we do in our cities and towns and costs millions of dollars to enable us to do so. Increased population means greater pressure on the authorities to supply more of this essential commodity. But are they going about it the right way?

With the Water Board admitting that it had mismanaged its responsibilities and had no idea what concentrations of substances were being released from the

Bondi and Malabar treatment plants you wonder if this also applies to the (treated) sewage being cycled into the waters of the Blue Mountains. It's a bit of a joke that the people of Sydney are drinking the effluent of the inhabitants of the Blue Mountains.

The idea of raising the level of the Warragamba Dam is criminal in the extreme. It would mean the flooding of the lower Kowmung as far upstream as the Christy. A large section of one of the last of the "wild" rivers in the Kanangra-Boyd National Park, a most beautiful part of the river, would disappear forever.

Management of the most precious primary resource in this country is of the utmost, urgent importance and more thought, time, money and energy should be devoted to solving the problems of how to conserve it. I do not know the answers but perhaps some thoughts on the matter may cause you also to give it thought.

In this, the most arid continent in the world, consideration must be given to limiting our population, difficult and contentious as the question may be. Aside from that there are however a number of things that can be done now by the average citizen which would have significant impact on the volume of water used.

1. Reporting instances of water wastage occurring in Buildings and Public Places where you work, frequent or use eg. Automatic Flushers in toilets which don't shut off. Then follow it up to see if the fault has been corrected - this is most important.

2. Taking stock and giving some thought to how you shower or bath. Can you do the same job but take less time and so use less water? Not only will you save water but you will benefit by reducing your heating bill - gas or electricity.

3. If building a new home, or for those at the designing phase, installing or recommending half-flush toilets. Or, in the case of the majority of homes, learning to "part" flush a toilet that does not have that facility. It can be done. It takes a little time, patience and practice.

These are just a few of the many things we can all do to help conserve this major resource. Perhaps some of the more knowledgeable among our readers can write and let us know of other means of achieving the goal - water conservation.

The Editor.

THE NATIONAL SYMPOSIUM ON OUTDOOR RECREATION LEADERSHIP TRAINING.

A REPORT.

From Gordon Lee, delegate to the symposium from the Confederation of Bushwalking Clubs NSW Inc.

A national symposium on outdoor recreation leadership training was held at Camp Banksia, Port Sorell, Tasmania from the 15 to 17 July 1992.

The symposium represented the culmination of the first phase in the development of a national strategy for outdoor recreation leadership.

Representation at the symposium included bushwalking, climbing, caving, cross-country skiing, canoeing, and rafting groups; outdoor education organisations, commercial operators; land management agencies; tertiary institutions; sport and recreation authorities and other interested parties. A total of 70 people attended.

A key component of the symposium was the need to ensure the participants "owned the process." It enabled positive interaction and exchange of information, creative thinking, rigorous analysis and commitment to, and ownership of, the final strategies and plans.

The symposium was an outstanding success, as one delegate noted "It was really an excellent result which was achieved with the utmost diplomacy."

A NATIONAL STRATEGY.

After an exhaustive two and a half days of discussion a group made up of delegates representing all states and ACT explored in more detail the strategies which had both state and national implications. This group prepared a number of national strategies which were reviewed in State, Territory and Interest groups prior to final endorsement.

At this plenary session it was agreed to :-

1. Provide a forum for communication/ cooperation between all involved in outdoor recreation outdoor education.

* All states and the ACT have agreed to hold forums in the next six months as a means of raising awareness and involving their constituency in the development of the strategy.

* Sport and Rec. Tasmania has been asked to maintain the network role it established throughout the NORLT project.

* A national forum is to be held in South Australia in 1993 to continue the development of the initiative.

2. Establish agreement on common practices and core competencies in outdoor education/outdoor recreation.

* It was agreed that the development of common practices and core competencies was an integral aspect of a national strategy.

* The first draft should be in place by July 1994. It is important that this work be of an ongoing nature and driven by all states and territories.

3. Provide the basis for relating outdoor recreation/outdoor education policies to national land management and other strategies.

* The potential advantages of a collective organised approach in regard to having input into national policy was recognised and seen as an important function of a national body.

THE ROLE OF SPORT AND RECREATION

Sport and recreation, Tasmania, will continue to play a key role in developing the strategy. The final recommendations from the symposium requested that Sport and Recreation Tasmania

- a. Maintain the network role
- b. Prepare a symposium report
- c. Prepare a paper to SCORS.

This recommendation is that SCORS

1. Supports the findings of the National Outdoor Recreation Leadership Symposium.

2. Facilitates the establishment of a National Outdoor Education/Outdoor Recreation Leadership Working Party to further develop initiatives from this symposium.

3. Support the establishment of an Industrial Training Council in the area of outdoor education/outdoor recreation to assist in allocation of funding to outdoor education/outdoor recreation.

4. Negotiate with the Department of Employment, Education and Training for priority to be afforded to funding in outdoor leadership training.

5. Supports a further conference within 12 months.

6. Provide support funding to Tasmania to allow development of national issues leading up to the next conference.

Sport and Recreation Tasmania,
August, 1992.

BUSHWALKER

GPO BOX 20090 SYDNEY 2001

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

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.

Distribution is through the affiliated clubs to their members and through major retail outlets.

Contributions and suggestions are welcomed.

Material can be sent to the address below marked for the editor and should be accompanied with the name and address of the author.

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

Advertising rates are available on request, ring (043) 885 589 to discuss your needs.

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)
Phone: (043) 885 589

There's nothing like a hot shower high up in the alps

Mann Bluff

Mt. Tate 6770 Ft.

Mt. Anderson

As a ~~keen~~ bushwalker, you may take a dim view of luxury, especially in a National Park. But one place is an exception - Kosciuszko Chalet. High up in the alps at Charlotte Pass, it has long served as base camp for many an alpine expedition since it was first built in 1930.

Of course by some people's standards it's not luxurious.

In fact it's closer to a true alpine lodge than a luxury hotel.

But high it certainly is - at 1,765m, the Chalet is nearly 400m (1,300') higher than Thredbo village, so you'll find it's a little cooler (we have an open fire most nights in summer).

From the Chalet, you can enjoy the great walks along the main range of the Snowy Mountains, do the day treks to Lake Albina, Blue lake or Club lake.

Of course if you are really keen, you can do the overnighter to Kiandra.

No matter how you look at it, summer in the Snowy Mountains is special.

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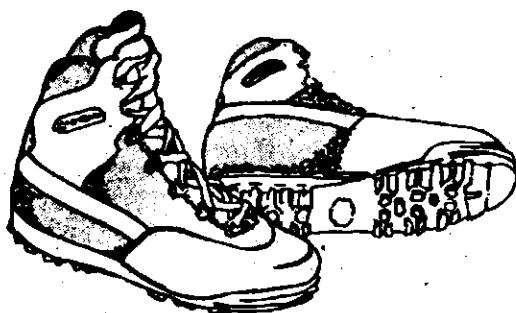


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