

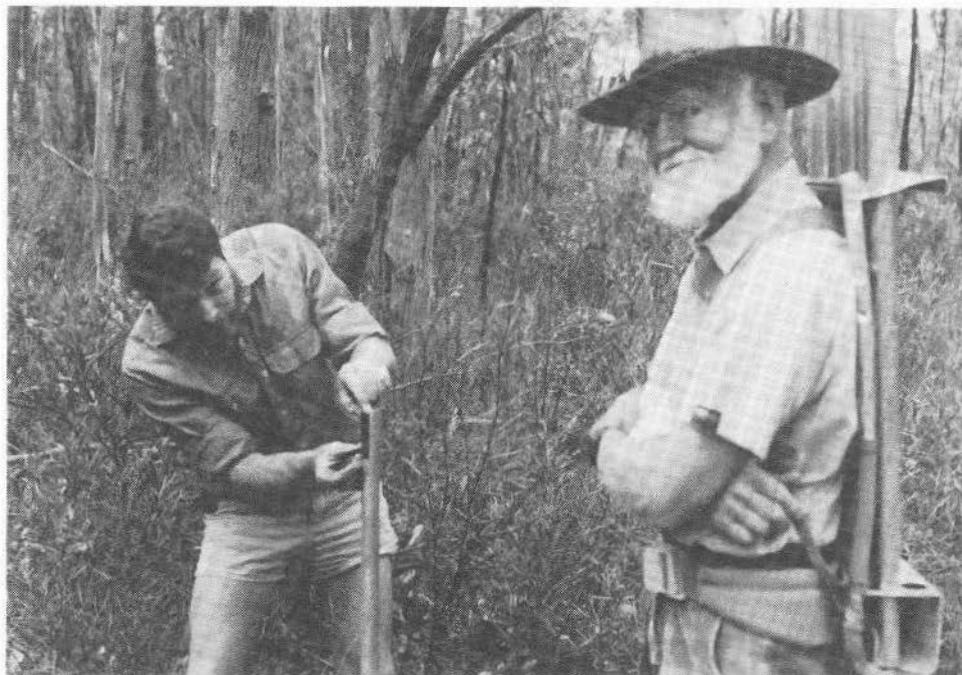
THE TRAILWALKER

ISSUE No. 40

NEWSLETTER OF THE FRIENDS OF
THE HEYSEN TRAIL AND OTHER WALKING TRAILS INC.

APRIL 1993

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MARCH '93 TRAIL MAINTENANCE WORKSHOP

"JUST LIKE THAT!"

TRAIL WALKER

MEMBERSHIP ACKNOWLEDGEMENTS

Since publication of the February issue of the Trailwalker, the following new members have joined the Friends' and a warm welcome is extended to them from the President and members of Council.

Single

Carol Edwards
Irene Minkiewicz
Thomas Brauer
Joyce Molina
Mavis Sansom
Barry Hayes
L C Lush
Elaine Covacevich
Edward Craill
Joan Ryan
Julie Sorel
Jan Madeley
Miriam Beavan
Barbara Shepherd
Jillian McNicol
B Villa
Rob Lock

Family

Gordon Ure
W & J Tibbles
Hans Graf
Chris Caspar
Allan Dyer
J & R Longstaff
R & M Kay
T A Wood
Alec McGowran

EDITORIAL

Our Annual General Meeting is now over; what a fine address Paul Lunn gave us. It was appreciated by all and is still talked about by many. Thank you Paul.

Some of you may note a change in this edition of *Trailwalker*. The print size is marginally larger. while there are fewer lines per page.

One of our hard working section leaders, Fred Brooks, has been in and out of hospital recently in between maintenance trips on the Trail. Take it easy Fred and, from all of us, we wish you a sound recovery.



THE TRAILWALKER
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THE HEYSEN TRAIL AND OTHER
WALKING TRAILS INC.
10 Pitt Street, Adelaide, 5000
Ph. 212 6299

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THE PRESIDENT'S REPORT

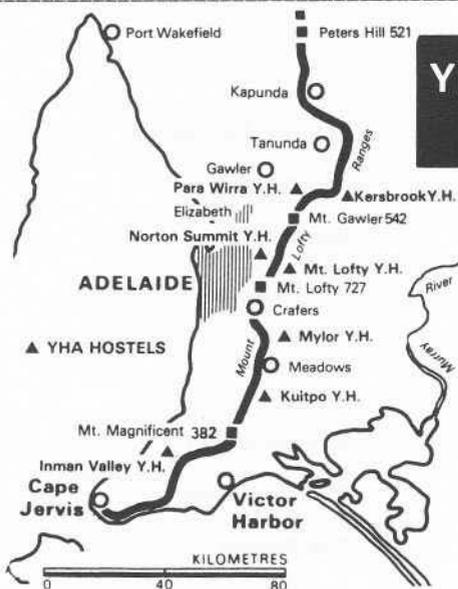
The year has started with a bang! The AGM, a new President, completion of the Trail, the final marking of our northern section, and completion of maps 12, 14, and 15. And the opening of the walking season.

This I believe, sets the scene for our future. Big, bright and different. 1993 will mark our new beginning after completion of the marking. The Friends must now be committed to looking after what they have helped to create. This will be the task as great if not greater than the original effort.

I come to you as a dedicated walker of many years experience (Nepal, India, Tasmania, Victoria - and South Australia), with only 4 years membership of the Friends but nevertheless committed to its future - to its longevity. And I will work hard to work through what I believe is a period of change and realignment and to help open that doorway to the future.

I will need help from many people, but knowing the healthy state the Friends are in, I have every confidence for the future.

Colin Edwards
President.



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COUNCIL MEMBERS

The Annual General Meeting was held at the Girl Guides Association Hall on Friday, 26 March, 1993. Following the election of members to fill the vacant positions the full Council is as follows.

President	Colin Edwards
Vice Presidents	Sadie Leupold Colin Malcolm
Administrative Officer & Secretary	Michael Fretwell
Treasurer	Glen Dow
Minute Secretary	Maureen Morris
Members	Sue Crosser Peter Hill Rob Hill June Quilliam Barbara Radcliffe Arthur Smith Norm Taylor Adelaide Bushwalkers St. Agnes Bushwalking Club Scout Outdoor Centre
Committee Chairpersons	
Trails	Michael Fretwell
Greening	Jim Crinion
Walking	Barry Hayes
Publicity	Nev. Southgate
Branches' Chairpersons	
Burra	Hugh Greenhill
Leigh Creek	Shayne Rescke
Fleurieu	Tim Stokes

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Tasmanian Holiday, 3-9 January, 1993

"Our Trip" from the perspective of two sisters - R & M.

Sunday morning the group assembled at Launceston airport and we all finally met Darren - the person we were to entrust with our well-being and welfare. Owing to circumstances beyond our control, we were delayed by the fact that our bus was not yet available, and we were able to learn intimate details about the Launceston airport souvenir shop, as well as learning 18 different ways of portraying the Tasmanian devil on fridge magnets. Luckily our good humour was holding out, and owing to a bribe from the bus hire company, we were able to finally leave the airport to proceed on our quest for new horizons.

We went to Deloraine where we found a wonderful little restaurant, Bonneys Inn - and were able to regain our sanity and also discover Hartz mineral water, one of the good things to come out of Tasmania. Proceeded onto Sheffield to see "The Murals" which we all found interesting - does that say something about our taste in art? Arrival at Lemonthyme, our home for the next six nights, was at 5pm. A delightful spot, we all settled in, and all of us went off in different directions to 'discover' our new surroundings.

R and I went with some other women to a creek close by, to waterfalls and then back along the road. The walk took one and a half hours, but we felt more orientated with our surroundings. Back for dinner, the meal was wonderful, we were very content and looking forward to the next day to really get some walking done.

Breakfast was a "help yourself" affair, and we discussed the programme for the day. Off to Cradle Mountain. At the beginning of the track is Waldheim Chalet, built in 1912 by Gustav Weindorfer, an Austrian who loved the bush and mountains, and he was known as the 'founder' of the Cradle Mountain - Lake St. Clair National Park. In this area we were introduced to Lemon Thyme, the Lemon scented Boronia after which our lodge was named. Darren was very au fait with his botanical knowledge, and all of us learned much about the vegetation. R and I had also a "reasonable" amount of botanical knowledge, and we were constantly discovering new flora. This day was probably our hardest, the walk was well laid out, the weather was not kind - we had sleet - but it was just wonderful. New scenery, clean air, clear water, good company and new challenges for our body. Some of us were able to climb the ridge to the summit of Cradle Mountain; there was no pressure on any of us to do anything we did not feel capable of doing. We were given choices, and while some climbed, others walked on. The tracks were well marked and at all times we were shown where we were going and told what to expect. It was a long day and we had a few hard climbs, but at the end of the day we were all elated with our personal achievements.

Day three, we were still enthusiastic, but some of us had aching joints.

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Went out to Roland Track, and climbed Van Dyke Peak. Scenery and flora were different, walking pace was a little slower. After seeing a snake, our Doctor explained snake bites to us to ease our minds. Walking along ridges and quite a bit of climbing once again. Is this what they call bush walking? Flora was very pretty, and rock formations were interesting. Views were wonderful and we ended our walk at the Black Stump.

Day four, we had the morning "off". Each of us did our own thing. R and I walked down to the creek. She sketched ferns and the creek while I potted along the banks. We have a passion for fungi, mosses lichens and it was just wonderful to find such a diverse range. I also found a potato orchid, something I had never seen before. Back to the lodge for lunch where we celebrated R's 25th wedding anniversary. The afternoon was spent canoeing on Lake Cethana. We had such a lovely time, and at the waterfall we found out about a myth - a story of a frolic of nymphs and satyrs who were entranced by the beauty of the waterfall. Even those who were there can only wonder if what they saw was real or a figment of their imagination. The lake was choppy, but we all had a great time. At dinner time when celebrating the anniversary, we discovered our Doctor had another skill, that of wood carving, he presented R with a sculpture of Cradle Mountain. Will we ever feel comfortable about a surgeon's knife again! Some of us went down to the creek looking for glow worms, but unfortunately they must have heard of our interest and decided to turn their lights out in an effort of being non-cooperative. Darren, our fearless guide, took others on a trip of a life-time, to the rubbish dump, to wait in darkness to see the native cat. They were successful, though a lot was not said about the aromas that accompanied them.

Day five, went to Cradle Mountain Information centre. Lots of interesting displays and memorabilia of the area. The day was overcast and not very pleasant. We walked through the Waldheim Forest, a very beautiful, spiritual place. Had early lunch. Went to the Dove Lake Circuit, a walk of steep slopes, leeches and waterfalls. Saw two echidnas. Each area is different, different vegetation, different tracks underfoot, and scenery always breathtaking.

Day six, saw a quoll on the way out from the lodge. Went to the Walls of Jerusalem. We climbed high, and hard, our route was a long one, so we only had short breaks. At Herods Gate we had readings from the bible to put our surroundings into perspective. We then had a Barbara Thering interpretation of the bible passages. The weather was kind, and scenery wonderful yet again. Another highlight for me, the discovery of the pin cushion plant, one of the things I felt I "must see" in Tasmania. I felt I had the ultimate experience. We walked a hard 15kms in seven and a half hours. Back to the lodge for our last meal together. Such was the rapport between us all, we were feeling very sad that the end was nigh. Some of the group had organised a presentation, and certificates were handed out to all of us commending each person on our "achievements" It was a lot of fun.

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Most of us got up at 5am to do a pilgrimage down to the creek to watch the sunrise. What a perfect way to end our stay, being at one with nature, enjoying the bush, listening to the birds and being at peace with the world.

We said farewell, but we all feel compelled to return.

Bob Brown, Member of the Tasmanian House of Assembly says: "The 1990s will repeatedly call every one to nature's assistance. How we respond will determine the fate of the Earth - the fate of ourselves, of our fellow creatures, and of the rights of future generations to inherit a planet with its wondrous living fabric intact."



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NEV. SOUTHGATE'S OUT GOING PRESIDENT'S REPORT TO ANNUAL GENERAL MEETING

As I review the 1992-93 year I am reminded that as the Heysen Trail is now officially completed we should look back and review its construction together with our progress!

June 1st, 1986 saw 30 enthusiastic walkers including myself, meet at the Dom Polksi Hall and agree to assist the Department of Recreation and Sport to develop and maintain the then infant Heysen and other Walking Trails, and also to help to promote and protect the trails and road reserves for both the present and future generations of walkers!

Eight years and approximately 1500kms later, plus nearly 1000kms of Mount Lofty Network Trails, we are invited to the official commemoration of the Heysen Trail's completion which took place during 1992. You must all feel proud that the Trail is not only complete but that it could never have reached this point without **"The Friends" dedicated voluntary work.**

The original group of some 30 walkers in 1986 has now grown to a huge family, with 3 branches at:-

Leigh Creek
Burra
Fleurieu Peninsula

And with the addition of some 20 schools and many walking groups joining, our numbers are now over 1,000. Our mailing of Trailwalker alone reaches almost 900 different addressees.

A continuing surveillance and maintenance programme covering most of the Heysen Trail is conducted by 15 separate teams of volunteers plus the three Branches!

An enthusiastic Greening Committee is actively planting and maintaining trees and foliage in a progressive manner. We now construct all of the furniture for both the Heysen and Network Trails in our workshop and we also conduct our own office at 10 Pitt Street, Adelaide. This is open from 9 to 5 daily with the assistance of a team of volunteers working with our part-time Administrative Officer. The Office is seeing a steady stream of curious visitors from the general public as well as servicing the needs of our own organisation.

A very important and growing section of "the Friends" is the Walking Committee's programme which caters for not only experienced walkers but also endeavours successfully to encourage beginners to start bush walking in safety!! These programmes, added to -

Trails Maintenance Workshops,
Walk Leaders' workshop, and First Aid Classes,
and Map Craft sessions;

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coupled with our information sharing magazine **The Trailwalker** form the backbone of what is now a wonderful organisation which, with your help, will continue to promote one of the premier walking Trails in the world (which you can say with pride - "I helped construct and maintain...").

We continue to promote by example:-

Walking with safety in what we are aware is a wonderful area of this great State - South Australia.

There are now either completed or in a state of rejuvenation some 7 Heritage Huts which are part of a plan to have 75 Huts to shelter walkers on the Heysen Trail. "The Friends" have been able to sub-contract the work on these huts together with major bridge construction to the "Homeless men" from **Break Through Services** of the **Adelaide Central Mission** which has helped restore self esteem and hope to these men!

To this date we have also appeared as guest speaker on approximately 50 occasions to promote 'The Heysen and Other Walking Trails'.

I am sure that you will agree with me when I say we can look back with pride at what we have helped to achieve. We must go on to encourage the public to join in enjoying this Great State by walking both the **Heysen and Mount Lofty Trails** in safety!!

To this end it is planned to have a **Publicity Committee** to improve our communication with both you, our members, and also the public. It is also planned this year to install water tanks on the Trail at regular intervals. Another major move is to seek sponsorship for some of the projects we undertake.

In closing may I pay tribute to the dedicated volunteers who have helped achieve this wonderful organisation - in particular your **Executive, Treasurer, Membership Secretary, and Council** who are part of that unseen group who make it all happen!!

Why not join one of the Committees which have given you so much pleasure and help to make our organisation even better.

Don't leave it to someone else - Join In. Remember to say it is **ME** - or **WE** not **SOMEONE ELSE**.

I thank you for having given me the opportunity to lead you in recent years! I have met many wonderful people and I for one am proud and honoured to have been part of such a great organisation - may you continue to enjoy what you have helped create,

The Heysen and Other Walking Trails

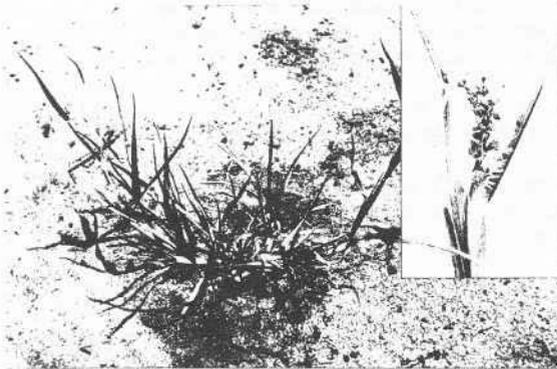
President Nev
26.3.93

TRAIL WALKER

OBNOXIOUS WEEDS

As walkers on, and maintainers of the Trail, do you know your obnoxious weeds? Here are details of four which we should help destroy wherever the plants are discovered. When out walking it is important that we do check our footwear and socks for seeds; removing seeds before proceeding and not carrying them into adjacent areas.

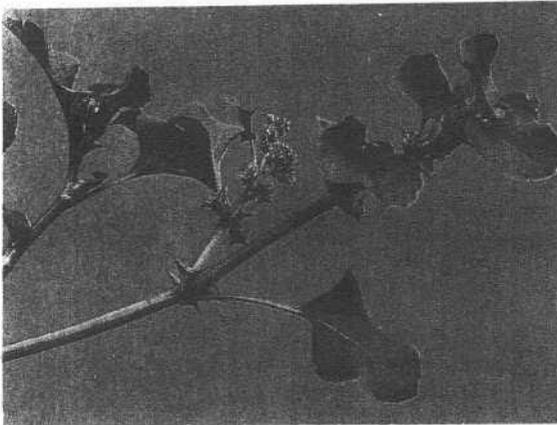
(Acknowledgement is given to the Animal & Plant Control Commission for the illustrative material.)



INNOCENT WEED

(*Cenchrus longispinus*)

- PROBLEM** Burrs contaminate produce and damage wool and hides. Burrs are easily transported and cause problems in recreational areas.
- DESCRIPTION** Spring — summer growing annual grass up to 60cm high. Repeated seed germination during summer means that flowering and seed set occur from December - March. Fine needle like burrs (12-14) appear on the slender stems.
- SPREAD** In rural areas the burrs are easily spread on tyres, stock, hay, or in contaminated produce. Mature plants often break off at ground level and are spread by wind. Rubber tyres, footwear, clothing and contaminated garden loam are the main methods of spread in urban areas.



SPINY EMEX OR THREE CORNERED JACK

(*Emex australis*)

- PROBLEM** A vigorous growing prostrate annual which produces obnoxious spiny burrs. The plant competes strongly in cereal crops, pastures and playing fields. The spiny jacks damage rubber tyres, cause injury to animals and is a serious problem to the dried fruit industry. In recreational areas such as playing fields the spiny burrs cause problems.
- DESCRIPTION** Normally a winter/spring annual growing plant but will germinate at other times if soil moisture is suitable. Growing from a strong tap root the fleshy stems can reach up to 1 metre in length and support oblong leaves on long stalks. Small white male and female flowers can be found on each plant between the leaf and the stem.
- SPREAD** Rubber tyres, livestock and contaminated produce are the main methods of spread in rural areas. In urban areas rubber tyres, footwear and contaminated garden loam would be the main ways that this plant is spread.

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KHAKI WEED

(*Amaranthus pangsens*)

PROBLEM

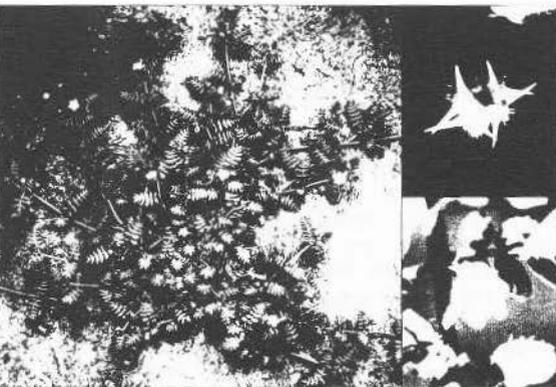
Suspect poisoning of stock, obnoxious burrs contaminate wool and fodder, also causes injury to stock. The spiny burrs are a hazard to children in parks and on playing fields in urban areas.

DESCRIPTION

Prostrate creeping herb which is a prolific seedler. Grows from seed or perennial root during summer-autumn. Prefers wet conditions and thrives in urban situations.

SPREAD

Seed burrs cling to anything which comes in contact with them. In rural areas, the burrs are easily spread by stock, in produce, on tyres or shoes. Cultivation through roads when the soil is moist can produce new plants. Rubber tyres, footwear and contaminated garden loam are the main methods of spread in urban areas.



CALTROP

(*Tribulus terrestris*)

PROBLEM

Sharp spiny burrs cause injury to the feet, mouth and nostrils of grazing animals. Caltrop can also be poisonous to grazing animals. In orchards and vineyards the burrs contaminate produce and provide a hazard to fruit packers. The spiny burrs are a hazard to children in parks and on playing fields in urban areas.

DESCRIPTION

A prostrate summer-autumn growing annual well suited to a Mediterranean climate. Stems often reaching well over 1 metre in length, radiate from a central tap root. Fern-like leaves covered in fine silky hairs are greyish blue in colour. Small yellow flowers appear along stems often just seeds, after germination with burrs forming soon after flowering. Single plants can produce up to 400 burrs, each containing 5-20 seeds. Several germinations can take place if soil moisture conditions are suitable.

SPREAD

In rural areas spiny burrs are easily spread on all types of rubber tyres, on livestock and in contaminated produce. Rubber tyres, footwear and contaminated garden loam are the main methods of spread in urban areas.

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WALKING THE HEYSEN TRAIL (Part Two)

by Barry Hayes

There was once a Kiwi of my acquaintance - very laid back (although we didn't have that expression then) - who was prone to peer through mountain hut windows with just the right blend of doubt and sagacity, and murmur portentously:

"Not a good day for High Climbing".

Whereupon we minions would gratefully burrow back into our malodorous sacks and snooze on. (Years later, bereft of the bloom of youth but not one whit less sagacious, he was prone to murmur:

"Not a good time to withdraw your funds from the Trust Account".

They seek him still.)

That day spent in the Cape Jervis Tavern held the remembered mix of guilt and gratification as I roasted slowly and luxuriously before the fire, drink in hand whilst in the thrall of a gripping spy novel. Carefully timed glances through the window would usually reveal a trace of ominous white cloud; meanwhile down from the aviary drifted past on a dangerously high wind.

The Trail from Cape Jervis begins as a pleasant walk at sea level, with a gradual introduction to the deeply eroded landscape which is the feature of this section.

Backstairs Passage is a glacial valley which has been drowned by the sea level rise of the present interglacial period. An exposed glacier-cut "pavement" is preserved as Glacier Rock, Inman Valley. On this part of the Southern Fleurieu Peninsula the old landscape surface, which is represented by the valley of Dog Trap Creek, has been almost fully invaded by the young, aggressive stream system initiated by the rising stream. Black Bullock Creek was also such a remnant, captured by Deep Creek at a point close to the present Park Headquarters.

Armed with the added erosive power of this capture it was then able to repeat the process north of the present Glen Burn homestead, securing Dog Trap Creek to become the dominant stream. The valley of Black Bullock Creek has been more deeply incised owing to its earlier capture, while Dog Trap Creek still retains much of the gentler topography of the old landscape. The old stream system drained northeast and showed little structural control by the geology, a characteristic of mature systems, whilst the young streams closely follow the strike of the rocks.

Passing through the young system of the Deep Creek Conservation Park, the

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Trail provides good training for those planning visits to areas of high mountains overseas. It also accelerates the development of that condition familiar to walkers emerging from retirement - Lurgus Ascendicus! This commences with the development of small but enthusiastic blisters which conform to Murphy's Law in their placement at points of maximum inconvenience! The walker now develops a gait reminiscent of walking on hot coals. Perambulatory persistence does lead to remission of this condition before Personal Surgical Intervention becomes necessary - in any event we do advise against bush amputations, whatever the provocation.

But I digress.

Leaving the Park, the Trail returns to sea level via a pleasant slope which offers fine views eastward along the coast. The walk along Tunkalilla Beach was a highlight of this section and the exit inland to Balquidder was made with some reluctance. The homestead at Tunkalilla Downs is beautifully sited at the foot of the range, facing out across pasture to the beach and Southern Ocean. It is only marred by some rather mystifying ETSA construction work.

The way out to Victor Harbor via Newland Head involves some very enjoyable walking along coastal slopes and is a pleasant route back into civilisation.

Whale madness was in full swing as I made my way into town. The Crown Hotel was not very receptive to grotty lone swaggies with tight purse strings, so I made my way cautiously to 'the Victor' which was more upmarket but willing to overlook my bushwalking appearance. Whaler's Inn at the west end of the bay has my vote, however. Very modern and very upmarket, extremely friendly staff with a genuine interest in swaggies, and excellent food. The cafe next door fills the lower priced market niche with equally friendly service and fine meals. There - that should be good for a commission!!

A few days spent bumming around the bluff in search of Whales elicited nothing more than brief but explicit distant fin-bobbings, disturbingly reminiscent of human digital gestures of contempt. One has the distinct feeling that they have got our measure.

North from Newland Hill the walking experience is in marked contrast to the coastal section - open grazing country with moderate slopes and good long views. A musical comparison which came to mind was Beethoven's Pastoral after the Ninth, and this theme of pleasant recreation stayed on all the way to the Inman Valley.

There a delegation of cute young locals gazed in solemn contemplation at the alien propped against their CFS wall, noshing on pies and milk chasers. Would they become members of the Friends? Or would this disgusting experience in their formative years tear them from the True Path forever?

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As I remember, it was during this complex little reverie that William, me faithfull old towelling hat, gave first intimation of its coming demise. A cluster of off-white (very off white!) dollops plummeted into the milk chaser.

It was one of those bitter-sweet moments that make walking so memorable!!

Editorial Note: Barry assures us there will be another instalment in the next edition of Trailwalker!

FROM JIM CRINION, CHAIRPERSON, GREENING COMMITTEE

The seedlings planted last year are thriving well with many over four feet high. Work is needed to clear the grasses and weeds from around the trees, to reset the guards and to restake the trees.

A meeting on site at 10.00am 17th and 18th April has been convened. The Committee anticipates that this year's seedlings will be ready for planting at the end of May; 29th and 30th May has been reserved for the planting. Again, anyone interested to help will be most welcome. Contact Jim Crinion (Ph. 379 1279) or a Committee member for a re-confirmation of the dates and times.

With a \$900 grant given by the Department of Environment it is proposed to do some direct seeding in Para Wirra Conservation Park in conjunction with the Friends of that Park. Approval for the site and the fencing to keep out the kangaroos has been given by the Parks and Wildlife Department. A date to carry out the work is yet to be set.

The planning work for extending last year's plantings further south along the Heysen Trail is well in hand with the co-operation of adjacent landowners and Kapunda Council. The original sector near the big washaway has been deferred because the farmers affected by the erosion hope to obtain a grant from Landcare to carry out the contouring and the preventative works. Our trees will complement the new works when carried out.

Pete and Pat Clark, our seed experts, will have a seed collection sortie on 1st May at Humberg Scrub, Para Wirra. Anyone interested should meet us at 10.00am at the southern entrance to the park with gloves, secateurs, a bucket, and their lunch.

TRAIL WALKER

1993 WALKING PROGRAMME

The walking programme is outlined over the next two pages.

WALKING SA

To give many people the opportunity to start walking for pleasure the Friends offer the following walks, designed as an introduction to more arduous outings. These walks are open to non-members and members who feel they are able to complete three to four hours leisurely walking. Water flask, lunch, clothes suitable for the day and shoes or boots with a good grip are all that is required.

Starting time 10am and finish about 3pm. There is no charge for these walks.

Walk 1. 9th May.

A leisurely start to the season walking from the Brickworks Market to the beach and back along the Linear Park. Sadie Leupold leading.

Meet at the Brickworks Carpark.

Walk 2. 13th June.

A day in the park at Belair with Liz Barry leading.

Meet at the Information Kiosk.

Walk 3. 11th July.

A bit more strenuous but a good walk at Morialta led by Jamie Shephard.

Meet at the Kiosk car park.

Walk 4. 8th August.

Walk through the quarry and see some of the history of Tea Tree Gully in the Anstey Hill Conservation Park. Leader Colin Edwards.

Meet at the Tea Tree Gully Hotel car park.

Walk 5. 12th September.

Waterfall Gully is always a good walking area. Leader Barry Hayes.

Meet at the Water Fall Gully carpark.

Walk 6. 10th October.

Jill McPherson will lead a walk around the Black Hill/Ghost Gully area.

Meet at Maryvale Road carpark.

Walk 7. 14th November.

The final walk of the year will be at the Linear Park from the Brickworks Market to Paradise and return. Sadie Leupold will lead.

Meet at the Brickworks carpark.

Bookings please at the Friends' Office - 212 6299 essential.

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FRIENDS OF THE HEYSEN TRAIL

Further information on the following walks will be available from the office and/or as advised in future editions of the **Trailwalker**. Generally these are longer walks requiring some previous walking experience.

25 April, 1993

Woodhouse Moderate Jamie Shephard
Meet 9.15pm at Conference Centre Car Park. Aim to return 3.00pm

23 May, 1993

Kersbrook Maureen Morris
Meet Kersbrook Oval 9.30am. Aim to return 3.30pm

Nairne Moderate Jamie Shephard
Meet at The Old Mill, Nairne. Aim to return 3.30pm

27 June, 1993

Kapunda Jim Crinion
South Side Liz Barry/Jill McPherson

25 July, 1993

Sandy Creek Mark Darter
South Side George Driscoll

22 August, 1993

Waterfall Gully Arthur Smith
South Side Fleurieu Branch

26 September, 1993

Vixen Gully Norm Taylor
South Side Barry Hayes

24 October, 1993

North Side To be advised
South Side Fleurieu Branch

28 November, 1993

Kaiser Stuhl Colin Edwards
South Side Barbara Rundle

Bookings please at the Friends Office - 212 6299. Thankyou.

Weekend walks etc will be announced separately.

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FIRST AID PACK

The items in this first aid kit are those suggested by Terry Darby (Bushwalker and Doctor) at the recent and successful Bushwalk Leaders Training group. There are many other kits available including the St. Johns Hikers Kit. This suggested first aid kit is adaptable and light; 850gms. Terry suggests that you pick those items that suit you for a specific walk. There is no point in carrying a whole kit if you have not had training in resuscitation. Here is his recommended kit.

- A: Tent awning and water bottle.
- B: Space Blanket
String (polypropylene)
Mask (St. John Ambulance, Communicable disease pack)
Matches (wind/waterproof)
Plastic Gloves (Ansell Medical Gamex, sterile)
Ventolin puffer (2gm)
Panadol & Panadeine
An Anti diarrhoea agent
Cotton triangular bandage
Safety pins, 4 Sterile Needles (hypodermic size 25)
Elastocrepe bandage 6" x 1
Elastolite bandage 6" x 1
Sofban, Smith & Nephew 6" x 1
Steri Strip, 3M, 1/4" x 3", 3 pkts
Melolite 7.5 x 10cm, 3 dressings
Large eye pad (Johnson & Johnson)
Betadine swab aids x 4
Second Skin, Spenco
Band-aids
Strapping - 3" non-stretch Elastoplast
1/2" Transpore 3M
Forceps, non-toothed, 6"
Scissors 4" sharp pointed
Large plastic bag

B: = 850gms.

Terry continues by looking at some applications of this kit in practice; this time,

Bleeding from a deep cut.

No matter how profuse the bleeding may seem to be, firm local pressure over a dressing (Melolite non-stick) using a made up pad from your sofban roll held firmly and continuously for six minutes, will stop bleeding. NEVER USE A TOURNIQUET!

During this procedure make the patient comfortable, if necessary, in wet or cold weather, erect a shelter (tent awning, string).

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If the cut is minor, a quick peek at the wound after 3 to 4 minutes of pressure shows bleeding has stopped and the patient looks and feels well, complete the dressing (see below).

If the cut is major, pressure is continued for the full period, and sheltered comfort to allow the injured person to lay down and rest a while, is very advisable.

Most walkers will vigorously protest at all this fuss, however problems in the bush can easily escalate. A cut hand or foot for example, can result in someone getting soaking wet and hypothermic.

N.B. In these articles prevention will be stressed.

To complete the local treatment; once bleeding has been controlled, flush out any remaining dirt from the wound (extra water in water bottle), swab betadine antiseptic over and around the wound (betadine swab aids). Do not worry if some antiseptic gets into the wound, it may sting but it will do no harm. If the wound is gaping, let the edges dry, then gently close them together using the steri-strips. Cover the wound with a clean melolite dressing, bandage first with a sofban layer and complete with a crepe bandage firmly but comfortably applied. In wrist or hand injuries use a length of your crepe bandage to make a sling to elevate the hand to heart level.

In the next edition of **Trailwalker** Terry Darby will discuss "sprains and fractures and, moving the injured to safety".



THE TRAIL MAINTENANCE COURSE OF MARCH '93

TRAIL WALKER

TRAIL NEWS

The final maps of the series have now been printed and will shortly be available from the office. These maps cover the area marked by the Friends during last winter between Quorn and Hawker. The maps are:

HEYSEN TRAIL MAP No. 14

This map covers Buckaringa Gorge to Woolshed Flat. The area includes Saltia Ridge, The Dutchman's Stern, Depot Creek and Mount Arden. This is marvellous country and is the scene for our May weekend walks.

HEYSEN TRAIL MAP No. 15

Wonoka to Buckaringa. The area includes Mount Arden Creek, Calabrinda Creek, the Yappala Range, and Yourambula Range. Well worth a visit.

ROCKY CREEK CAMPING GROUND

Map 2

Grid. ref. 939083

Rocky Creek is in the northern part of Kuitpo Forest near the Mount Bold Reservoir. 4kms North of Meadows off the Razor Back Road. The eight hectare camping ground is operated by Dept. of Woods and Forests. Users need to obtain a permit. A short trail through the mixed eucalypt plantations links the campground with the Heysen Trail.

MEMBERSHIP RENEWALS 1993

THIS REMINDER IS FOR THOSE OF YOU WHO HAVE NOT PAID YOUR SUBSCRIPTION FOR THIS YEAR. OUR SUBSCRIPTIONS ARE ON A CALENDAR YEAR BASIS AND FALL DUE ON 1ST JANUARY EACH YEAR. FAILURE TO PAY NOW WILL UNFORTUNATELY MAKE YOU UNFINANCIAL WITH THE FRIENDS; YOU WILL NOT BE ENTITLED TO RECEIVE FURTHER EDITIONS OF TRAILWALKER FOR EXAMPLE, OR LEARN OF DEVELOPMENTS AS THEY OCCUR. IT IS IN YOUR INTEREST TO RENEW NOW.

MEMBERSHIP SUBSCRIPTIONS ARE NOW DUE

FRIENDS OF THE HEYSEN TRAIL AND OTHER WALKING TRAIL INC.

MEMBERSHIP RENEWAL - 1993

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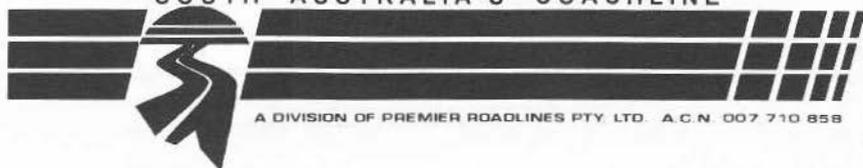
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THE TRAIL WALKER

STATELINER

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ANNOUNCES THE COMMENCEMENT
OF OUR

**NEW FLINDERS RANGES
COACH SERVICES**

EFFECTIVE 23RD FEBRUARY 1993

SERVICES FROM ADELAIDE

	<u>TUES.</u>	<u>THURS.</u>	<u>FRI.</u>	<u>FRI.</u>
Dep Adelaide	9.00am	9.00am	11.15am	5.40pm
Dep Pt Augusta	1.45pm	1.45pm	4.30pm	-
Arr Hawker	3.15pm	3.15pm	6.00pm	12.40am
Arr Wilpena Pound	3.57pm	3.57pm	6.42pm	1.20am
Arr Leigh Creek	7.15pm	7.15pm	10.00pm	-
Arr Arkaroola	9.30pm	-	12.15am	-
Arr Marree	-	8.50pm	-	-

SERVICES TO ADELAIDE

	<u>WED.</u>	<u>FRI.</u>	<u>SUN.</u>	<u>SUN.</u>
Dep Marree	-	8.40am	-	-
Dep Arkaroola	7.50am	-	7.50am	-
Dep Leigh Creek	10.20am	10.20am	10.20am	-
Dep Wilpena Pound	1.05pm	1.05pm	1.05pm	1.00pm
Dep Hawker	1.50pm	1.50pm	1.50pm	1.45pm
Arr Pt Augusta	3.10pm	3.10pm	3.10pm	-
Arr Adelaide	7.50pm	7.50pm	7.30pm	8.45pm

FOR RESERVATIONS PH. (08) 415 5555 (ADELAIDE), (086) 42 5055 (PT AUGUSTA)
OR CONTACT YOUR LOCAL STATELINER AGENT * SEE OVER FOR MAP