

THE Bushwalker



Magazine of the Confederation of Bushwalking Clubs (NSW) Inc
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<http://www.bushwalking.org.au>

WARRAGAMBA - THE UNPUBLICISED CHRISTMAS GESTURE.

John Macris - Conservation officer

On the afternoon of Christmas eve, Sydney Water circulated a media release that a 90 million dollar contract had been tendered with the Australian company Abigroup to construct the side spillway for Warragamba Dam.

Work is due to commence in late February and we understand that the contract is now binding and highly unlikely to be walked away from by this or future State Governments.

Those who have supported the campaign against the infamous alternative option of rising the dam wall by 23 metres and placing the wild rivers of the southern Blue Mountains under threat of inundation, might take a few moments to write and thank the Government for fulfilling its commitment on this issue. A letter to Planning Minister Craig Knowles or Premier Carr with a copy to your local MP would be a useful step, there being still some political division over the issue (see election article in this issue).

HIKING IN HAWAII WITH THE OUTDOOR CLUB

by Jim Roberts

Outdoor Club of NSW Inc G.P.O. Box 1680 Sydney N.S.W. 1043

Contact: Jim Roberts (02) 9810 8919

There we were, three thousand feet down into the crater of the volcano, and the sole of her boot started parting company from the upper!

We'd left the coast at 3 am and driven up ft to watch the sun rise over the rim of the 10,000ft dormant volcano Haleakala, on the Hawaiian island of Maui. Then, amidst stunning scenery, we headed down Sliding Sands Trail into the crater. And now, near the lowest point on the trail, and surrounded by this fascinating landscape of pinks and fawns, a minor disaster. Fortunately, bound up with spare leather laces from one of the party, and sealed against the volcanic grit with silk Elastoplast from another's first aid kit, the boots survived. And she knew where to buy new ones on the morrow. During the repairs a passing walker, a local resident who told us he'd worked in Australia with John Elliot!, had recommended 'Sports Authority' in Kahului. Pam delights to be asked where she bought her boots!!

Nine of us from The Outdoor Club of NSW were on a two week walking trip to three of the Hawaiian islands - Kauai, Maui and The Big Island. On Kauai we'd marvelled at the Na Pali coast that figured so prominently in the movie South Pacific, and many movies since then. The Kalalau trail along the coast was mighty muddy, and we were

turned back at the swollen Hanakapi'ai Stream. But on the next two days, walking from our cabins 3,000 ft up in the Koke'e State Park, we had glorious views from the tops of the ridges. The big walk there was along the Awa'awapauhi and Nu'alolo trails - magnificent scenery, and a glorious sunny day. Well, yes, there was a steep muddy part coming out!

On The Big Island we'll all remember that short morning walk down through the black lava to the bay where Captain Cook met his death. But mainly we'll remember the 1,500 ft climb back up, in the heat, with a deadline to meet! Then a few fascinating days in Hawaii Volcanoes National Park saw us walking in the crater of the still active Kilauea volcano. Lots of black lava, some in fascinating twisted ropes. But on the crater walls lush rainforest; the north-east side of this island gets 300 inches of rain a year! So north from Hilo we walked through thick greenery beside many waterfalls, and finished off the trip with a steep drop down to the black sand beach of the Waipio Valley.

We don't do this sort of trip every week, but when we do we have fun!



The saving of a sole. Three thousand feet down in the Haleakala Crater on the island of Maui, Hawaii. Photo: Joan Frain.

COMMITTEE MEMBERS

President - Jim Callaway (02) 9520-7081
(H) (02) 9219-4379 (W)
The Sydney Bush Walkers

Vice President - Alex Tucker (02)
94514028 National Parks Association

Treasurer - Maurice Smith (02) 9587-
6325 Sutherland Bushwalking Club
mlsmith@tig.com.au

Secretary - Prudence Tucker (02)9451-
4028 email npansw@bigpond.com
National Parks Association

Training officer - Nuri Chorvat 0242-
296746 (H) 0242-757850 (W)
WEA Illawarra Ramblers
nuri@cyberelectric.net.au

Bushwalkers Wilderness Rescue officer -
Keith Maxwell (02) 9622-0049 Pager
016020 #277321
Mount Druitt Bushwalking Club
keith.maxwell@mq.edu.au

Conservation Officer - John Macris
(02) 9526-7363 (H) National Parks
Association jmacris@ozemail.com.

Tracks and Access officer -
Alex Tucker (02) 9451-4028
National Parks Association

Magazine Editor & Communications
Officer Colin Wood, Tel (02)4625-0916 H
0419608561 Bankstown Bushwalking
Club. turton@fastlink.com.au

THE BUSHWALKER

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The Confederation of Bushwalking
Clubs NSW Inc represents approximately
67 clubs with a total membership around
10,000 bushwalkers. Formed in 1932, the
Confederation provides a united voice on
conservation and other issues, runs training
courses for members, and provides for the
public a free wilderness search and rescue
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address for information on clubs in their
area.

Or web site <http://www.bushwalking.org.au>

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UNESCO WORLD HERITAGE WALK



Bert Simon of Erlingheim Germany is undertaking a walk of 15,612 km through part of all mainland states, as part of a World walk of 100,000 km across 122 nations. The aim of the walk is to publicise the UNESCO World Heritage Areas and to raise money for the UNESCO Children's Assistance programs.

The walk is being closely monitored by the German mass media



and he hopes for similar publicity in Australia. He has asked Confederation for comments on his proposed route. We have given some advice on NSW and referred him to the Federations or clubs in other states as listed on the Bushwalking web sites. However it may be that some member clubs may wish to be associated with Bert's walk in their areas, If so, his email address is ; simon@bertsimon.com his fax +49 7143 870159 his web page is; www.bertsimon.com.

He will be starting from Sydney on April 15 this year and expects to take about 18 months at an average of 30 km per day. His route takes him along the Great North Walk to Newcastle and we have given him some information on the changes in the present route from that proposed by McDougall & Shearer Herriot We know only of the

changes between Cowan and the Kariong Rifle Range. So if any reader knows of other changes or track conditions, which may affect Bert's schedule you might send him the information. After Newcastle the route is on public roads until the Central Eastern Rainforest Reserve, presumably as represented by New England & Dorrigo NParks Main towns on the route are Maitland, Gloucester, Nowendoc, Walcha, Armidale, Grafton and Tweed Heads.

The route in Queensland is well known to motorists as far as Ayr, and takes in Fraser Island and the southern end of the Barrier Reef. From here he will need the Road Atlas of Australia or similar because he is following minor roads and tracks through Mt Isa and

Thorntonia to Riversdale Fossil Site and Burketown. I'm afraid he wont find many residents and fewer bushwalkers on the tracks between Burketown and Daly Waters. And then he goes more or less direct to other World Heritage sites, Kakadu via Pine Creek, Uluru, Shark Bay, Narracoorte Fossil Site and Willandra lakes to Canberra, often choosing minor tracks and avoiding some largish towns (e.g Rawlinna instead of Horseman and Wee Jasper instead of Gundagai.) You have to admire his courage.

He is aware that he will require permits for his excursions into Aboriginal reserves and other restricted areas. He has "trained quite well to challenge all sorts of" surprises. I think he will not be disappointed in the surprises of our wide brown land.

THE "BIG WALK"

New Twist to "The Big Walk this year. Walking history will be created 28 Sept - 8th October when noted walk leader Andy Cairns of "The National Parks Assoc" will take a group of walkers from the Dolphin of Port Stephens to the Peaks of the Barringtons.

The walk will start from Tea Gardens and follow coast and river to Mungo Brush before climbing the Koolonok range with its "H" trees, Conglomerate Rocks, Governors Point and a birds eye view of the Alum Volcanics towering over Bulahdelah.

Crossing the new expressway through an underpass provided by Theiss contractors and the RTA it will then run through Shorty's Camp to the many bridges of the Wootton Historic Railwalk and the Trestle Bridge. Then climbing the subtropical gully and cascades of the "little" Myall River to the Cabbage Tree Range and the old "Guesthouse Trail" to the Craven State Forest. from there volunteers of the Tea Gardens Lions Club will transport walkers to the Terrible Billy Road near the Berrico Trig, where walkers using the "Thunderbolts Ghost" sidetrack will descend to the Upper Karuah Rainforest and Ford, Then ascend to the Mountaineer Gold Diggers Trail at its reserve at the end of the Wangat and Middle Ridge Roads from Dungog reaching the Glowang Trail to the Gloucester Falls.

Up to this point volunteers have transported the tents, sleeping bags and pack each day from one campsite to the other by car. But now follow three days of medium backpack walks through the World Heritage Wilderness of the Tops where no cars are allowed. The "Link Trail" is used to Wombat Creek and the spectacular views from Carey's Peak. On arriving at "the Big" and "junction Hole" a cool bath is welcome. Then the World Heritage unique Blue Swamp is reached for a last camp. On Friday the 8th a bus will first take the walkers to the Gloucester Tourist Centre for light refreshments and the presentation of "first ever" inaugural Diplomas by (then elected) Members of State and local Government. Then the bus will take them back to the Tea Gardens Police Station. Participation in the full walk has a limit of 8 and is open to all, but expected to be booked by August and is a special promotional exercise of the. Lions Clubs international nature walk carrying the official name of "Tops to Myalls Heritage Trail" by the Central Mapping Authority.

GARJEELING

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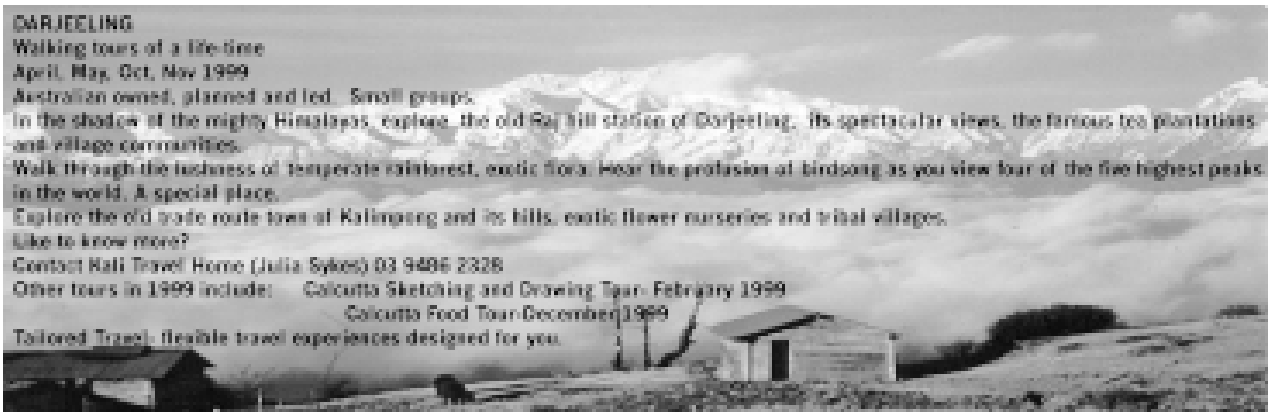
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Other tours in 1999 include: Calcutta Sketching and Drawing Tour, February 1999

Calcutta Food Tour, December 1999

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A NATURAL PESTICIDE

Don Allanach

For a few dollars you can make a natural pesticide at home. It's again the time of year where all of us find our favourite pot plant or botanic garden being taken over and devoured by pesky insects. Before you uncap some awful toxic spray, try some of this mixture, it does work! (if you can handle the smell)

- 1 100 g fresh garlic, crushed and mixed with 10 ml natural paraffin oil. Soak for 48 hours.
- 2 30 g of pure soap, grated, and mixed with 500 ml of warm water.
- 3 Mix 1 and 2 together then you have 500 ml of concentrate.
- 4 Mix 100 ml of concentrate with 1000 ml of water and use as a spray. (It's a good idea to use garlic oil extract in place of the fresh garlic. The small bits from the fresh garlic tend to block spray nozzles). The cost for 10 litres of this mix is about five dollars.

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For a brochure write to Glenn and Robyn
"Tibuc" Coonabarabran NSW 2357

Ph/Fax 02 6842 1740

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Join the growing list of Bushwalkers who subscribe to "The Bushwalker" every quarter. Keep up with all the news and developments happening within the NSW bushwalking scene for only \$5 per year. **(This covers posting and handling charges only the magazine is free)**

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 Do you belong to a bushwalking club?
 yes/no
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Payment can be made by cheque, money order made out to
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BUSHFIRE PROTECTION FOR BUSHWALKERS

"What to do if caught in a bushfire whilst walking in remote areas" Survival in the open when confronted by an intense fire is not easy. The threats to life come from three sources:

- Radiant heat, so intense as to induce heat stroke
- Smoke and hot gases, able to induce asphyxiation
- Flames, which induce actual burns

WHAT WILL THE FIRE DO?

The fire behaviour is influenced by three main factors: the fuel, the weather and the topography

Fuel: The type of fuel, the amount of fuel, its moisture content, and the arrangement of the fuel, determines the intensity and rate of spread of a fire. For example, in forest land the fire burns with high intensity, but moves slowly, whereas in grassland the fire is less intense, but moves quickly

Weather: Fires will be more intense on hot dry days than on cool humid days. Fires move more quickly when it is windy and wind changes affect fire behaviour dramatically

Topography: The lay of the land has considerable effect on the way the fire travels. A 'preheating' effect causes the fire to move more quickly up hill

The key to surviving a bushfire is to understand these factors, predict how they will interact, and take appropriate actions.

PREVENTION

Schedule your walk to remote forest areas to avoid the time of year when bushfires are likely to be most intense and/or occur most often (avoid the hottest summer months and days of Very High or Extreme fire danger). During summer, a walk on the beach may be pleasant!

PREPERATION

• Register that you are walking with the appropriate authorities. Give them details, including numbers of people walking, your intended route and estimated time of arrival. don't forget to de-register when you complete the walk.

• In planning your walk, note features shown on the map which may offer some refuge (bodies of water, rocky outcrops etc)

• Carry clothes which offer protection from radiant heat. When threatened by bushfire, it is important to remove all synthetic clothing, as these can melt and burn skin severely. Cotton long trousers, long sleeved shirts' and leather boots should be a part of your walking gear (maybe even woolen jumpers)

• Carry plenty of water

• While walking, maintain your navigation, so that you know where you are at all times. This makes the decision making process easier

• Keep a lookout for smoke

RESPONSE:

1. Anticipate the fire's behaviour and plan the best course of action.

• Move to a low fuel area

• Don't try to outrun the fire - move across the front of the fire to the flanks (sides)

• Move downhill - the most intense fire will be at the top of hills. Don't try to run through the flames unless you can clearly see behind them. This means flames less than 1m high and less than 3m deep. Move towards the flanks or back of the fire, and look for lulls in the fire to find flames of less intensity

• Remain calm and avoid exhaustion - plan your actions

2. Find an area that won't burn - the bigger the better.

You need to avoid direct flame contact by getting to an area devoid of bushfire fuel. Some examples include

• water bodies such as lakes, dams or creeks

• avoid areas of swampy vegetation such as Melaluca sp. which can burn intensely

• Avoid elevated water tanks. Water above the ground in elevated tanks heats up very quickly during a fire. A body immersed in lukewarm

water cannot sweat or lose heat, and at 44 degrees C, a state of collapse is reached in about three minutes

- rocky outcrops (such as granite monadnocks)
- a road or firebreak
- a paddock area heavily grazed or trampled by stock
- an area of previously burnt ground
- any other area with no combustible material

3. Protect yourself from radiant heat

This is not easy in the open. Wear your cotton/woolen clothing. Lie down on the ground and cover yourself as far as possible. Anything that will deflect or absorb the radiant heat should be used

- move into a building or vehicle
- a tree trunk or large rock between you and the fire
- a wheel rut or depression in the ground

4. Protect your airways.

Smoke and hot gases can cause asphyxiation and even burn the inside of the airway.

- Keep low, breathing into the ground, to avoid smoke and hot gases.
- Cover your mouth and nose with a wet cloth

RECOVERY:

• First Aid - Walk leaders should know how to treat:

- Burns
- Shock
- Asphyxiation and smoke inhalation
- Smoke and foreign matter in eyes
- Heat induced illness

• Arrange evacuation and medical aid

• Notify relevant authorities of your situation.

Bushfires are a real and immediate threat to life. Your survival when caught in the open depends on sound judgement and taking appropriate actions.

**Sue Davies Regional Officer
Bush Fire Service of WA November
1998**

THE 1999 STATE ELECTION

New South Wales votes on March 27th and like the past two state elections, a couple of marginal seats are likely to decide who will govern for the next four years.



The election is doubly hard to speculate about because the State's 99 seats are being reduced to 93 with many electoral boundary adjustments to reflect that change. The further untested element is a new minor party on the conservative side of politics, which in the last Queensland election had considerable impact on the traditional conservative vote outside metropolitan areas.

In this climate you may think that the electoral influence of the concerned environment vote would have diminished to negligible. Not necessarily. For example in 1995 the regional seat of Bathurst was narrowly won by the ALP's Mr Clough over the National Party candidate. Analysis of the vote tended to show that preferences of green and Democrat candidates had made the difference, despite the fact that this particular ALP member was much more the ally of mining than conservation interests.

Thinking back a little further to 1990, even with mortgage interest rates at record high levels, the environment vote, or more accurately its preference flow, played a major role in the re-election of the incumbent Federal Government who had made some important decisions in relation to the forests of southern Tasmania and tropical Queensland during their term in office.

Few hard policies have been released as yet by the parties for this coming NSW election. If you are

John Macris Conservation officer

contemplating how you might vote some of the party stances and records outlined below could help you decide. Remember that with rare exception the candidate ultimately elected to your seat will belong to a major party but it will often take minor party preferences to get them over the line. Therefore the best thing you can do for the environment is to make the major party earn these preferences by coming up with solid undertakings.

THE ALP

Labor holds 52 of the 99 State seats. They need 42 in the new reduced size parliament to govern alone.

When in opposition between 1988 and 1995 the party was very accessible to members of the environment movement and leader Bob Carr was seen as generally sympathetic to environmental objectives. Quoted in the media only 4 days after the devastating defeat of the Unsworth Labor Government, Mr Carr, the former Environment Minister urged his party at a federal level to not weaken its support for conservation: "Performing strongly on the environment is worth doing for its own sake as distinct from vote catching" (SMH 23.3.88).

ACHIEVEMENTS (giving with one hand)

The Government has implemented elements of a strong coastal policy, with parks established or expanded at Eurobodalla, Jervis Bay, Tomaree, Billinudgel and Cudgen Lake. Around Sydney we have seen important Cumberland plain reservations like Scheyville National Park along with bushland areas like Dharawal State Recreation.

The Government's forest and wilderness policies got off to an excellent start in 1995-96 with close to 300,000 hectares of State Forest and Crown land added to the park system in that period. A major assessment of the eastern forests of NSW was commenced in 1996 with

the aim of identifying the areas required for protection in a world class forest reserve system.

Important laws were passed covering land clearing and threatened species. The Blue Mountains was recently nominated by the State and Federal Governments for listing on the World Heritage register. Finally the Warragamba side spillway has been approved and tendered.

DISAPPOINTMENTS (taking away with the other)

The promised Marine National Park legislation was watered down substantially and the new system does not offer significant improvements in marine protection. The first reserves at Jervis bay and Solitary Islands are lacking in sanctuary 'no take' zones which are critical if these areas are to be considered real reserves and not just monitored playgrounds.

The forest assessment process, which commenced with so much promise, has produced disappointing results in the Eden and north east regions (see articles last issue). It is not just a case of finding a compromise between opposing interests. All states and the Commonwealth have been signatories to the National Forest Policy Statement for some years. The agreed platform in this statement was for a move into sustainable forestry practices, the first step of this move being the establishment of a reserve system which meets Australia's commitments under international treaties on protection of biodiversity. In other words, the science was critical to this process. But the science was bypassed and the decisions to date have been political considerations.

A logging moratorium over identified wilderness has been lifted and critical areas like Chaelundi State Forest in Guy Fawkes Wilderness (the area with the highest recorded concentration of old growth dependent, tree dwelling mammals in Australia) remain without formal protection. The Wollemi

Wilderness, the largest in NSW has still not been declared and moves to cut it into segments by the retention of the Hunter and Wirriba trails have been mooted.

The promised Demon National Park near Tenterfield was not delivered in the area designated and this area is now home to a huge open cut gold mine.

Detracting from achievements on the coast is the seemingly abandoned promise to add the intertidal strip to our coastal National Parks (they currently stop at the mean high water mark). This would have formalised control of beach use with the NPWS. The promised Stockton Bight coastal reserve has also not been delivered.

New planning laws passed by this Government have removed a number of environmental safeguards from development proposals.

THE COALITION

The Liberal and National Party were last in power between 1988 and 1995. Some worthwhile achievements in conservation occurred, particularly during the period of minority government with the influence of independents like Terry Metherral and Clover Moore.

ACHIEVEMENTS

The reservation of Nattai and Gardens of Stone National Parks saw the near completion of the long standing Greater Blue Mountains National Park proposal. Some major land acquisitions in the west of the State led to the creation of important new reserves like Gundabooka and Nombinne.

THE GREINER GOVERNMENT

established the EPA which has played an important role in detecting and combating environmental degradation.

In the recent legislation passed to change the management authority for Sydney's Water catchments after the garda scare, the opposition supported green amendments which will provide a

process for transfer of the catchments to the NPWS estate, including areas like the lower Kowmung and Kedumba valleys. The irony here was that the Government opposed this amendment despite it being ALP policy to transfer these lands at the last election.

DISAPPOINTMENTS

The last conservative administration was particularly weak on forest and wilderness protection. In the Eden area for example the Fahey Government protected only 44,000 ha of forest in new reserves, compared with a further 78,000

by this Government.

The National Party have proposed the revocation of a number of the recent

National Parks and degazettal of wilderness areas should they win office. New leader Mrs Chikarovski has not adequately distanced herself from these statements and during her time as opposition environment spokesperson backed such a stand on a couple of occasions.

Former leader Peter Collins pledged to proceed with raising Warragamba dam even if the side spillway was built. It is hard to say how likely such an expensive and redundant measure would be once the coalition were in power, but this position is none the less very unfortunate.

The opposition supports the building of a super highway through the Blue Mountains and the handing over of former National Park land at Bell - the Canyon Colliery to a private company who seek to establish an enclosed fauna park and use the mine works for tourism operations. This land retains high wilderness values over most of its area and is sought for return to the park with the mining company obliged by law to remove their infrastructure and rehabilitate the site to a natural condition. If the tourism project was granted the mining company is excused from such duties which we do not think is right.

MINOR PARTIES

The record of the Democrats, Greens, Better Future for our Children and the independents Richard Jones and Clover Moore on the environment is very strong. All of Confederatoin's policies on natural area protection would find support with these members of Parliament. The shooters Party has a mixed record on environmental matters. Support for conservation has been well short of guaranteed by their member Mr Tingle.

Call to Australia and One Nation Party have not offered significant support for environmental concerns and their records tend to show closer affiliations with traditional opponents of conservation. These two parties will be likely battling for one upper house seat with either Fred Nile or David Oldfield taking the spot.

CONCLUSION

Your mission, should you choose to accept it, is to both punish and reward with your individual vote. The upper house cross bench candidates and minor parties who have kept faith with the environment deserve your support.

The major parties, one of whom will form a Government in the lower house will want your primary vote and if you won't give them that, your second preference. Make them earn it: An end to woodchipping; protect the old growth forests and wilderness areas outlined by the environment groups; real marine National Parks; keep parks free of big tourism developments (especially Kosciuszco); provide greater funding for land acquisition.

If you feel strongly enough about helping generate a high environment vote, any of the conservation minded candidates or parties would be grateful for a phone call from you regarding help on the day.

NSW AND ACT CLUBS AFFILIATED WITH THE CONFEDERATION OF BUSHWALKING CLUBS NSW

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Hawkesbury Canoe Club Inc	Tamworth Bushwalking & Canoe Club	
Hunter Area Walkabout Club Inc	The Bush Club Inc	
Inverell Bushwalking Club Inc	The Clarence Valley Bushwalkers Inc.	<i>More information can be obtained by writing for a clubs list PO Box 2090 Sydney 1043 or website http://www.bushwalking.org.au</i>
Ku-ring-gai Bushwalkers	The Coast and Mountain	
Ku-ring-gai Recreation Association	Walkers of NSW (Inc.)	
Lake Macquarie Bushwalkers	The Macquarie Explorers Club Inc	

**MOUNTAIN
EQUIPMENT
1/2 PAGE**

DATES TO REMEMBER FOR 1999 GET THEM ON YOUR CLUB'S CALENDAR

March	16th - Confederation General Meeting Ashfield RSL 7-30pm	20-21st Search & Rescue Training	27-28th - 12/24 hour Rogaine	29-30th Senior First Aid Training
April	20th - Confederation General Meeting Ashfield RSL 7-30pm			
May	1st - Remote Area First Aid St John Ambulance	18th - Confederation General Meeting Ashfield RSL 7-30pm		
June	9th - Remote Area First Aid St John Ambulance	15th - Confederation General Meeting Ashfield RSL 7-30pm	29th - 6 hour paddy Pallin Rogaine	
July	4th - Remote Area First Aid St John Ambulance	3-4th July NavShield Rescue Services Navigation Shield	20th - Confederation General Meeting Ashfield RSL 7-30pm	
August	17th - Confederation General Meeting Ashfield RSL 7-30pm	21st -Confederation Annual General Meeting Mitchell Park	28-29th - 12/24 NSW Championship Rogaine	
September	4th - Remote Area First Aid St John Ambulance	17th - Annual Confederation Bush Dance	21st - Confederation General Meeting Ashfield RSL 7-30pm	25th - 12hour Lake Macquarie Rogaine
October	5th - Remote Area First Aid St John Ambulance	16-17th - Advanced Search & Rescue Training	19th - Confederation General Meeting Ashfield RSL 7-30pm	
November	6th - Remote Area First Aid St John Ambulance	16th - Confederation General Meeting Ashfield RSL 7-30pm		
December	21st - Confederation General Meeting Ashfield RSL 7-30pm			

The Remote Area First-aid course is designed to equip those individuals whose interests, activities or employment takes them to isolated areas, with the knowledge and skills necessary to give ongoing care, over a prolonged period of time, to an ill/injured casualty. For enquires contact St John Ambulance N.S.W. (02) 9212-1088. Courses will also be conducted on request for groups of 12 or more.

To become a member of the Rogaine Association phone Graeme Cooper (02) 6772-3584 email gcooper@metz.une.edu.au or visit the website at <http://rogaine.asn.au>

The Confederation of Bushwalking Clubs represents over 65 clubs and 8500 walkers in NSW. Visit our website at <http://www.bushwalking.org.au> - email turton@fastlink.com.au. Phone (02) 9548-1228

Any member of any club may attend meetings of the Confederation.



WILDERNESS RESCUE CALENDAR

This pocket gem has just been distributed to your club. Once again it is just bulging with information including a cold link to the World Wide Web; the Confederation Web Site address actually. This site will hot link you to bush walking clubs and information all over Australia. Naturally the Calendar shows dates but also all the NSW Public Holidays, School Holidays, Phases of the Moon along with Wilderness Rescue Training Dates and Confederation activities.

Most importantly the Calendar has some simple safety information for beginners and the Pager No. to contact your self help rescue organisation Bushwalkers Wilderness Rescue. Remember what they say about the American Express Card - "don't leave home without it" (your Calendar that is).

FIRST AID TRAINING - MAY 29TH/30TH.

Who has the First Aid Certificate in your bushwalking group? Don't know? Then why are you trusting your life with them? Our Confederation Insurance records show that injuries while rare can vary from sprained ankles to fatalities. Remoteness means help will always be slow to arrive. I have been involved in assisting two injured bushwalkers back to our vehicles. Both times the cause of the injuries was amazingly simple unlike the evacuation. Knowledge of First Aid helped us to decide whether and how to move our injured friends.

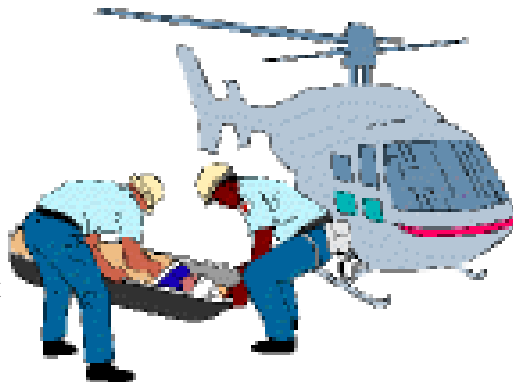
WILDERNESS RESCUE NEWS

Keith Maxwell Director

First Aid is not brain surgery but simple approved medical procedures that we can all learn in just one weekend. First Aid can save lives or just make the mildly injured comfortable until an Ambulance or rescue helicopter arrives.

Wilderness Rescue runs First Aid courses designed for bushwalkers at a discount rate. This course on May 29th/30th is the St. John Senior First Aid Certificate. WorkCover recognise this as a suitable course if you need to be a First Aider Officer in your workplace.

To book your place contact Keith Maxwell on 9622 0049. A deposit of \$20 will be required to confirm your place. For information on our next St John Ambulance Remote Area First Aid Certificate course contact our First Aid Instructor, Mr David Sheppard on 0242 266 565. The Remote Area course is a higher standard that requires either



three or four days training.

The only excuse for not not doing this course has to be that you already have a current First Aid Certificate! Save bushwalkers by training with bushwalkers.

Change of Date - Nav. Shield '99

The NavShield will be held one week later this year than in previous years. It now will be held on the the **first weekend of July each year.** For 1999 this means 3rd and 4th of July. The venue will be much closer to Sydney and north of the Harbour Bridge although you would probably not cross the Bridge getting there!

The terrain will definitely not be as difficult as in '98. We have listened to comments from participants in Sassafras '98 and will be improving the catering, lighting and course layout to be even better for '99. The NavShield is a great way to teach navigation to other members of your club or brush up own skills. We have many emergency services personnel who come back year after year because they enjoy it so much!

Entry forms, with complete Rules, will be sent to your club in early May but why not start thinking of your teams now. Two to four for the **one** day event OR four to six for the **two** day event. Don't miss it!

SAT-SUN 17 & 19 OCT WILDERNESS RESCUE WEEKEND

Six members of the Southern Highlands Bushwalkers attended this training weekend. On Friday 5pm, Mal, Marg and Michael arrived at the grid reference on the Wollangambe map to find they were the first there. Sat. 5.30am exercises started. The morning was spent learning abseiling, with Glen instructing along with some experienced Watagan Wanderers, first down a 15 metre cliff, then down a 30 metre cliff. After lunch some went on to a higher cliff and some returned to base for more exercises set up and run by David Shepherd. The first was a camp scene where an incident had occurred. We had to deduce what from what was at the scene. We worked out that 2 inexperienced campers had tried to light a petrol lamp close to the fire and an explosion had injured at least one of them. First aid had been attempted, but not very well, then they had left for help. Most of us managed to deduce most of the story.

The next scene was an observation test, where the team walked a track and noted as many objects as they could find. We found 7 of the 9 objects. We missed a black MSR stove which blended in nicely with the burnt bush and a packet of cotton buds at the end of the track. The method was for each

member of the team to observe in a different direction, one ahead and navigating, one looking to the right, one looking to the left and one checking behind.

The next test was a line search in which we found every object planted. The object was to conduct a line search and stay on the compass bearing that David had given us.

We next played Kim's game, where 17 objects were viewed for three minutes then covered. We then had to write down as many objects as we could remember. Most people got 14 to 16 objects. The small milkcarton seemed to be the most elusive.

Sun. A search for a missing bushwalkers was set up. 3 teams were sent out on 3 different routes. Margaret was the base radio operator for this exercise. Our team of five drove out 2 kms. to a start point and followed an easterly ridge line to the end. where we descended via a steep, scrubby creek to the major creek system. We then travelled up a canyon with dense rainforest vegetation for 500 metres following a single set of footprints,

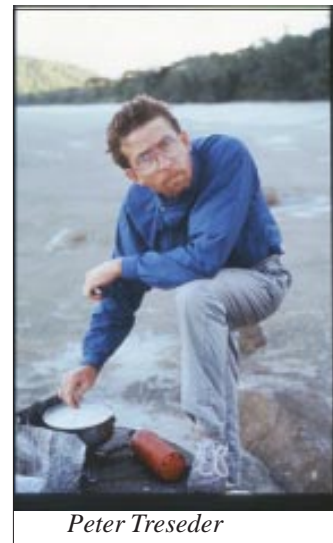
which we were certain were John Ffiver's (the missing bushwalker).

We smelt smoke and as we walked we heard John calling for help. We soon came to him and administered first aid for a broken forearm and snakebite to his leg. After a lot of radio procedure including relaying messages to base via team 1. who were up on top of very highcliffs at the end of the ridge that they had been sent out on. A helicopter was called and the exercise decided that John was to be winched out. Just then team 3 contacted us with the information that members of the team were stuck on a cliff and couldn't get up or down.

We radioed for abseiling gear to be sent in and this was arranged. We walked back to base, meeting the team with the abseiling gear on the way, and finding Graham at his 4WD at the closest point to the trapped team. We put our packs on Graham's 4WD and continued along the track to base, while team 3 was rescued. There was a short debrief at base then we left for home.

Malcolm.

FIRST RUN OF THE FRENCHMANS CAP CIRCUIT (TASMANIA).

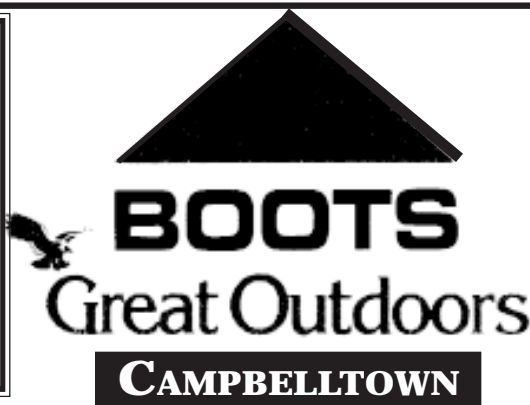


Peter Treseder

In October 1998, Peter completed the first run of the Frenchmans Cap Circuit. Starting on the Lyell Highway the route traverses the Loddon Plain to Frenchmans Cap, crosses the Franklin River at the Irenabyss (swim involved), traverses the Mary Creek Plain, the Raglan Range and finishes at Nelson Falls (just off the Lyell Highway).

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ACCESS TO "SNOWY PLAIN"

To all people using and recommending use of the area known as Snowy Plain;

I am writing on behalf of the landholders in the Gungarlin area to inform you about access to the area known as Snowy Plain. Most of the land in the valley is private property with the tracks maintained by the landholders and the NSW Rural Fire Service for access and bushfire mitigation. The only public access to the area is the road from the Eucumbene liver across Nimmo Hill and down to the eastern side of the Gungarhn river. Vehicles may not proceed beyond the Gungarlin river without authorisation from the landholders. Note in particular that there is no motor vehicle access beyond the Gungarlin crossing to the Kosciuszko National Park boundary adjacent to Cesjack's Hut. Many fishing, hunting and four wheel drive enthusiasts are currently accessing parts of this area without authority. Despite a NSW Rural Fire Service notice requesting the tracks not be used in winter, consistent high usage has seen them degrade rapidly to a state where people who need to access their own properties are unable to do so. If a fire or emergency were to occur, fire trucks and ambulances may not be able to reach many places. Indeed the 4WD ambulance that attended last years tragic plane crash became severely bogged. The need to ensure that tracks remain in good condition cannot be overstressed. The practice of driving around boggy sections is causing unacceptable damage, erosion and silting. The Berridale Rocky Plain Landcare group has identified this area as a high priority and intends to undertake rehabilitation work in the future. The group recognises the need for people to enjoy the mountains in a way that is legal and sympathetic to the needs of the environment and the rights of the people who live there. Should you or your organisation wish to discuss this issue, please contact us at the address below and we will put you in touch with a member of our sub - committee.

Yours sincerely, Chair Berridale Rocky Plain Landcare Group C/O PO Box 26 COOMA NSW 2630

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St John

ESCALADE 99 - AN UPDATE

A FESTIVAL OF MOUNTAIN ADVENTURE

Mt VICTORIA, BLUE MOUNTAINS - APRIL 16-18

Access Forum - this regular feature of the programme gives the opportunity for representatives of climbing groups to discuss access and environmental issues with land managers. A good representation of most management authorities has in the past led to healthy and open discussion on a variety of topics including legal liability, environmental concerns and access issues. Individuals and organisations are encouraged to participate. Blue Mountains Cliffcare will be setting the agenda for the Forum this year, interested parties should contact Lucas Trihey, phone (02) 4787 1480 or email - trihey@pnc.com.au

Historical Lecture - Victorian climber Kirsty Hamilton will present a lecture on Freda du Faur, a remarkable young Australian mountaineer who completed many notable climbs in the New Zealand Alps early this century.

A selection of films will be screened during the three day festival with some important historical mountaineering films complementing more contemporary offerings. "Conquerors of the Useless", the 1952 French film made of the first ascent of Cerro Fitz Roy in Patagonia will be a highlight.

The Escalade NIKON photo competition takes place prior to the festival, entry forms can be obtained from the Festival Office or from the web site.

Australia's largest sport climbing competition also takes place as part of the festival. More details on the festival can be found on the web site - www.escalade.com.au or by contacting the festival office - ph (02) 4787 1480 during business hours, or email - trihey@pnc.com.au

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