

Bushwalking NSW

NEWSLETTER

Edition 28
Feb-Mar 2016

Keep exploring, be amazed!



Beautiful Bouddi National Park on our Central Coast

Contents

From the President	2
THE SPIRITED LIFE OF MARIE BYLES	3
From the Executive Officer	3
NPWS meeting	4
New Remote Area First Aid (RAFA) training – book now	4
The steps to gain valuable First Aid skills are:.....	4
Done RAFA before through BWRS?	5
NAVSHIELD 2016 – lock in 2 – 3 July!	5
BWRS in action.....	6

NEWSLETTER



From the President

February has been hot and dry, March hot and humid... what better time for a lazy weekend by a river away from the hustle and bustle of civilisation, under the shade of some fantastic old eucalypts? Until, of course, it's time for the walk out!

Just remember to stay well hydrated, well rested, look out for snakes and take plenty of sunscreen and a good hat!

I'm disappointed that I had to miss our general meeting in February, by all accounts Les Higgins gave a great talk about how important and beneficial it is to get out into nature. I'm sure this isn't news to most of you, but it's always nice to have someone tell you how right you are. You can catch Les' slides and recording of his talk on our website [meetings page](#).

We've got another great [speaker](#), Anne McLeod, lined up for the May meeting, and I'm looking forward to seeing many of you there. Anne will present her biography of Marie Byles "The Summit of Her Ambition: the spirited life of Marie Byles".

It's really pleasing to see volunteers putting up their hand - managing and driving positive change in an organisation representing around 12,000 bushwalkers is no small task, and I'd encourage those of you with some spare time and a whole lot of skills to get in touch with Kirsten and let her know how you can help out. We've been getting great support this year in particular from Drew, David, and Leonie, many thanks to all of you.

Over the years, some people have contributed above and beyond, to the benefit of all bushwalkers in NSW and Australia. To recognise their service, Bushwalking NSW has established the Chardon Award, in honour of Harold Chardon, our first Secretary who called all Clubs together. The selection committee will include an independent bushwalker who is not a member of the management committee, and we're looking for expressions of interest / nominations from the bushwalking community to sit on this panel. Please let Kirsten know if you're interested.

I hope you all have a safe and enjoyable Easter and I look forward to seeing you out in the bush!

Mitchell Isaacs – President, Bushwalking NSW

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Save the date now for the:

Bushwalking NSW May General Meeting:

7pm Tuesday, 17 May, 2016

At Ashfield RSL

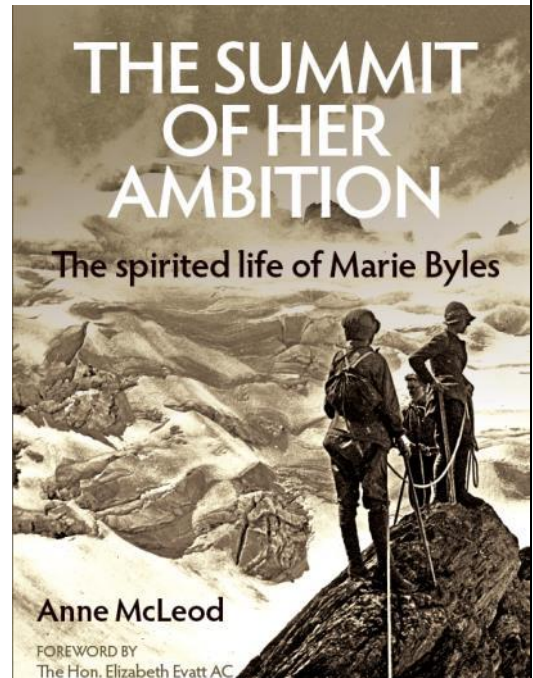
Join us at 7pm for a chance to meet and mingle, have some nibbles and a drink. The meeting commences at 7.30. We have a great keynote speaker for you. It is also your chance to update us all on your club's activities.

Our keynote speaker, Anne McLeod will present her biography of Marie Byles "The Summit of Her Ambition: the spirited life of Marie Byles" in her presentation:

THE SPIRITED LIFE OF MARIE BYLES

As the first female solicitor of NSW in 1924, Marie Byles was committed to the cause of women's rights in law and served as legal advisor to women's organisations that fought to change discriminatory laws. As a high-profile public figure and lifelong devoted bushwalker she was an active publicist for the bushwalking movement and an early member of the Sydney Bush Walkers. Arguably Australia's first environmental lawyer, Marie worked on behalf of the Confederation of Bushwalking Clubs (Bushwalking NSW) in their quest to reserve vast tracts of land for national parks and protect our natural heritage. An avid mountaineer/explorer, Marie travelled the world in search of virgin peaks and led an international expedition to Yunnan Province in 1938. Injury forced her to turn inwards on a spiritual journey that took her to realms not found on a map.

Anne's biography of Marie Byles will be available for purchase at the May General Meeting.



We look forward to seeing you there!

RSVP to admin@bushwalkingnsw.org.au

The 2016 Bushwalking NSW General Meetings are on: 17 May, 16 Aug, and 15 Nov, 2016

From the Executive Officer

I'd also like to thank Andrew Stones from CMW who has kindly stepped up to volunteer for us in our Newtown office 1.5 days per week. Thanks Drew!

We are still need more volunteers to help out with some interesting projects including Track Ambassadors and our Communications plan. So head over to the [website to find a project that interests you](#). I'm very happy to work with you wherever you live just drop me an email.

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NPWS meeting

Mitchell, Alex and I met with the NPWS during February to discuss the Track Ambassadors project idea with them which aims to introduce new walkers to the delights of bushwalking, as well as making them aware of safety, issues, other walks and how to join a club.

NPWS were very interested to meet us and to learn about our clubs. They were interested in the Track Ambassadors project idea which could be an extension of their current Campground Hosts programme.

You may well delight in participating in the wonderful Campground Hosts programme as a means of spending more time in the bush, and meeting new people check it out at: <http://www.nationalparks.nsw.gov.au/campground-hosts>



Kirsten Mayer – Executive Officer, Bushwalking NSW

P: (02) 8003 5545 | E: eo@bushwalkingnsw.org.au | OFFICE HOURS: Monday Wednesday Friday

New Remote Area First Aid (RAFA) training – book now

After some delay Bushwalkers Wilderness Rescue Squad (BWRS) can again offer Remote Area First Aid (RAFA) training. Previously, the BWRS version of RAFA had been very popular with bushwalkers who were after a more comprehensive First Aid than just a basic "Provide First Aid" course.



Now, not all RAFA courses are equal but BWRS can provide a "two for one" deal! Bushwalkers can learn some basic First Aid skills through a St John Ambulance "Provide First Aid" course on Sunday May 15. OR bushwalkers could book in for both "Provide First Aid" on May 15 then attend on May 21 & 22 for the St John Ambulance version of "Remote Area First Aid".

"Provide First Aid" is useful training for when medical services can get to you quickly such as urban areas and fringe bushland. RAFA is better when it will take more than an hour to receive medical help.

The steps to gain valuable First Aid skills are:

1. Clear your diary for May so you can attend 'Provide First Aid' on May 15 only OR
2. Check if you can attend on May 15 plus May 21 & 22 for 'RAFA'.
3. Register at the BWRS website – <http://www.bwrs.org.au> and pay the course fee by May 5.
4. You will be required to learn some First Aid theory 'on-line' before May 15. All the answers to common questions regarding this training are on the BWRS website.
5. Last step; enjoy the First Aid training with our experienced bushwalker Instructor!

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Done RAFA before through BWRS?

BWRS is pleased to be able to offer this training again, however some rules have to apply. The course content of the St John Ambulance RAFA is not the same as the previous BWRS RAFA. So existing holders of BWRS RAFA cannot renew (an about to expire) BWRS RAFA Certificate.

You must register for the John Ambulance "RAFA" when you register for the "Provide First Aid" on the BWRS web site at - www.bwrs.org.au

You can choose to just do "Provide First Aid" but bookings for both courses will close on Thursday May 5. This is a St John Ambulance requirement. The fees are very competitive as the Instructor is a volunteer. Your registration will only become a definite booking, to attend the training, after the course fee is paid.



Gardens of Stone by Kirsten Mayer

NAVSHIELD 2016 – lock in 2 – 3 July!



Bushwalkers Wilderness Rescue Squad (BWRS) is getting excited about NavShield 2016 on **2 – 3 July**. BWRS would like bushwalking clubs and their members join the excitement!

Recently, BWRS had a planning meeting with our services coordinators. BWRS has run NavShield for many years as a map & compass navigation training exercise for emergency services and bushwalkers. Participants have to find as many as possible checkpoints before the event deadline. Bushwalkers can choose between the one day OR two day event. NavShield is a great and enjoyable social event. Many participants have attended 10, 15 or even 20 NavShields.

We know of a special site bushwalkers will enjoy not too far from Sydney. However, no one gets to use local knowledge. BWRS does not release the site details until a week before NavShield. This year BWRS has again tweaked the event Rules. There is now a special Division for Bushwalking Teams. Checkpoints in NavShield range from easy to difficult so all levels of bush navigator can get valuable practice.

NavShield Registration will open in late March / April.

Remember to

- lock in July 2nd / 3rd as the NavShield date in your Club Walks program;
- register your Club team for NavShield via www.bwrs.org.au;
- after registration be sure to pay on time, then look forward to a unique, friendly, navigation challenge, NavShield.
- BWRS would love to see you and your club at NavShield 2016.

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BWRS in action again

Bushwalkers Wilderness Rescue Squad (BWRS) is a fabulous resource for the NSW community. BWRS use their bushwalking skills to search remote areas that other personnel might find challenging.

Recently, BWRS was involved in a search where NSW Police had reasons to be concerned for a Lawson resident's welfare. His vehicle was found at Perrys Look Down.

On Saturday 23 January BWRS was part of a range of resources that included Polair, RFS and SES. Visibility was good and BWRS vertical rescue members used roping skills to search cliff lines and high ledges. Other BWRS members followed land routes. The search continued on Sunday 24 January but with much reduced visibility from deteriorating weather. NSW Police expanded the search area in the Grose Valley.



However, NSW Police decided not to use BWRS for searching in the following days due to continuing poor weather. A NSW Police media statement was released on 25 January. Some days later a body was seen in the Grose Valley. A sad outcome.

The remote area search and rescue skills of BWRS members are well respected by NSW Police. These skills were further honed on a canyon search training exercise based at Mt Wilson on 20 & 21 February.

BWRS is keen to add new members to our existing core of members. The BWRS website at www.bwrs.org.au is full of useful information to bushwalkers including the membership form. New members must attend an "induction walk" as an introduction to BWRS.

Now is a good time to complete your New Year's resolution to join BWRS. Don't delay.

Keith Maxwell – President, Bushwalkers Wilderness Rescue Squad | W: <http://www.bwrs.org.au>