

BUSHWALKERS OF NEW SOUTH WALES

The N.S.W. Federation of Bushwalking Clubs
G.P.O. Box 2090, Sydney, 2001.

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CLOTHING IN THE TOP END

(The Top End is, roughly speaking, Katherine and points north, including Arnhem Land, in the Northern Territory).

Shoes - Shoes are the most important item in the bushwalking wardrobe. This should be no problem, yet I have seen many walkers nearly crippled by poor choice of footwear. On three different week long walks, I have seen feet reduced to a bloody mass of blisters by new or seldom used walking boots. On the other extreme was a fellow who survived a weekend trip barefoot, over rocks and spinifex, with only minor cuts - he was incredibly lucky. Things on a long walk are a bad joke; they offer only poor traction and tend to disintergrate if used over sharp rocks. My personal choice is a good sturdy pair of sandshoes. (I wonce had a rather well-worn pair disintergrate). A well broken in pair of hiking boots would serve equally well. Any other choice is foolish and asking for trouble.

Socks - Most people find that socks reduce the likelihood of blisters and improve the foot comfort. ~~Washing socks each day improves~~ their effectiveness. A spare pair of socks is probably the most important spare item to carry.

Pants - In the Top End climate, shorts are the obvious choice, but many of the most interesting walks go through low scrub, which leaves uncovered legs a mass of sore scratches. The walker jumps into the water seeking relief, only to be met with a more unpleasant stinging sensation. And there is also the matter of the marks left on the legs afterwards. In addition, for individuals unaccustomed to the Top End sunshine, long pants offer protection from sunburn. And finally, they can also offer protection from mosquitos. For all these reasons, it is a good idea to take along a pair of long pants on most walks.

Shirts - Long sleeved shirts offer protection from both sun and mosquitos, but for most people a short sleeved shirt is fine. However, unless you normally wear T-shirts, a shirt with a collar will prevent your neck from becoming sunburnt.

Hats - Only a fool goes on a long walk without a hat. Top End sunshine is powerful. A hat keeps you cooler, adds protection against sunburn, and markedly decreases the likelihood of heat exhaustion or sunstroke.

Swimming Togs - Half the fun of Top End walks is swimming. After a long hot walk, what could be more pleasant than to jump into a cool billabong or creek. If you are going to be swimming in any more or less public place, swimming togs are obviously essential. If you are going off the beaten track, however, you may prefer to swim nude. If so, beware of overexposure to the sun. I have seen more than one otherwise heavily tanned individual suffer uncomfortable and somewhat embarrassing sunburns because they did not realise just how much effect the sun has on lily-white skin.

Raincoats - This is a wet season option. If you wear a raincoat that cannot breathe, you will wind up hot and wet. This is a matter of individual preference.

RUSSELL WILLIS
Darwin Bushwalking
Club
12 Carrington St.,
Millner, N.T.

LETTER TO THE EDITOR

People with some disability are to be commended for striving to lead a normal lifestyle and it is saddening to see them in the embarrassing position of being the subject of an S & R operation.

Their predicament is all the more regrettable when it could be fairly argued that their only mistake was to expect 'normal' treatment by walks leaders. All too often Bushwalkers S & R has been alerted and even called in to find that the leader or organiser of a trip has not provided for adequate assessment of the health and fitness of persons intending to enjoy the planned trip.

A reasonable counter-argument is that people with some ailment should inform the leader of the fact. Then imagine how many leaders will want to take you along. Every time a similar situation arose the person with some disability would find himself once more being reminded of a situation he most probably wishes never existed.

There must be some means whereby clubs are encouraged to assess the suitability of people for trips without completely discouraging those who do not enjoy the same health as the majority, yet still offer them that challenge of the outdoors.

FERGUS BELL

PADDY PALLIN ORIENTEERING CONTEST

DATE: SATURDAY 26th MAY 1979

VENUE: LEURA

DIRECTIONS: Follow Great Western Highway through Wentworth falls towards Leura. 1.5Km after passing under rail bridge turn right onto Mt. Hay Road, (large concrete water tanks on right at turn off), follow P.P.O.C. signs on Mt. Hay Road for 6Km to assembly point.

TYPE OF EVENT: 1. This will be a 3½ hour duration point score event for teams of two.

2. The standard 2" to 1 mile (Katoomba) map will be used (available at start).

3. There will be perpetual trophies awarded to the winners, and cash order prizes awarded to the first three place getters in the following divisions:-

- A. OPEN
- B. MIXED

START TIMES: 9 a.m. to 10 a.m.

ENTRIES: Enter on day at assembly point.
Fee \$1.00 per team

NOTE: Hot drinks will be available at assembly point.

ENQUIRIES: Ian Landon Smith
Phone (02) 43 5129 (Business)
(02) 4873411 (A.H.)

SOME NEW OFFICE BEARERS

Following the resignations of Peter Harris as President and Len Newland as Minutes Secretary, there was a change in some positions of the Office Bearers. These are:

President	David Noble
Senior Vice President	Peter Tuft
Junior Vice President	Murray Scott
Conservation Convenor	Bob Burton
Project Office	Peter Harris
Minutes Secretary	Spiro Curtis
Ball Convenor	Bruce Vote

In July 1977, I was elected by your Council to the position of President of this Federation. My predecessor, Mr. Bruce Vote, was elected to his position following the crisis of July 1975.

Since that time, the Federation has undertaken many changes, and has become a great force within the community, protecting the public interest and advancing, in many ways, our mutual pastime of bushwalking.

We have, in many areas, gained the confidence and the respect of many Government Departments and other non-government organisations.

We have participated in major conservation projects with considerable success: namely Culoul Range, Ettrema/Bundundah, and Deua Tuross. It has been indicated to me that the Minister will announce, this week, the creation of a large Deua National Park.

We have launched public fund-raising appeals for specific urgent matters such as Colo/Hunter and Ettrema/Bundundah, and have had considerable success. We have actively opposed developments in South West Tasmania, Border Ranges, Yuraqin, Budawangs and lent support to other bodies on many important issues which affect us.

We have undertaken many changes to improve the 'staid image' by which the Federation had previously been accused; by the introduction of the overwhelmingly successful series of N.S.W. Workshops, and by introducing a joint 'Walk in a Wilderness' walking programme; and even now are planning major facelifts to the forthcoming Federation Reunion to cater for growing demands for change.

In planning alterations to the existing Constitution it is our great hope that the internal management of the Federation would be uplifted, and that participation in Federation matters would be available to all of our affiliated members, and not just to Sydney clubs alone.

However, many of these recently introduced schemes, and campaigns, could not have been achieved without the foundation stones laid down by Mr. Bruce Vote, nor could they have been achieved without the ever-diligent attention of the many office-bearers who have undertaken so many valuable work on behalf of the Federation.

It is with some considerable regret that I must announce at this February meeting, my retirement from the office of President.

This course of action, which may to some seem irrational, stems from two different facts:

Firstly, with a substantial promotion at my employment I now find that my own paid workload has, in the past 4 months, doubled.

Secondly, I find that the workload in my office as President has also, in the past few months, doubled; and there has been extremely little support, or assistance, given by Federation Council and by the affiliated member clubs. Naturally, there are many exceptions to this, and I extend my thanks,

on behalf of the Federation to those persons, Council Members, office-bearers and Clubs who have given the Federation their support. Your support has achieved much.

Under the terms of the existing Constitution, a new President must be elected at the next Council Meeting. This will occur in March. The new President will hold his office until the Annual General Meeting in July.

In the interim period, between now and the March Council Meeting, the current Senior Vice-President, Mr. Dave Noble, will assume the position of President.

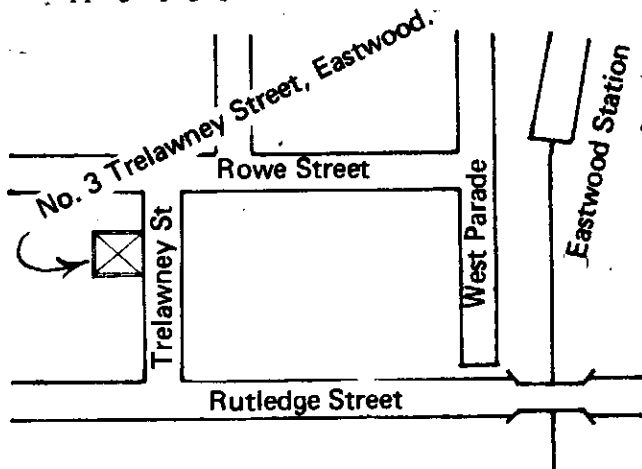
It is my intention to complete the many projects which have been begun, and in the future to assist the Federation in any manner possible for me.

Thank you for your loyalty and for your support.

PETER HARRIS
President

tents, boots, groundsheet, lightweight food, AND MUCH MORE.

Agents for Lands Department and Division of National Mapping topographical maps.



EASTWOOD CANVAS GOODS AND CAMPING SUPPLIES
3 TRELAWNEY STREET, EASTWOOD.
PHONE: 858-2775

S. & R. CALLOUT - 12th MARCH 1979

Jim Griffin was a beginner on a Span liloing trip, March 10th and 11th, from Canoe Creek to Bob Turners track on the Colo River.

On Saturday night the party camped approximately 2½ kilometres downstream of Tambo Creek. This was not an adequate distance from Canoe Creek for the full party to reach Bob Turner's track on Sunday.

Therefore it was decided that the fast members of the party (7) would complete the trip while the slower members, including some experienced members (8 total) would walk back upstream to Canoe Creek.

Jim had shown signs of exhaustion on Saturday night and by the time they returned to Tambo Creek he was very exhausted and could not keep his balance.

Because of Jim's medical history it was decided that Mark Stubbings would walk out quickly and ring Sydney.

Jim with the help of three of the walkers would move slowly upstream as best they could. They eventually camped 2 kilometres downstream from Canoe Creek.

I had just returned from a long day walk when I was contacted to help. A similar situation was repeated with many of the other rescuers. I arrived 12.30 a.m., Monday morning, at the Canoe Creek fire road; awoke 5.30 a.m. for breakfast for an early start.

The first party of three was sent at 6.15 a.m. to locate Jim and radio back his condition and location.

After allowing an adequate head start the other parties were sent down the Canoe Creek track carrying the rescue gear.

With the extra man power, a rubber raft of a Span member, and a low Colo River, Jim was quickly towed up the middle of the Colo River to Canoe Creek by 9.30 a.m.

All parties reached the Colo River by 9.00 a.m.

After discussion with Jim it was decided not to carry him out up the winding and steeply climbing Canoe Creek track.

A helicopter was called and appeared in sight to us at about 11 a.m. However the pilots instructions of our location were poor, we could not contact him directly and he turned around and headed downstream.

Corrected instructions were radioed to Sydney, who were in contact with the helicopter, and the helicopter safely landed at 12.15 p.m. A doctor checked Jim and he was on his way to Royal North Shore Hospital by 1 p.m.

We then headed back to Windsor where some ales were indulged and on to Sydney for a very early night.

My thanks to the 36 walkers who attended mainly representing Sydney University Bushies, University of New South Wales Bushies, Ramblers and, of course, Span.

KEITH MAXWELL

twenty or thirty years, it is possible that such things as white flour, refined sugar, table salt or saturated fats may be deleterious to your health - although the medical evidence on this is far from conclusive; certainly all the nuts who change their diets in hopes of avoiding heart disease and cancer would be better advised to stick to their Chicko rolls and to do more MH trips instead. On a time scale of a year or so, all that matters is that one's diet includes the body's minimum requirements of various proteins, vitamins and minerals.

For the bushwalker who is willing to restrict himself to trips of up to two months at altitudes below 5,000 m, and who is not interested (like the marathon runner or long-lauf racer) in tricking his body into overdoing itself over short periods of a day or less, nutrition reduces to one thing - calories (or kilojoules as they like to say these days).

Well not quite. Suppose you are planning an extended trip and you look up the book and see that margarine has the highest energy value (32 kilojoules per gram) of all the foods listed, does this mean you should fill your food-bag with Meadow-Lea rather than Alliance (about 15kj/g, and ten times the price)? Unfortunately not. The reason margarine, butter, etc have so many kilojoules is that they are mostly fat, and the average westernized stomach refuses to absorb more than a fairly small proportion of its energy as fat (6%, according to one source - this can be increased with training, as any Eskimo will tell you). However, except for such extreme cases, the average healthy digestive system will absorb just about anything that is pushed into it, and it doesn't make much difference whether you mix things up or not - so if you like honey and onions together, as I do, that's OK.

Of course some things are digested faster than others. All sorts of sugars, but especially sucrose (refined white sugar), go straight into the bloodstream in no time flat. Conversely, if you expect the next meal to be a long time off, you should perhaps eat something that takes a long time to digest - I guess this is about the only thing to be said in the favour of porridge.

Having dismissed nutrition, we get on to the real determining factors in the choice of food for bushwalking. These are (1) appeal; (2) convenience; and (3) cost. As for appeal, there's not much to be said. You know what you like. What you like at home is probably a good first guess as to what you'll like in the bush. The best way to pack for most weekend trips is to take a Paddybag and go to the refrigerator and start taking out things you like until the bag is about three-quarters full. This should take at most five minutes.

For an extended trip, take two Paddybags, go to the nearest supermarket and/or delicatessen and/or health food shop (wherever you usually shop), and keep on putting in things you like until both bags are full. This should take about half an hour, and will do for a twelve-day trip. For trips longer than twelve days, it is less masochistic to take only twelve days' food and go hungry for the rest, rather than carry the extra weight at the beginning. Someone once said: "One of the most demanding aspects of organizing an extended trip is arranging the food." This is bullshit. (Note that Mountain Equipment bags may be used instead of Paddybags if you prefer.)

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spending a lot of time around the camp, fire-lighting, and cooking can be a pleasant way of spending it. If you decide that you won't have a fire for at least some of the time, you have to choose between taking a stove and taking food that doesn't need cooking. Most people seem to pick the stove, why I'm not sure. Stoves are temperamental and heavy and use fuel which leaks through everything, then they blow up and set the tent on fire, if you have a tent. Nevertheless, some people develop strong emotional ties with stoves, and enjoy coaxing and cajoling them. If you have such a person on your trip, by all means bring a stove. If not, bring lots of bread and cheese and chocolate and nuts and fresh and dried fruit. You'll eat nearly as well (maybe better) and it won't weigh much more (maybe less, when you subtract the weight of the stove and fuel, not to mention billies and frying pans and bottle-washers.)

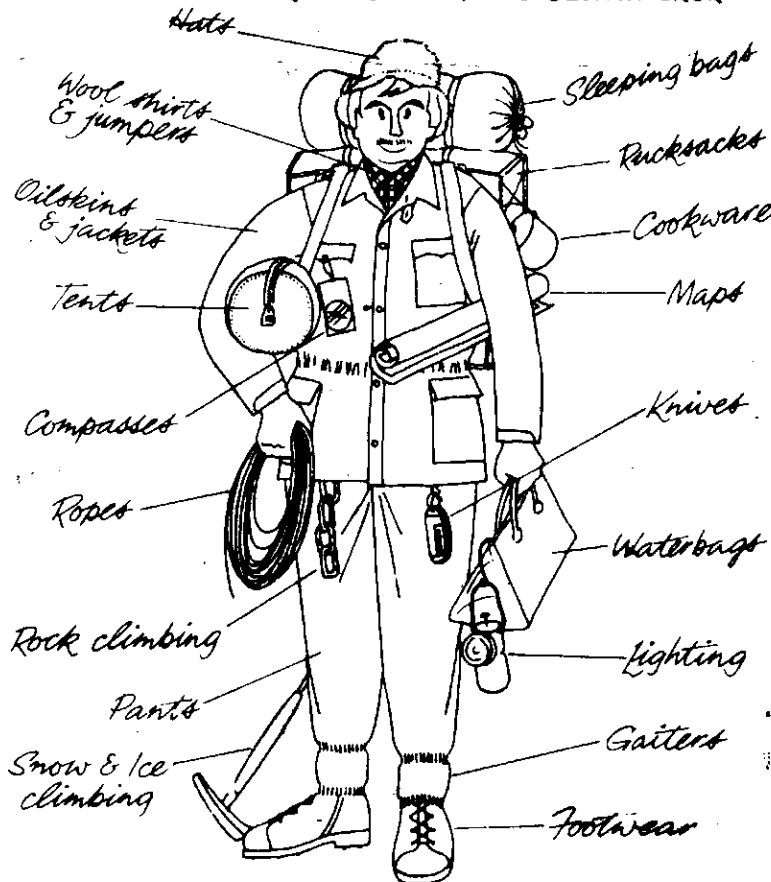
Some foods are inconvenient because they tend to leak and get through everything. Eggs and honey are the worst. Tomatoes bananas and butter also need careful treatment. Others go off after a while - for example, fresh meat can last anything from one to six days, depending on the temperature and how fussy you are. Its life reduces to twelve hours if the flies get to it. A few days can be added if you cook it well just as it begins to turn green.

The last consideration is cost. Cashew nuts taste great, contain just about every nutrient known to man, require no preparation and have an energy content of 23kj/g. One could easily live on them exclusively for weeks. However, their high price (\$8+ per kg) means that most people reserve them for occasional snacks. Freeze-dried package foods taste so-so, are reasonably nutritious, require cooking, contain about 15kj/g, and cost \$10.40 per kg. Also they are incredibly over-packaged - packages which you have to carry out. Yet Paddy sells them by the container load. Such is the power of advertising.

If you disregard such flack and choose your food as outlined above, it will cost \$1 to \$3 per day, depending how many little luxuries you take - almost certainly less than you spend on food at home. Buy in reasonably large quantities, best of all in bulk. Repack into plastic bags, M&B tins, etc if you have the time, both for convenience and to save weight, especially on the walk out. (I rarely bother though)

ACKO

EVERYTHING FOR THE CAMPER AND BUSHWALKER



WE'LL EVEN SHOW YOU HOW TO PACK IT ALL!

Paddy Pollin

67-69 LIVERPOOL STREET, SYDNEY, NSW 2000 26 2485
JUST DOWN FROM GEORGE ST
46 NORTHBOURNE AVENUE, CANBERRA, ACT 47 8949
35 HARDWARE STREET, MELBOURNE, VIC 3000 674845

BITS AND PIECES

LOST WATCH: A watch was found at Leaning Tea Tree Saddle on the Southern Ranges Traverse (Tasmania) late in 1978. Contact J. Tedder, 43 Waite Road, Netherby, S.A. 5062.

ECOFEST: The New England University is running a series of weekend schools on the environment. Classes are held at places such as Mt Kaputar NP, Macquarie Marshes, etc.

hobbies.

SOUTH-WEST TASMANIA: The South-West Tasmania Committee's film of the South-West has been shot. The film includes the Western Arthurs, Federation Peak, Gordon River and interviews with Ashton (HEC Commissioner) and Denny King. Money is still needed to complete the film into a marketable state.

ETTREMA: The situation in Ettrema has become extremely complex. Federation is at present involved in a legal suit over Ettrema. Proposals for roads into Jones Ck, Tolwong Mines and Yarramunman Ck have been made. An objection was lodged by Federation against this proposal. There are many serious implications in the Ettrema case, and possibly the next Newsletter will be devoted largely to Ettrema.

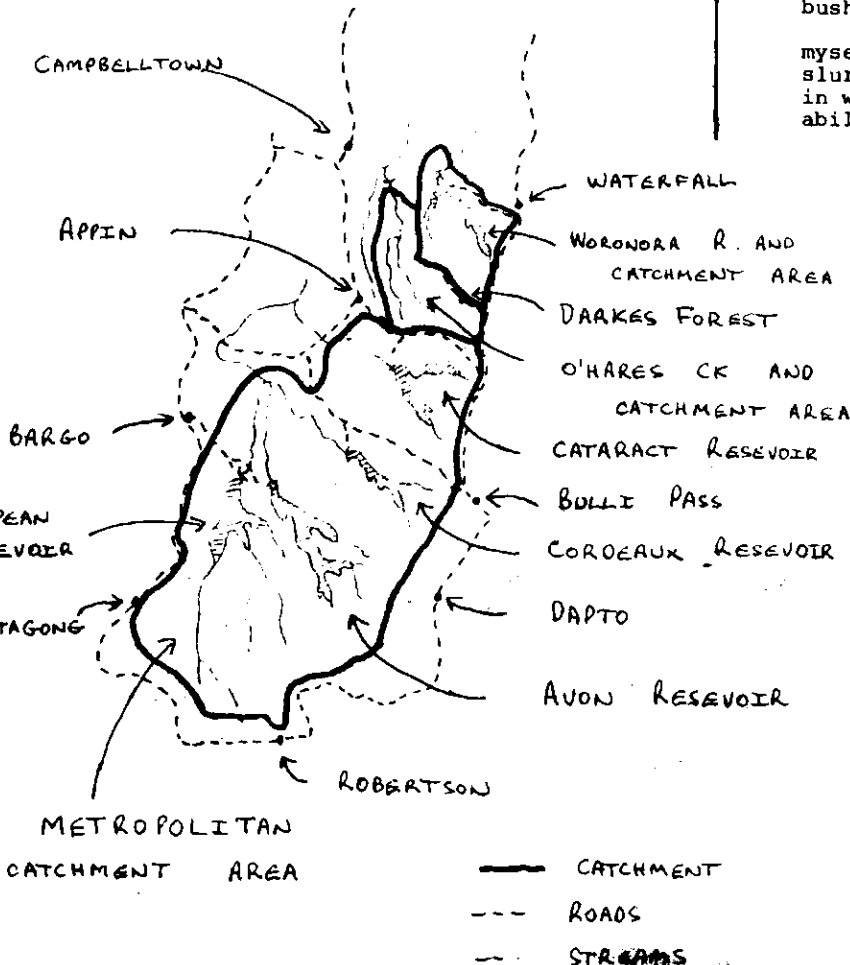
BITOU BUSH: Bitou Bush infestations on the North Coast have reached alarming proportions. This aggressive weed is hard to eradicate due to the survival capacity of its hard seed. The State Government has continually refused to declare the plant a weed, so the NPA has decided to convene a meeting of interested people to discuss the problem. Anyone interested should contact the NPA.

OFF-ROAD VEHICLES: Federation made a joint submission to the recent SPCC inquirer into off-road vehicles.

SNOWY MTNS: Rumours of a planned skiing development on the slopes of Gungartin, above Schlinks Pass.

ACCESS TO WATER BOARD CATCHMENT AREAS

The Water Board have granted permission for members of clubs affiliated with Federation to enter the O'Hares Ck Catchment Area. This includes O'Hares Ck, all tributaries and the ridge dividing the O'Hares Ck and Woronora R. catchments (see accompanying map). Walkers are advised to carry some proof of club membership (e.g. a programme of walks) as it is common to meet a hanger. The Woronora and Metropolitan Catchment Areas are to remain off limits to walkers.



A bushwalking club is being formed centred at Fairfield. Help is needed to establish this club as it is much needed in this part of Sydney. One meeting has already been held (13.3.79) with 16 attending (all very enthusiastic). Some trips have already been arranged but more leaders are required. It will meet every second Tuesday of the month, 7.30 p.m. to 10.00 p.m. at the Fairfield School of Arts, Harris Street, Fairfield.

If you can assist please phone James Nethery (727 5871) or see you at the next meeting.

The aim of the Newsletter is to keep bushwalkers up to date with current matters of interest. It will do this best if its articles come from a reasonably large range of walkers, not just the regular contributors. Articles for the Newsletter are always wanted. Any articles for the Newsletter can be sent to

Bob Sault,
4 Clarence Avenue,
Killara 2071
(Phone 498 7897)

Closing dates for articles will generally be very early in the month. All other correspondence should be sent to

Federation of Bushwalking Clubs
Box 2090, G.P.O.,
Sydney. 2001

APOLOGY TO YVONNE KINGSTON

Please note that my description of the S & R alert concerning you was gleaned from many persons.

In the drama of organising a search it is not possible to keep track of who supplies each piece of information.

Therefore I cannot say who assessed your bushwalking ability.

However on behalf of such persons and myself, I would like to apologise for any slur implied or otherwise on your ability in walking through scrub and your bushwalking ability in general.

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