

NEWSLETTER of the BUSHWALKERS OF NEW SOUTH WALES

The N.S.W. Federation of Bushwalking Clubs
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SEARCH AND RESCUE

The Bushwalkers Search and Rescue was formed in the 1930's after a series of overdue parties in the Grose River.

From that time through until the early sixties it was virtually the only unit capable of search and rescue in the bush.

The Police rescue squad gradually with Bushwalker help became more proficient in bush search and rescue technique. With the formation of the Blue Mountains rescue squad and their subsequent training an efficient squad became available on the scene of the action. They naturally started to call on local organisations like the Volunteer Bush Fire Brigade for man power, because they were available locally at very short notice.

The position today is that these are quite a large number of rescue squads, mainly trained for car and train or plane accidents or major calamities like floods or fires, but which number amongst them such groups as the A.C.T. Bush rescue squad, the N.S.W. Cave rescue group and several others.

Most of the above belong to the Volunteer Rescue Association (V.R.A.) as does the Federation S&R.

All of these organisations operate under the police and are called out by the police.

In our own case we are different to the others in the following respects.

1. We have a central committee which calls on bushwalkers when needed whereas all the other organisations have a definite membership who undergo training.
2. We have a direct responsibility to look after our own members of federated clubs whereas the other organisations are directed at helping the community at large. This is not to say we will not help the general public but we do have a first responsibility to our own members.
3. We specialise in rescue and search in difficult conditions and carry out no other sort of rescue other than bush rescue.

It is partly because of these reasons and partly because our rescuers do not wear recognisable uniforms that the present trouble with the police started.

The police find it difficult to understand how we can have an efficient rescue organisation when we don't even know the names of those we are calling out.

This I can understand when they are mostly dealing with the other rescue squads. What the police don't recognise is that the basic bushwalking skills of self

sufficiency in the bush and ability to navigate in difficult country are the main attributes we are using of the bushwalkers who come on searches and the Committee provides the skills in search organisations and communication.

The Committee feels changes are needed in these areas and we would like your comments through Federation as soon as possible so that we can get things on the move.

The Committee has asked Federation for guidance as to whether the S & R section needs to be reorganised so as to gain acceptance of the police force. This would probably entail the keeping at the ready, a specific list of people known to be available and suitable. These people would need to attend some basic training and occasional refresher weekends.

Fergus Bell
Robert Pallin

CONSERVATION PIECES

Colo Dam. Some time ago Mr Landa (Minister for Planning and Environment) informed Federation, in response to inquiries, that there were no plans for a dam on the Colo prior to 1984. On being asked what happens after 1984 (apart from Big Brother) Mr Landa has now replied that the Electricity Commission is investigating a number of possible power station sites on the western coalfields, and that a site in the Newnes area drawing cooling water from the Colo is one possibility. However the present situation is merely one of investigation (albeit fairly serious investigation — stream gauges have been installed on the river) and no decision on the site of the future power station will be made for some time. An environmental impact statement will be produced when a specific proposal is recommended and submissions will then be called for.

Culoul Range. Bruce Vote (Federation President) took part in a two-day round table discussion as part of the State Pollution Control Commission inquiry into the proposed mining leases on the Culoul Range. The background to the present situation is that Auto-brick, a brick manufacturer, wants to quarry a particularly desirable type of shale from the crest of the range. They argue that the range represents 30 year's supply of shale, and that without it they will go broke. Further, they claim that there are no alternatives, although many decade's supply of similar material is found on other company's leases.

Quarrying on the range would be disastrous for this part of the Colo-Wollemi wilderness (the Northern Blue Mountains Park Proposal). Damage would not be confined to the ridge top, as runoff and siltation would affect the surrounding creeks and the Colo River. In spite of strong arguments effectively presented by Bruce, with help from Henry Gold photographs and others, the conservation case was not obviously going to win, and the final outcome is still indeterminate. However at least Mr Landa has promised that no mining will occur until the report of the inquiry is published.

A positive side result of the inquiry was that the NPWS have referenced all of the Northern Blue Mountains National Park Proposal (they call it the Wollemi Proposal) which means that it will be brought to the attention of all other interested government departments who can then voice their objections, if any. This is an essential step on the road to gazettal as a national park.

Erskine Creek There are rumours of a dam on Erskine Creek (in the lower Blue Mountains and part of the Southern Blue Mountains National Park Proposal) which is intended to supply water to the Blue Mountains townships. The proposed dam seems rather strange, since it would surely be cheaper to run a pipeline over the hill to Lake Burragorang. We will keep an eye on this one.

MAPS & BOOKS

There are a number of new maps from the NSW Central Mapping Authority:

1:25 000 — Dooralong and Morisset (north of Wyong); Mt. Armstrong, Curnang and Golspie (to the west of the souther Blue Mountains); Dalmorton, Sara River, Coombadjah and Glen Elgin (in the New England Area) and Singleton and Wollongong.

1:50 000 — Dunedoo and Mogriguy (between a Dubbo and Mudgee).

Also expected to appear shortly is the half-yearly updated CMA map index, which will include all the new maps that have been reported in the Newsletter over the last six months.

There are also three new 1:100 000 maps from National Mapping: Euchareena, Orange and Port Hacking.

Turning to recently published books etc, there is first of all "100 Walks in Victoria", about \$4.00 (2nd edition). This is an excellent little summary of Victorian walking which covers all the main areas. Suggested trips range from one to four days, although the emphasis is on shorter trips (one or two days).

The May-June "Waysider" (Catholic Bushwalking Club) again contains some very valuable articles. These include descriptions of a base camp at Newnes, and a week-long walk in the Glen Davis - Mt. Cameron area. Both articles give descriptions and map references of many passes through the maze of cliffines in that area. A third article's value is adequately described by its title, "Campsites in the Easter and Western Arthurs and on the Coastal Track in Tasmania". And all for only 20c.

Also of some interest may be the "1977 Guide to Cross Country Skiing", published by American Ski Magazine and available from newsagents for \$2.50.

Finally a warning: the hut variously known as Derschko's or SMC (a few kilometres west of Jagungal) has again been locked. The nearest alternative (apart from your own tent) is O'Keefe's Hut, 5 km away.

From Wilf Hilder

DIABETES

All of us at sometime will come into contact with diabetes, but hopefully not as a diabetic. An understanding of the condition goes a long way to helping diabetics lead a normal life and enjoy pursuits such as bushwalking.

Diabetes is a condition in which the pancreas gland does not produce sufficient effective insulin and the body cannot properly use such foods as carbohydrates and sugar-forming foods are not converted to energy for life and growth.

Treatment is by diet alone or in conjunction with tablets or insulin injections. A diabetic must exercise regularly and avoid injury or illness. Insulin intake is determined by the activity and lifestyle of the diabetic and is generally of a slow acting or time release nature. This requires regular meals and snacks for the insulin to "work on".

If additional exercise is undertaken or a meal is delayed or skipped, the excess insulin will cause an "insulin reaction". Symptoms are:

1. Lack of concentration, listlessness, drowsiness
2. Pallid skin
3. Perspiration independent of weather
4. Vagueness, stubbornness
5. Difficulty in reading or speech
6. Readiness to weep for no real reason.

Untreated, an insulin reaction develops the following further signs:

Himalayan Walking

Walking in the Himalayas is the logical extension of bushwalking in Australia. We specialise in walks to the most isolated areas of the mountains. As well as being MUCH CHEAPER than anything else available, our walks are of the highest quality, and we never take more than 12 in a group.

We have been arranging walks for 3 years, and only do a few specialist treks each year. We also handle private arrangements for individuals, and clubs. In the past they have varied from a 350 mile walk from Kathmandu to Darjeeling, to climbing in the Everest region, to photographing wildlife in the Kali Gandaki gorge.

For individual treks prices are from \$7 per day (4 people doing a trek of min. 13 days; cheaper for larger group and longer treks).

Our own group walks for this year: Everest Arun Valley trek Nov-Dec. 77; Around Annapurna Dec. 77 - Jan 78; Kathmandu-Everest Base Camp Dec. 77 - Jan 78; Natural History Trek (led by famous Nepalese Naturalist) Mar. 78; Intructional Climbing Trip Mar. 78.

On some walks we camp, and on others we stay in the local village houses.

For full information write or phone:-

GORONWY PRICE

AUSTRALIAN HIMALAYAN EXPEDITIONS

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Phone: 231-6050 Home: 818-1615

Hurry, as numbers are strictly limited on all group treks. Last year some people missed out!

7. Unco-ordination and unsteadiness
8. Twitching of face and limbs
9. Sudden vomiting or diarrhoea
10. Convulsions
11. Unconsciousness.

Eash of the many types of insulin acts differently and the signs should not be confused with hypothermia.

Treatment — give sugar, any sugar, promptly (Never give fluids to an unconscious person) Sugar, sugar water, lemonade, lollies, etc. Follow up with food. If response is not quick, say five minutes, get medical help fast!

Diabetics can face another problem: running out of insulin. The subsequent excess of blood sugar may have the following symptoms:

1. Passage of large quantities of urine
2. Thirst
3. Hunger
4. Weakness
5. Changes in vision
6. Numbness in extremities.

This condition arises slowly and is treated with insulin. If the patient has none, kick him where it hurts and if a long way from help (say one day) split the party. Keep the diabetic still and warm to reduce the demand on the little insulin which remains, but respond to the patients needs such as the consumption and passing of water as this helps remove the excess sugar. Do not give any sugar, carbohydrate or starch. Protein only.

Ascertain the type and dose of insulin before going for help. Send two for help and at least one to remain with the patient. Moral: diabetics should always travel in groups of not less than four, especially if undertaking a trip in unknown terrain.

A diabetic should inform his companions of the fact. He should pay meticulous attention to informing his next of kin as to route and times (so should the leader). For every day away he should carry a days spare insulin, and two spare syringes, up to an optimum reserve of about one week. Although a phial of insulin may normally last one month, always carry a doubly padded spare. Protect disposable syringes against accidental damage. Pack swabs in individual packets. Divide the whole lot into separate bundles and pad and wrap separately. Pack in centre of pack to protect from impact and heat.

If sterile disposable syringes are not used a totally independent supply of water and heat and sterilising containers must be carried, irrespective of rivers and rain.

The above information was obtained from the Diabetic Association of NSW, 250 Pitt Street. Enquires should be directed to the Association.

Fergus Bell

(This article was prompted by a recent incident in which a diabetic did get into trouble through being some days overdue, without a reserve supply of insulin. It can happen.)

THE BALL

The details again: 1977 Bushwalkers Ball, August 26th, 7.30pm. Chatswood Town Hall, Victoria Avenue Chatswood.

Bring your own grog, glasses and food. Two bands — Wasted Daze and Reedy River Bushmen. Fancy dress by club themes.

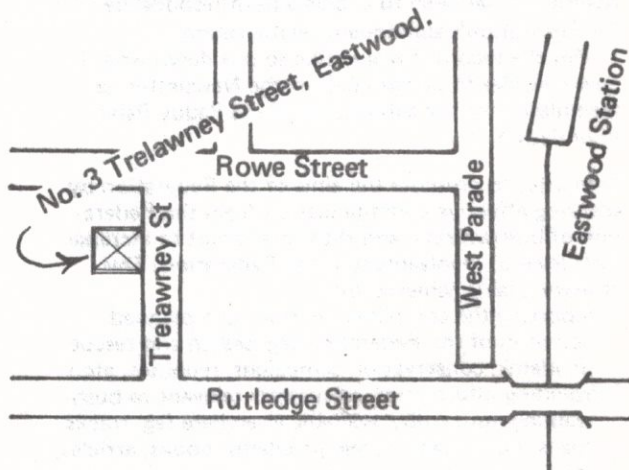
Tickets (\$6.00 single) available from club delegates or secretaries.

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Aluminium tent pegs for snow tents. 35mm wide, 300 or 350 mm long, weight under 30g each (ie. about ¾lb for a dozen). Home made due to non-availability in shops. 30c each for 300mm length. 35c for 350mm. Peter Tuft, 85-7640(h).

This Newsletter is usually published monthly and is distributed free, through the clubs, to all members of affiliated clubs. Mailing list subscriptions \$3.00

All material not otherwise acknowledged can be attributed to the Publications Officer. Any opinions expressed are those of the individual authors, and do not necessarily represent the official views of the Federation.

The deadline for the next issue will be Monday, 8th August, and it will be available at the Council meeting on Tuesday, 16th August.

As the identity of the incoming Publications Officer is as yet unknown, all correspondence concerning the Newsletter should be addressed to G.P.O. Box 2090, Sydney, 2001. All other correspondence and membership enquiries should also be sent to that address. Telephone enquiries to Mrs Joy Scott, 520-0750.

EDITORIAL

This editorial is my swansong; as such it is also a sort of an annual report and a general exposition on what I feel this Newsletter should be. When the idea of a regular Federation Newsletter was put forward two years ago there was but a single aim in mind: to ensure that its members knew what the Federation was doing. Lack of this communication was almost certainly the primary cause of Federation's near collapse in 1975, and restoration of it through the Newsletter has been to a large extent responsible for Federation's subsequent revitalisation.

For the record, I would like to put down what I now consider to be the goals of the Newsletter, as formulated for the submission of the Paddy Pallin Foundation:

Primarily, to promote the aims of the Federation by ensuring effective communication from the Federation of bushwalkers, and thus to attempt to increase their level of involvement in the Federation. This primary goal is achieved by:

- * Reporting the completed, current and planned activities of the Federation (eg. search and rescue incidents, conservation campaigns, reunions, etc.)
- * Providing information on matters relevant to bushwalking not readily available elsewhere (eg. tracks, roads, huts, maps, access problems, books, articles, etc.)
- * Creating an awareness of current issues (eg. the Greater Blue Mountains National Park campaign, mountain huts, etc.)
- * Encouraging discussion, both through the newsletter and directly, on matters of controversy among bushwalkers (eg. policy on huts, leadership courses, editorial policy itself, etc.)

All of these goals have been pursued, and to a greater or lesser extent achieved, during the past two years. It is to be hoped that they continue to be fulfilled in the future.

All this is not achieved cheaply. The Newsletter has an annual budget of well over \$1000, mitigated somewhat by some hundreds of dollars worth of advertising. We are grateful to those advertisers. Last year financial support was obtained from the Paddy Pallin Foundation. This year a submission was again made, but the Foundation's trustees rejected it on the grounds that a worthwhile publication should be able to stand on its own. I hope that that rather backhanded compliment was not misplaced.

Just how successful has the Newsletter been? There is no simple measure, but the fact that there has been any response at all from traditionally apathetic bushwalkers is itself an excellent sign. A dozen or so individuals consider it worth paying for a private subscription; clubs complain if they miss out on an issue or receive insufficient copies. It has even been sufficiently controversial to provoke "Letters to the Editor" — a sure sign of some sort of impact. Some people have been critical of stands taken on certain issues, but only one letter writer has thought the whole thing a waste of time. Even that was not particularly upsetting, since to condemn the whole Newsletter is to condemn all the activities which it reports (ie. all that Federation does) and makes one wonder why the people concerned have anything to do with Federation anyway.

Thanks for assistance are of course due to a number of people: Sue and Ian Olsen, who took over the tedious chore of posting out Newsletters to country clubs (and city clubs whose delegates don't attend Council meetings); Ernest Spielmann, our bushwalker/printer; and to all who contributed material, regularly or occasionally, directly or indirectly — Dennis Rittson, Wilf Hilder, Warwick Blayden, Murray Scott and others.

As implied at the beginning of this editorial/report, this is my last Newsletter. My attitude to the Newsletter has slowly declined from one of great enthusiasm two years ago to a sort of love-hate relationship which is a bit unhealthy. It's still rather fun, but each month I find more things I would rather be doing, so I'm quitting before any lack of enthusiasms is reflected too clearly in the Newsletter itself. The best of luck to my successor.