

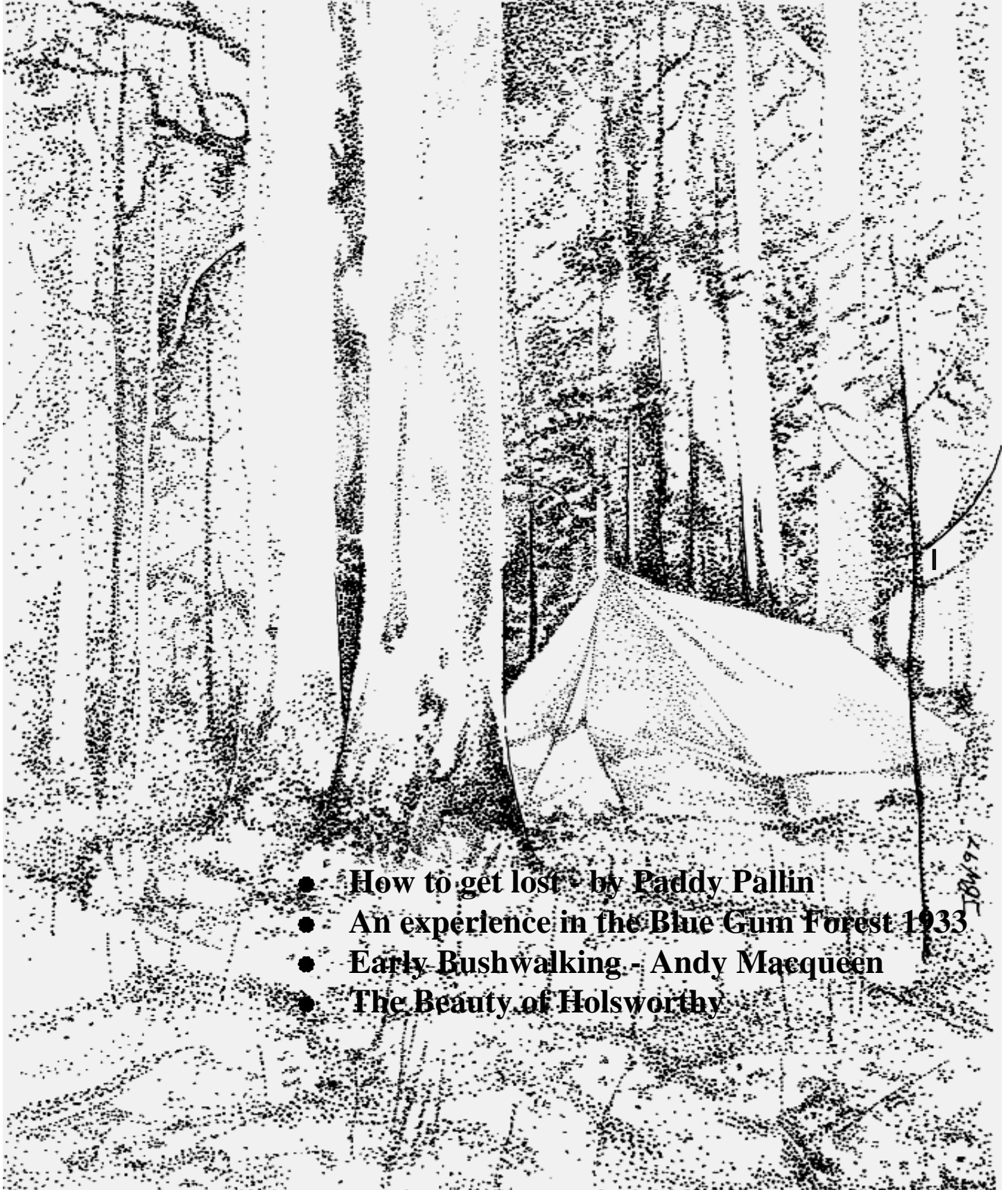
60th ANNIVERSARY ISSUE

THE BUSH WALKER

Magazine of the Confederation of Bushwalking Clubs (NSW) Inc

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<http://www.bushwalking.org.au>



- **How to get lost - by Paddy Pallin**
- **An experience in the Blue Gum Forest 1933**
- **Early Bushwalking - Andy Macqueen**
- **The Beauty of Holsworthy**

Committee Members

*Committee members for
1997-98 will be displayed
in November issue, after
AGM*

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In This Issue

The Bushwalker

Contributions, letters to the editor, original cartoons and suggestions are welcome. They should be sent to the address below. Except for short notes or letters, all contributions should be accompanied with text file on three and a half inch floppy disk in IBM format or E-Mail.

Advertising rates are available on request. Ring John Clarke on (02) 9744-1916

Distribution is through affiliated clubs, major retail outlets, council information centres and national park offices. **Address all correspondence to** The Editor, The Bushwalker Bushwalkers NSW PO Box 2090 GPO Sydney 1043.

E-mail turton@fastlink.com.au

The Confederation of Bushwalking Clubs NSW Inc represents approximately 65 clubs with a total membership around 8200 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 service. People interested in joining a bushwalking club are invited to write to the Secretary of the Confederation of Bushwalking Clubs at the above address for information on clubs in their area. Or visit our web site at <http://www.bushwalking.org.au>

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The Bushwalker is the magazine of the Confederation of Bushwalking Clubs NSW Inc. It's published quarterly. The aim of the magazine is to provide articles and information of interest to the members of clubs affiliated with the Confederation and bushwalkers generally. Any opinions expressed by individual authors do not always represent the official views of the Confederation.

Editorial - Wilderness or Wilderless

Colin Wood

The recent debate about the closing of access roads should now be put in perspective, in particular, the New Haven Gap road. This event, if the Grose Wilderness Nomination proposed by The Confederation in February 1996 is accepted, it could mean that we bushwalkers may have to walk further to our favourite places (and it looks like the 'service' is starting with this road) I'm

part of the article written by Andy Macqueen in the February 1996 issue of "The Bushwalker".

One night in 1941 Jack Watson, a member of the Rover Ramblers Club, spent a contemplative time in Blue Gum Forest sitting by the camp-fire: he was thinking of the walking mates who had accompanied him to the spot on past visits, who were now scattered around the battlefields of the world, fighting the



The Blue Gum Forest 1943 Photo J. Wood Sydney Bush Walkers

sure we can expect to hear about more road closures in the future.

I have been reading a few of the old issues of "The Bushwalker", and it's quite enlightening to see how the old time bushwalkers took it in their stride (no pun intended) to walk from Katoomba station along Narrow Neck. Or from Blackheath station to Perry's Lookdown to start a walk that we now do in a couple of hours, I'm sure they had a great feeling of satisfaction arriving by steam train Friday night, walking down Perry's in the dark, slipping and sliding on tracks to spend a few hours in the magnificent Blue Gum they had so recently saved from the axe. Whereas we complain about walking a few extra Kilms to our favourite spots. In the years to come I'm sure we will come to accept these changes and realise the extra effort is worth it.

I think it is worthwhile reprinting

Germans or the Japanese. In the pre-war days which he looked back to, Blue Gum Forest was out of reach of most day-walkers: Time marches on. Since then a plethora of firetrails have been built along ridge-tops in the Blue Mountains. On each occasion, we bushwalkers have expressed our horror and indignation, but a few years later, after we have become accustomed to the closer vehicle access so-afforded, we have grown to accept the trails.

It's time not only to stop the rot, but to reverse it. Confederation has submitted a proposal to NPWS for the creation of a Grose Wilderness Area. In our proposal, we have put the view that the firetrails should be closed and revegetated.

This means that I for one would have to walk further to get to some of my favourite spots. But to see that as an

inconvenience is self-centred and short sighted, compared with the attraction of gaining a large, intact wilderness. If our recommendations are accepted, I am sure future generations of walkers will thank us for it.

If any reader would like copies of the Grose Wilderness Nomination write to The Editor Bushwalkers NSW PO Box 2090 Sydney 1043, and enclose a stamped self-addressed envelope.

RIVER ROVING BY CANOE 1937

By TOM HERBERT

(River Canoe Club and Sydney Bush Walkers).

A twelve-foot cedar canoe moves gracefully along a placid stretch of the Shoalhaven. The two stalwart paddlers wield their blades with perfect rhythm and puff their pipes in comfortable contentment.

What actually happens is uncertain. One man struggles to gain a footing as he is swiftly carried downstream in the grip of the current. Bobbing along near him are sundry items of equipment, billy cans, food tins, clothing and a couple of paddles. The other man is waist deep in the racing water desperately clinging to a rock with one hand and the swamped canoe with the other.

The tent and a valuable camera have disappeared as well as many items of minor equipment. Search at the bottom of the torrent is impossible. Water is in everything; leaves of bread are soggy masses of jelly. Mournfully everything is unpacked and laid out to dry. The paddles are recovered a half-mile downstream. Without a tent the canoeists sleep under the stars and do likewise for the next ten nights.

Days of endless variety, roaring torrents, long deep pools, gleaming sand banks, the rugged grandeur of the gorge, the solitude of evening after an exciting day, the glorious uncertainty of what is ahead—all these are for those who venture along rivers by canoe.

Reprinted from **The Bush Walker** 1937



The ninth
Emergency
Services
Navigational

Shield, "The Rogaine" was again a very successful event. A total of 112 teams competed in either the one day or the two day event. Teams came again from all the emergency services; police, ambulance, Fire Brigade, SES, NPWS,

Rogaine 97 June 28-29

Keith Maxwell
Director Wilderness Rescue

John Ambulance, Wicen (radio amateurs), Winnalee Bushfire Brigade, observers, official representatives and hangers on our total must be in the range of 450-500.

Mostly though we see very few people during the whole weekend- most of them are scattered throughout the

cards until I say so!

The aim is to choose a route according to your navigational ability and fitness to gain as many points possible without coming back late (severe penalties apply). Checkpoints vary in value and consist of coloured nylon flags with a clicker punch attached. Each punch gives a unique pattern of holes. When you get to the checkpoint you can click your Control

Card in the box for that checkpoint number. There is no obvious solution so you can't just follow the leader around the course.

Saturday was a glorious warm winters day, contrary to predictions. The best teams are truly bitten by the competitive bug. Fifth place had only half the points of the winning team. Most take a more casual approach. They see it as a great training/revision of their navigational skills but don't bother to test their night navigation, and return before dark. The reason they can do this is that checkpoints are set in obvious places since in



Would you trust this mob with your money? The Springwood Bushwalking Club team placed first in the bushwalking class and second overall Glen Lewin, Peter Butler, Greg King, Kevin, Kevin Lloyd, Andy Macqueen

Defense Forces, VRA and bushwalking clubs. The area chosen around Devil's Rock in the Mt Yenyo National Park was ideal. Modest relief, open ridges, mostly clear creeks with very few rocky bluffs. Aboriginal art and engravings are common. An added advantage was that the local roads went well wide of the course and would provide little help for the 'road runner' type of competitor. Consequently we set out our checkpoints with maximum randomness.

Our base was the Mogo Creek campsite. Now 112 teams means we have around 400 competitors. With our control organisation, helpers from St

course collecting checkpoints. Many also are bush as radio checkpoints/first-aid staff. For safety there are 4 radio checkpoints spread throughout the course. Competitors must report to at least one radio checkpoint/day.

The largest group during the weekend is for the massed start at 8-30 Saturday morning. All competitors attempt to control their enthusiasm long enough to be welcomed, reminded of some of the most important rules and corrections for checkpoints (somehow there is at least one) and etc. They have to listen, as they don't get their control

every Rogaine we have always had teams of very little ability. Each team has a clue sheet that gives the grid reference of the checkpoint and a short description of it, eg, creek junction, top of cliffs.

Catering/tea/coffee is available while you wait for the presentation around 8-30 pm.

Sunday was, as predicated - wet. Steady rain fell on and off all morning. Teams reporting back often needed help to take their control cards out of their map-cases as their fingers were too numb. The best teams are again bitten by the bug and find many checkpoints

at night although this years second placed team actually got 6 hours sleep! Normal teams camp at nightfall usually around on of the radio checkpoints.

Unfortunately the minister for emergency Services, Mr Bob Debus, was unable to present the trophies for family reasons. He was keen to attend again after doing the Blue Labyrinth 1996 presentations. The rain held off for the open air presentations. I always involve the senior police, State Rescue Board and VRA officials observing to present various awards. The hope is that competitors will feel some appreciation of their efforts. As well as first, second and third there are class awards for the best of each service present, ie best police team, Defense Forces, SES bushwalking club etc.

We also have a participation award. If you think the nature of this event suits bushwalkers. Many other services are simply not fit enough and we hope they notice how well our

ordinary bushwalkers do by comparison to them.

The Rogaine is a great way to practice/learn your navigation. Regularly throughout the event you prove you got it right when you find the checkpoint. This is a great reinforcement. It is also a great mental challenge. No team can get every checkpoint. What strategy will work to get as many checkpoints as possible? Teams that do well have followed a plan developed before they even put their packs on! Some teams don't even leave immediately they get their control card as they are still planning their strategy.

So remember to set aside the last weekend of June 1998. We don't follow the moons. The Rogaine is always in the dead of winter - the best time for bushwalking. get a team together from your club during April '98. Better still get two teams. Put the speed freaks in one while you join the socialisers in the other and enjoy Rogaine '98.

Walking in Kyrgyzstan - Expressions of Interest

A walking trip in the Tien Shan Mountains of Kyrgyzstan (a former Soviet central asian republic bordering Mongolia) is being planned for either July or August next year (1998). The trip will be approximately 20 days in length and is open to any fit bushwalker.

Contact Lou Zamberian
President Brisbane Water
Outdoor Club. email
d4427pn1@oznet02.ozemail.com.au

Correction

The volume number in the last issue should have been 22 not 23.



CAMPING TREKS IN AUSTRALIA

With the experience gained from over 2,000 kilometres trekking on the Federation Track from Melbourne to Barrington Tops we will take you to the best scenery in eastern Australia on treks ranging from three days to three weeks. With only a daypack to carry, an informative guide and the best support crew in Australia you will enjoy your walking and revel in the views.

You will welcome the food, the fun and the friendship as you walk from camp site to camp site in remote, unspoiled areas. All you bring are your clothes, raincoat and sleeping bag. Most of our treks are in areas which are difficult to access so this is your chance to walk the wilderness!

- ◆ CROSSCUT SAW
- ◆ SIX FOOT TRACK
- ◆ BARRINGTON TOPS
- ◆ THUNDERBOLTS TRAIL
- ◆ GREEN MANNING VALLEYS
- ◆ WERRIKIMBE NATIONAL PARK
- ◆ FEDERATION TRACK NORTH STAGE III

If you enjoyed trekking overseas you'll love trekking in Australia.

Bill Avery

PHONE (02) 9484 9701 FOR YOUR TREKKING PROGRAMME



Personal Accident Insurance

Maurice Smith
Insurance Officer

For no more than the cost of an ice cream that you might buy at the end of a walk you can obtain personal accident cover for your club bushwalking and related activities. The policy covers you from the time you leave home until you arrive back home.

If you do have an accident when bushwalking the policy won't make you so rich that you can give up working and go bushwalking for the rest of your life (after recovering from your accident). It will help ease the pain on the hip pocket nerve for that things that Medicare or your private health insurance doesn't cover.

The cover operates when you are on a club sanctioned activity. The cover also travels with you, so that if you walk with several clubs,

Continued from page 11

exploring those parts of the forest that I had not seen the day before; and scorching, beyond human aid, a pair of shorts that one of the party had hung near the fire to dry. This was done during one of my efforts at cooking, which were most strange.

It is of the camp fire that night that I always think whenever good

you need only have personal accident insurance cover through one club. You are covered when you walk with any other club that is affiliated with Confederation.

As you might expect, there are some terms and conditions that apply. The critical one is that if you do have an accident, the insurance broker **must** be notified within 30 days of the accident.

If you want some more details, please have a chat with the appropriate member of your club's committee.

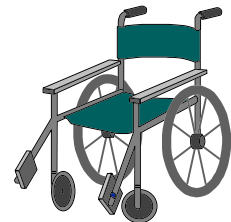
camp fires are talked of. The night was cloudless and stars hung in the branches. A massive log burned while the bushwalkers sang to us "Old Folks, Young Folks." "Hey, ho, Come to the Bush, "Where the Slopes" and all the old favourites. Ernie and Edger obliged with solos, and then together gave us "The Two Gendarmes." I think it was Let pura's "Volga Boatmen" with the last note dying away in the rippling of the Grose, that completed my conversion from a mere hiker to a person with bushwalkery ideals.

Last Eight-hour weekend I was down the Forest again. Perhaps it was a trifle crowded and one was apt to come upon hosts of small boy scouts at very odd moments, but I found that after four years, the hold of the Forest over me was still as great. Let's hope it stops forever as lovely as it is now.

Reprinted from The Bush Walker 1937.



Bushwalkers' Personal Accident Insurance

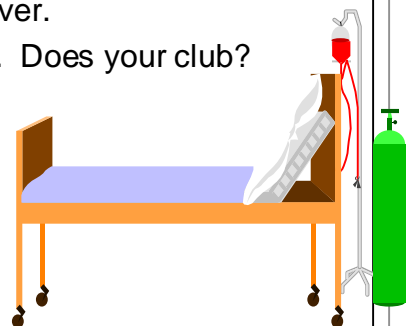


Do you have personal accident insurance cover when you are on a club activity? **Don't Know? NO?**

- Confederation's national Personal Accident Insurance provides cover for bushwalking club members. A wide range of benefits is available to members who are injured on a club activity.
- Confederation's Personal Accident Insurance is wide ranging and very cheap. Talk with your club's committee to get details of the cover.
- Some clubs provide this cover for all of their members. Does your club? Ask your club's committee now.



Confederation of
Bushwalking Clubs
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This year, I have been involved in several meetings about walking tracks. The most significant for Confederation have been about a Blue Mountains Crossing Walk in which we may have a leading role. The concept was brought to Confederation by the Scripture Union Club and inspired three longtime walkers to submit alternatives which they had been developing for some years. A marked up map and a spread sheet will be on display at the AGM, and I can send a copy of the latter to any club which is not represented there. Hand copying of the map is more time consuming.

I represent Confederation on a committee of Standards Australia which is reviewing AS 2156 -1977- Signs for Walking Tracks. This was a very brief document and the Victorian Federation and some Government land managers requested a revision. The first meeting discussed a number of changes including International Symbols for the nature of tracks and a standard for design and construction. It is proposed to set up a Design subcommittee and Confederation can nominate one of our members with an interest and preferably an engineering background. In February I attended a workshop on the preparation of a Management Strategy for the Australian Alpine Walking Track, (AAWT) which extends from Walhalla in Victoria to Namagji N.P in the ACT. The draft document has just been issued.

Most recently I attended a meeting convened by the Northern Rivers Regional Economic Development Organisation (NORED) to promote a Great Eastern Centennial Trail (GECT)

Along the Track

Alex Tucker
Tracks & Access Officer

to extend from Mt. Mistake near Toowoomba to Hawk's Nest, the later to connect with the Great North Walk, Hume & Hovell Walk and the AAWT. The most useful result for me was an overview of existing or proposed long distance tracks; The Appalachian Trail in U.S., Bibbelmun Track in W.A., The Federation Walk and Pacific Peace Trail. The latter two and CEGT will be competing for Government funding with the Blue Mountains Crossing. This has an advantage, I think, because, of its smaller scale and lower costs.

Denied Access

Four instances of Denied Access for bushwalkers have been brought to my attention. This sort of problem can only be resolved if landholders who are neighbours of National Parks accept Confederation's assurances that we have adequate insurance Protection for our members and the public and that we have a Code of Ethics. Then the actions of every walking party must be evidence that our Code is being observed. If reelected at the AGM I will continue to seek resolution, and would welcome notification of new problems.

There has been a partial resolution of the problem with the road to Baalbone Gap, Pantoney's Crown NP and the south eastern section of Gardens of Stone N.P. Baalbone Colliery has closed the direct road from the Mudgee Road at Cullen Bullen where it enters their mining reserve. The reason is said to be that continuing blasting work could endanger the public. The NPWS ranger advises that there is alternative access from the Capertee Glen Davis Road. This route is said to include some steep sections but be negotiable by two wheel drive vehicles. I have some doubt about this after wet weather and I would appreciate road reports from walks leaders.

My attempt to initiate discussion of a track construction group must be regarded as a failure. Further, I have been unable to find an affordable short training course which might certify our abilities and commitment. Some clubs have over many years worked with the local rangers and earned their confidence. I hope that other clubs will consider adopting a park and scheduling regular track maintenance

Wanted Project Officer - Blue Mountains Crossing Walk

Following an initiative of the Scripture Union Club three other options have been notified to Confederation. There is some commonality and in other locations both minor and major differences. Like all such projects this will require government involvement and funding. Success in obtaining funding will depend primarily on selling the project to the community. Confederation can play a part not easily available to departments. Confederation will reimburse the Project Officer for reasonable travel and other expenses.

It is expected that the Project Officer would be involved in researching the available sources of funding and in preparing submissions. This officer would undertake a field assessment of major alternatives in sufficient depth to make a credible case for funding and would represent Confederation at meetings of interested parties.

If the grant application is successful the Hon Project Officer could apply for the paid position. The successful candidate will probably be chosen by a Steering Committee on which Confederation will presumably be represented. The Hon Project Officer will report to Confederation's Management Committee through the Tracks & Access Officer, who can be contacted for further details.

EARLY BUSHWALKING - SOME PERSPECTIVES

The bushwalker may justly claim that this pastime is one of the very few that develops both the mind and the body. It takes him far away from the hustle and bustle of the modern city, and he may tread in places where no white man has trodden before. He learns to appreciate the strange, peaceful charm of the Australian bush, known

Andy Macqueen

decided to maintain its exclusivity and not open its doors to the throngs of new walkers (particularly women). But even last century there were many recreational walkers who could be described as bushwalkers.

The Melbourne Walking Club (which still operates) started in 1894, while the now-defunct Warragamba Club started a few years later in New

was unheard of: many bushwalkers, including Dunphy, were accompanied by a dog. Some carried an axe, and perhaps a rifle. Rubbish was disposed of on the 'burn, bash and bury' principle.

In an era when woman raised eyebrows merely by wearing shorts, mixed bushwalking parties caused consternation in polite circles: there was quite a row about the 'co-tenting' issue within the Sydney Bush Walkers. Not that the women always walked with men—Dorothy Lawry, a key figure in the Sydney Bush Walkers, the Blue Gum Forest campaign, and the Federation, took all-female parties on ambitious trips down the Kowmung and elsewhere.

Few people had a car, and there were fewer roads and fire tails than today. Bushwalks were planned around the trains, and remote places like Kanangra Walls (to which there was no road) were the province only for dedicated walkers on extended trips. For instance, Tom and Sissy Godfrey were dropped near Jenolan Caves to walk to Burragarang via Kanangra—but after walking several days in the rain they were unable to cross the Kowmung, and had to walk all the way back—still in the rain. The bedraggled pair were greeted with astonishment and disdain by tourists at the Caves! In another epic described as 'sheer bloody hell', Ray Bean, Nin Melville (founder of the Coast and Mountain Walkers) and Win Duncombe took fourteen days to walk the Colo, which was in flood: they survived by eating eels caught with pegs and guy ropes.

Such were the risks of serious bushwalking: going out there, and being totally responsible for yourself. A true wilderness experience. Today we have the security offered by phones and helicopters; we can travel far into the wild by car or bicycle; many new tracks and pads have appeared, and we have accurate maps. The wilderness experience has been diminished.



Easter 1934: Sydney Bush Walkers at Kanangaroo Clearing: Gordon Smith, Jock Kaske, Hec Carruthers (seated), May Smith, unknown, unknown, and Gordon Mannell. Four of the men are brandishing rifles at a mock target. (Hec Carruthers collection)

only to those who seek its virgin spots, and he realises that man and his civilisation form a small part only of a wonderful creation.

—From *An Introduction to Bushwalking*, Federation of Bushwalking Clubs, 1939.

There weren't many bushwalking clubs in the 1930s, but the walkers were very enthusiastic. These were the heydays of bushwalking. Faced with economic depression on the one hand and conservation issues on the other, walkers had been drawn together with a spirit of adventure and goodwill.

When did our pastime originate? The term 'bushwalking' was coined by the Sydney Bush Walkers, the club formed in 1927 when the Mountain Trails Club

South Wales. The Mountain Trails Club, whose leading light was that Father of Conservation, Myles Dunphy, was formed in 1914. The growth of the Scout movement was also influential: many well-known walkers starting out as Boy Scouts.

But bushwalking in the early days was not quite the same as today. There were no plastic bags and no fancy tents. There were no packs until Paddy Pallin started making them. There were no helicopters and no mobile phones—there wasn't even a search and rescue organisation until the bushwalkers formed their own in 1936. There were no useful maps until the army maps appeared: walkers relied on sketches and advice provided by people like Dunphy and Pallin. Minimal impact bushwalking



Easter 1916: 'Baldy' Harry Whitehouse, who later joined the Mountain Trails Club and Coast and Mountain Walkers, camped by the Coss River while on a walk from Wentworth Falls to Yeranderie with his friend Cecil Webb. (Maria Sozanski collection)

Have you heard about The Blue Gum Forest?

**Come along to the monthly meeting of the Hikers Club, on 6
September 1932**

The meeting will be addressed by a representative of a group called the Blue Gum Forest Committee, who have been busy saving a beautiful stand of Blue Gums in the Blue Mountains.

The representative will show us some especially prepared lantern slides, and explain why we should all support their cause.

The above re-enactment will be a highlight of the 65th anniversary celebrations, hosted by The Friends of Blue Gum. It's to be held in the NPWS Heritage Centre, near Govetts Leap, at noon on Sunday 6 September, following the official commemoration at the Leap at 10 am.

There will be plenty of afternoon left to get down to the forest to join other walkers camped at Acacia Flat, or on the other side of Govetts Creek, where there will be a communal campfire.

On the Sunday there will be a short historical tour of the forest, commencing at 10.30 at 'the big tree' at the bottom of the Perrys track.

**book add back
from brink**

An experience in The Blue Gum Forest 1933

‘An article for the next issue?’
guered our editor, and as the lift was coming and “ But I was in a hurry, I answered, “Yes now I came to think of it, what have I to write about’ For no record breaker am I. No miles of snow plains have I traversed, nor “bagged” virgin peaks, nor walked the Grose in a week-end. It is true I was with a party that “did” Mount Solitary in a day, but all I remember of that memorable trip was falling down the Golden Stairs in the morning and dipping up the Kedumba Pass in the afternoon. The rest of the gallop is as hazy as the mists that

By ‘Anonymous’

What would not push into the peak was tied on the outside, or carried under the arm. On the Friday night before Eight-Hour day, the party boarded a train at 7.30 or thereabouts, and whiled away the journey by alternately sleeping, and eating a large cake which had been kindly donated by a friend of one of us.

Eventually we tumbled out on to Blackheath Station, and took to the road to Govett’s Leap. At the Leap, one of the party cheered our flagging spirits by raising a series of echoes. Then, with two torches between the lot of us, we

flight by an examination of the other shoe. It was heelless, also. But when we came to that part of the track that runs parallel to the creek, slippery paths and wooden heels were soon forgotten. By this time, the moonlight was helping us on our way, and I shall never forget the sight of it on those small waterfalls.

At last we reached the Junction. Here an argument ensued as to which was the best crossing. To prove his point, one of the party took a flying leap, and landed in the water, long pants, and all—all, in this instance, meaning pack, bread carried under the right arm, and a billy, containing a pound of butter, in the left hand. We soon had a fire going and untying my blanket from the outside of my pack, I rolled up in it, and my ideas of admiring the stars were lost in a dreamless sleep. About 4.30 to 5 o’clock the ground grew harder and the blanket gave less warmth, so I was able to enjoy the lovely sight of the sun’s rags gradually penetrating the slight mist in the valley

A dip in the creek, and a hearty breakfast, and then away we went towards the forest—THE FOREST as I had always heard it called. The trip along the track and the numerous crossings of the creek were all of tremendous interest to me, the mug. Then we met the outlying blue gums and gradually, as we neared the Grose, the real forest was before us. There is no need for me to try to describe to any

Bushwalker the glorious experience of seeing those tall gums for the first time.

We pitched our tents (one of heavy canvas) and wandered around, enthralled with the beauty of the place. During the day Bushwalkers seemed to arrive from all directions, and by evening there were tents and fires all around us. I had a great time examining the different kits and wriggling into a sleeping bag for the first time. The next day I spent

Continued on page 6



*A Camp in The Blue Gum Forest
Photo by Horace Salmon Coast and Mountain Walkers*

rested on Solitary that day.

I have thought and thought about the trips I have done, but always my mind reverts to the very first one, when the magic of Blue Gum Forest transformed me from a casual hiker to lifelong Bushwalker. How I looked forward to that trip I was to sleep in the open, a thing I had never done in my life before. My outfit was rather extraordinary:—one small military pack, without extra pockets, one small, grey blanket, purchased specially for the great occasion, black strap-shoes with wooden heels, a bulky, yet wholly inadequate supply of food and other sundries too numerous to mention.

started down the track which had not fully recovered from a week’s torrential rain. The glowworms were shining along the reeks, but so appalling was my ignorance that, looking up the cliff face, I remarked how close the stars seemed to be.

Neither of the torches shed a particularly bright beam, and pump soles and wooden heels were not so good on that slippery path. Half-way down, I moaned loudly, because I had left a heel behind on the last flight of steps. It was going to be most awkward, I complained, finishing the trip on one heel. However, my fears were put to

**Let’s hope it
stops forever as
lovely as it is
now.**

Cookery Corner



APPLE CAKE

Introduction

If you see a CMW party holding billies over a fire with sticks and saying that they can “feel the vibrations”, you will probably think that a strange ceremony is being carried out, and you will be right. They will be cooking apple cakes.

Ingredients (per person)

- (i) 25 grams of dried apples;
- (ii) 40 grams of packet cake mix.

I use sponge cake or golden buttercake mix.

Utensils

In a one-litre billy you can cook a cake large enough for three people. A wide billy is preferable to a tall one.

Procedure

Boil the apples in the billy. In a separate container, add water to the cake mix to produce a paste which is just thin enough to be poured. When the apples are almost cooked, make sure that there is plenty of water left in the billy. Then pour the cake mix on top of the apples and put the lid on the billy. Heat the billy from below, not the side, so that the water simmers. The steam rises through the cake mix and cooks it, taking about 15 minutes to do so.

When people from my club are cooking the cake on a fire, we hold the

billy over the fire with a stick. When we can just feel vibrations through the stick, we know that the water is simmering gently and that the right amount of heat is being applied.

The cake can be eaten by itself, or with cream or custard.

*Contribution by Alan Dixon,
Coast and Mountain Walkers*

Thanks Alan - we certainly have lot's of good **male** cooks in Confederation, how about a few recipes from the girls!

mountain des different

HOW TO GET LOST

By "PADDY" Pallin (Rover
Ramblers and Sydney Rush Walkers)



Sketch by Dot English

Don't be half-hearted with your walking. Plan your trips ahead, and if you are considering getting lost, do the thing in style and make a job of it. Here are a few tips that will help.

Before you set off there are certain preparations to be made. It is silly to get lost in easily accessible country, and so it is best to choose the wildest and most rugged territory. Of course, you must have information to help you to get into the area, so go to some one who knows the district and get some dope on it, but whatever you do don't take notes of what he tells you. Rely on your memory, or should he insist on giving you notes and route sketches, it is much better to leave them behind.

With food, you have the choice of two courses. You can so cut down the food supply that you will be on short rations before the first week is up, or you can take an extra liberal supply including lots of fresh or tinned fruit and vegetables (so full of vitamins, don't you know), in a number of bottles and tins. The latter course is preferable, because getting lost on an empty stomach is distinctly ultra vires or honi soit qui mal de mer (if you know what I mean). Besides the bottles and tins come in so useful for leaving messages behind for the search party. By the way, you mustn't dream of taking pencil and paper along with you, it is so much more fun writing messages with a burnt stick on rocks, or the tail of your shirt.

Then, of course, keep your proposed route a profound secret. If

possible don't even let anyone know from what station you will be commencing your trip and need I say how foolish it would be to give anybody even a brief itinerary of your trip, because, obviously, that would make it so much easier for the search party, and that would spoil the fun. Unfortunately, for some obscure reason, parents generally want to know when you will be coming back, but be as vague as possible. It is even better to say you intend leaving from one place, and then change your plans at the last moment. This puts possible rescuers quite off the scent.

Having thus prepared, set off on your trip with light hearts and full knowledge that you are going to cause a spot of bother before you reach home again.

It is not a bad plan if you wish to get lost to leave map and compass at home, but some people prefer to take them along because then they have something to blame. If you do take map and compass, put them carefully in the bottom of your pack so as not to be able to get at them. In this way, you can't easily identify landmarks, and it is much simpler to get lost that way.

If you have any difficulty in getting the party lost, an individual member of the party can go off from camp without pack, map, compass or matches—just for a look round. Then he should wander round aimlessly for a while, admiring the scenery and pick a few flowers. Without a great deal of trouble he can very effectively get lost in a remarkably short time. But this is not a very matey thing to do, because even though he has the thrill of being really lost in the bush, it is a bit uncomfortable spending a few nights in the bush without a fire, on an empty stomach, when you're by yourself.

It is not nearly so bad if there are two or three. So it might be advisable for the whole party to leave camp without gear, food and matches and wander off. Besides, it is ever so much harder to find camp if there is no one there to answer your calls.

In the best circles, however, this is considered bad technique, because possums or bandicoots might raid the stores and it wouldn't be very nice if, after being without food for three or four days, the party stumbled across the camp and then found the tucker all messed up.

Another way to make getting lost more exciting is, on learning that the party is lost, to get very excited and rush about first in one direction and then in another, and, of course, it is even better if the party separates because that makes it so much harder for the search party.

Generally only the most enthusiastic "get-loster" get astray without food. As a rule there is generally some rice or flour left, but, of course, it is simply not done to have any knowledge of cooking. Think what fun it must be to learn cooking when lost and after all you will want something to while away the hours until the search party finds you.

That brings me to my final point. Never make a smoky fire when lost; it might be seen by searchers, and as for proper signal fires, well, of course, as a good "get-loster" you simply wouldn't know anything about such things.

When after days of heroic fortitude and endurance, you are found, or stagger weakly up to some lonely farmhouse, just think how you will bask in the sympathy and endearment of your distraught parents, to whom you have been so providentially restored.

From 'The Bush Walker No 1 published in 1937.

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See story - page 17

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Photograph by Henry Gold - Kanangra Deep

Eighty Years of Conservation

NSW Parliament House 22 September to 3 October 1997
An exhibition of photographs presented by the Colong Foundation for Wilderness

The exhibition "Eighty Years of Conservation" demonstrates that the concept of preservation of the natural environment is not a recent phenomenon but stretches back to the early 1920's and beyond.

The photographs are the work of Alan Rigby and Henry Gold whose careers span the period from about 1920 to 1977. They are representative of the host of bushwalking photographs throughout this period, whose work has informed public opinion and helped to facilitate the conservation of scenic wilderness. Alan Rigby born in Sydney in 1901 was a pioneer bushwalker and member of the Mountain Trails Club. Alan instigated the campaign to save the Blue Gum Forest. Henry Gold born in Vienna, arrived in Australia in 1955, Henry took over Alan's work after he died.

Venus Repairs

I began refilling and repairing sleeping bags about 4 years ago, at the time I was managing an indoor climbing gym in Sydney. In May '96 I decided to leave the gym and expand the repairs into tents, packs and garments also.

As soon as I made the decision to go full time I was bombarded with dirty sleeping bags to wash, about 8 a week - off to a promising start in the bath.

Later last year I bought a walking foot post machine, good for packs and leather, and extended the repairs to motorcycle leathers in addition to the outdoor side. Before it all got too much I grabbed a much needed climbing trip on Flinders Island, Bass Strait, over Xmas and returned to a million limp bags and tatty packs. No more holidays since then (one of the shops that sends a lot of work my way has said so!).

Early this year I added a Goretex seam-sealer to the weaponry (affectionately known as "Stampy") and now do a lot of seam sealing.

Someone recently asked me if running your own business was a good way to manage your time, with lots of time off. It was an interesting concept, but I haven't had time to think about it yet.

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