

# THE TRAILWALKER

ISSUE No. 59

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

JUNE 1996

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**Girls' Brigade members, negotiating the boardwalk section  
of the Heysen Trail near Glen Bold**

# The Trail Walker

FRIENDS of the HEYSEN TRAIL

PATRON : WARREN BONYTHON

## COUNCIL MEMBERS

Arthur Smith	President
Richard Schmitz	Vice President
Peter Hill	Vice President
Jan Clarke	Secretary/Public Officer
Ingrid Lingstadt	Treasurer
Gil Baker	
Liz O'Shea	
Mick Thomas	
John Wilson	
Rosemary Hutter	
Helen Amor	
Ian Jays	

## Honorary Members

Terry Lavender  
Jim Crinion  
Neville Southgate  
Doug Leane  
Fred Brooks

## Sub Committees

### Trail Maintenance

Section Leaders listed elsewhere

### Publicity

Richard Schmitz

### Walking

#### Sadie Leupold - convenor

Colin Edwards  
Marlene Edwards  
Ric Trutwin  
Mick Thomas  
Jon Selby  
Jill McPherson

### Greening

Vacant (Any Volunteers?)

## VICE PRESIDENT'S REPORT

As you read this you will probably be wondering why Arthur, our President, isn't writing this report. The answer to that can be summed up in two words Rest and Relaxation. Arthur has taken a well earned break, travelling through the Kimberlys and outback regions of Australia. Arthur will be gone until the end of July.

At the May Council meeting Helen Amor was officially welcomed as a new council member. There are still a couple of vacancies open if anyone is interested.

A finance sub-committee of four council members was appointed at the May Council meeting to address our current financial status. They will be looking at ways to increase income and reduce expenditure.

In April, Lyn Parnell, Director, Recreation and Sport Development addressed the Friends' council to explain the future direction of the Department and the Friends' role, in light of the recent Departmental Review. An overview of Lyn's address is printed elsewhere in this issue of Trailwalker.

Late last month Peter Hill reluctantly resigned as Section Leader of Boat Harbour Creek to Back Valley Road, due to work commitments interstate. The Council and all members of the Friends' would like to thank Peter for all his efforts in Trail Maintenance over the past years, and we wish him well for the future.

Peter's section has been taken over by Ralph Ollerenshaw. If you should come across Ralph on the trail please say hi, and make him feel welcome.

I would like to take this opportunity to thank the following people:

- ◆ The Walking Committee and walk leaders who put in a huge amount of time and effort organising the entire years walk programme.
- ◆ The Section Leaders and all those who do maintenance on the Trail.
- ◆ The Office Volunteers who spend countless hours keeping the office open.
- ◆ The members of the Friends' Council who are responsible for making decisions regarding the Friends'.
- ◆ All the members involved in Greening the Trail. (Their work generally goes unnoticed, but if you have walked or intend walking in the Kapunda region of the Heysen Trail you will notice the difference that hundreds of trees can make. Dennis Slade is organising a "Tree Bee" in the section of the Trail shortly. More details in this issue of Trailwalker).

I would finally like to thank Cathy Cox for typing this issue and Jennie Price for editing this issue of Trailwalker.

**Richard Schmitz**  
Vice President

# The Trail Walker

## Letter to MS. PARNELL from our PRESIDENT

Firstly let me, on behalf of the Friends' Council, thank you and Bronte for coming to our Council meeting on 24 April, 1996 and briefing us on changes taking place in the organisation and functioning of your Department.

Whilst we welcome many of the changes, in particular the Department being more focused and having more forward planning and strategic goals, you will no doubt have picked up that we have considerable disquiet at the plan to interpose a "middle man" in the form of the Walking Federation, between the Department and the Friends.

The Friends are members of, and supportive of the Federation in its present role, but do not see that the Federation would be any more capable of successfully maintaining our walking trails than we are. We believe that most people who have a mind to contribute to maintenance are members of the Friends. Numerically speaking, the Friends possibly make up more than 25% of the Federation membership.

We believe that if the Friends could be regarded as the "peak body" for trail maintenance, it would result in a more efficient and effective use of volunteers.

The Friends do not have any objection to Local Government, Correctional Services, etc. helping out, but firmly believe that lines of communication and responsibility should be as short as possible.

When one sees the endless delays and 'pass the parcel' games that happen when a combination of Federal, State and Local Government get involved in things, one is drawn to the inevitable conclusion that any plans to fragment responsibility for the Heysen Trail will only lengthen delays and increase confusion and would be a recipe for the slow death of the Trail.

With regard to maintaining the Trail in sparsely populated areas, we reiterate that we believe that small working parties of volunteers, with basic accommodation and travel expenses paid, is the most economical and effective way. The Friends have had contact with groups in northern areas willing to inspect and report on the Trail, but endeavours to visit these groups and get them involved have been 'stonewalled' in the Department in the past.

The Heysen Trail was established under a former Liberal Government, and it is generally recognised that the voluntary labour contribution by the Friends resulted in the Trail being completed 6 years ahead of schedule at greatly reduced cost to the taxpayers of South Australia. Since the completion of the Trail, the Friends have continued to make a significant contribution towards the maintenance and further development of the Heysen and other Walking Trails.

# The Trail Walker

Hopefully, you will understand why, justifiably, there is a considerable feeling of chagrin amongst members of the Friends who have made a very significant contribution towards building the Heysen Trail, when the Government of the day seems intent upon effectively pulling the rug out from under their feet.

We are grateful that Geoff Pearce saw fit to spend some time with us today, to further explain changes in the Department.

Whilst some of our worst fears have been allayed and we are very pleased that there is to be increased promotion of the Heysen Trail, we still have concerns about possible longer chains of command and fragmentation of responsibility for maintenance of the Trail.

To sum up, we believe that the Friends, with a minimal amount of Government assistance, are best placed to provide the volunteer effort required to maintain the Heysen and other Walking Trails.

Yours sincerely,

( Arthur D Smith - PRESIDENT )

**ATTENTION ALL FRIENDS!  
VOLUNTEER TRAIL MAINTENANCE UNDER SCRUTINY**

In the February 1996 issue of the TRAILWALKER we informed you of the government's decision to terminate the funding for Mr. Ian Jays part-time position as Project Officer. The F.O.H.T. Council saw the role of Project Officer as vital to the effectiveness of the volunteer maintenance programme because of the ongoing need for volunteers to be trained and coordinated. The Council felt frustrated by the Department's unexplained decision.

Ms. Lyn Parnell, Director of the Office for Recreation, Sport and Racing kindly responded to an invitation to address the F.O.H.T. Council meeting on Wed. 24<sup>th</sup> April in order to explain the Department's position in relation to volunteer trail maintenance.

She began by explaining that the Department has been undergoing restructuring under a new Strategic Plan and that this involved staff cuts. Whereas in the past, 6 people were involved in trail development and maintenance now only 3 people would be involved. One position will involve the coordination and training of volunteers not just for walking trails but all trails (ie. horse riding). Another position will involve a "policy person" evolving a strategic "whole of government" approach to trail development. The third position would involve promotion of trails through brochures and maps and they will liaise through the Tourism Department.

# The Trail Walker

She then stated that the Department would no longer fund a Project Officer through the Friends. MOREOVER, IN FUTURE, THE DEPARTMENT WOULD NO LONGER FUND ANY VOLUNTEER TRAIL MAINTENANCE PROGRAMMES THROUGH THE FRIENDS. As a matter of policy the Department will in future deal only with "peak organisations" which in this case is the Federation of S.A. Walking Clubs.

Make no mistake about it. **THIS CHANGES EVERYTHING.** Remember, it was almost exactly 10 years in June 1986 the then S.A. government called on the walkers of S.A. to form a "support group" to assist the structuring of the Heysen Trail. This "support group" came to be known as The Friends of the Heysen Trail. It was largely as a result of the timeless and enthusiastic efforts of this group, backed up with resources and equipment supplied by the Department that the Heysen Trail was completed in 1992. Now that the government has severed its support for the Friends voluntary activities in trail maintenance it throws the whole *raison d'etre* of the organisation into question.

As can be imagined, Ms. Parnell's statements aroused a certain amount of consternation, perplexity and chagrin amongst Council members and a great many questions were asked. Why bypass an organisation whose whole *raison d'etre* has been to coordinate volunteers to build and maintain the Heysen Trail? Why not regard The Friends as the "peak organisation" for volunteer trail maintenance? What sort of relationship would the Department have with the Federation which has neither organisational structures nor experience to deal with trail maintenance?

Out of all these questions, a number of interesting points emerged. Firstly, the decision by the government to bypass the Friends in matters of trail maintenance is not negotiable - it is set in concrete.

Secondly, although the Department has adopted a Strategic Plan, a lot of it will not be implemented for at least another 12-18 months so how it works in practice cannot be determined.

To a large extent, the future of volunteer trail maintenance of the Heysen Trail depends on the Federation's response to the Department's plan. Interestingly, at the time of writing this report, the Federation had not been officially told of its newly elevated status as a "peak organisation". The Federation has now been contacted by the Department. Further discussion is planned between the Friends and the Federation.

A couple of other interesting points emerged in discussion. It would appear that the Department is no longer committed to the concept of a long distance linear walking trail. It is interested only in maintaining the more well used and scenic parts of the trail. The remote and poorly used parts of the trail do not, in the Department's view justify the expense of maintaining them. The Department wants to get local government involved in trail maintenance as well as day release prisoners through the Department of Correctional Services.

The Friends, through the Council will have to respond creatively to the new situation. Part of this response will perhaps involve negotiating a new relationship with Federation. We will keep you informed about our responses through the TRAILWALKER.

**Gilbert Baker**

# The Trail Walker

## MAINTENANCE

Most members would by now be aware of the current re-structuring within the Department of Recreation, Sport and Racing and its implications re the work done by "The Friends". In the February TRAILWALKER Council Member Gil Baker appealed for members to voice their concerns by writing to the relevant Government Ministers. However, since then, the Director of the Department, Lyn Parnell has addressed the Council and clearly stated that funding for the position of a Project Officer (formerly held by Ian Jays) would not occur.

The structure and organisation set up by Ian Jays is now in jeopardy but I want to assure members that "The Friends" have been vocal in their support and concern for the continuance of the Heysen Trail as a viable, long distance walking trail.

Despite the present uncertainty as to whether the Trail will be retained in its entirety the members concerned with maintenance have been continuing with their work. Section Leaders have liaised with a Departmental Officer at bi-monthly meetings, where reports are submitted re the conditions of individual sections of the Trail. Plans for work parties are formulated; information given to and provided by the Department and work sheets submitted.

Much "quiet beavering" has been going on, with clearing of undergrowth; re-marking; stile placement; repair of vandalised items etc. Besides the help given by the "Friends" some useful networking occurs with other groups. For instance Paul Carruthers (Section 4) is liaising with RAAF personnel for a work party in that area in June; Doug Leane will work with ARPA members in the Barossa and Liz O'Shea with the Ramblers in Section 8. In addition Doug Leane and his dedicated team have completed 19 work parties since March 12<sup>th</sup> this year - so be assured we have not put down our tools - there is maintenance work needing to be done and being done.

However, just how long this can continue is uncertain - whether the "Friends" will have access to tools and materials now that the Kidman Park Workshop is being dismantled - or whether direct liaison with the Department for future work will be permissible are questions that wait to be answered.

L.O'Shea

***Any members wishing to help on the Trail should contact Richard at the Office.***

# The Trail Walker

## MAINTENANCE VOLUNTEER SECTION LEADERS

1.	Cape Jervis to Boat Harbour Creek	Steven Harkness H 384 3530
2.	Boat Harbour Creek to Back Valley Road	Ralph Ollerenshaw H 379 2762
3.	Back Valley Road to Moon Hill	Thelma Anderson H 278 4420
4.	Moon Hill to Hindmarsh Tiers Road	Paul Carruthers H 336 1889
5.	Hindmarsh Tiers Rd to Black Fellows Creek Rd	Bob Verrall & Jim Pearce H 382 8577 H 276 5190 W 372 5170 W 372 5169
6.	Black Fellows Creek Rd to Glen Bold	Stephen Boyle H 391 1696
7.	Glen Bold to Piccadilly	Jamie Shephard H 331 8107 W 373 1422
8.	Piccadilly to Norton Summit	Liz O'Shea (WEA Ramblers) H 352 1636
9.	Norton Summit to Cudlee Creek	Shirley Tavender / Arthur Smith H 337 3692 H 261 6746
10.	Cudlee Creek to Bethany	Doug Leane H 43 3388
11.	Bethany to Peters Hill	Joyce Heinjus H 085 252054 W 085 622022 Fax 085 252271
12.	Peters Hill to Logans Gap	Michael Tilley H 396 4363
13.	Logans Gap to Spalding	Hugh Greenhill - Burra Branch H 088 438115
14.	Spalding to Hughs Gap	Vacant
15.	Hughs Gap to Mt. Brown	Vacant
16.	Mt. Brown to Hawker	Vacant
17.	Hawker to Wilpena	Vacant
18.	Wilpena to Parachilna	Shayne Reschke - Leigh Creek Branch H 086 752885 W 086 754332
	Mt. Lofty Walking Trails Barossa Section 2 & 3	Michael Southren H 263 0791 Mobile 019 678205

# The Trail Walker

## HEYSEN TRAIL HUTS "LOCKED"

The following Heysen Trail Huts have had combination locks put on them.

<u>HUT</u>	<u>COMBINATION</u>
Mt. Bryan East School	5418
Hallett Station	5419
Dutchmans Stern	5433

The combinations have been set using the postcode of the nearest town. The Friends' supplied the funds to the Office of Recreation, Sport and Racing for the purchase and installation of the locks. Bronte Leake at the Department informed me that the one room in Hallett Station is "not locked". The door gets stuck and needs a little encouragement to open.

## NEW PRODUCT

### Mount Lofty Special Map

First Edition 1996, Produced by *Outdoor Info*

Scale 1:15 000, Size 35cm x 48cm, Full Colour

Price \$5.95 Members price \$5.40

This is a full colour updated edition of the Cleland Conservation Park map.

It shows:

The Heysen Trail	Cleland Wildlife Park	Mount Lofty Summit
Mount Lofty Gardens	Botanic Waterfall Gully	Harford Bushland Trail
Pioneer Women's Trail		

Information on the back of the map includes:

- Access directions to Cleland Conservation Park, Mount Lofty Botanic Gardens and Cleland Wildlife Park.
- Opening hours for Mount Lofty Botanic Gardens, Cleland Wildlife Park and Waterfall Gully Kiosk/Restaurant
- There are also some walks suggested ranging from short and easy to long and hard.

This map is now available from the *Friends'* office. For mail orders please add 70c postage to the cost of the map (to a maximum of 3 maps).

# The Trail Walker

## WALKING REPORT

The season has started with a most enthusiastic group of walkers, some are new members and many have walked with us previously. The Walking Committee have received considerable verbal support in our efforts to maintain the standards of our walks. Weekends away take a lot of planning including phone calls, purchasing of food, car pooling arrangements, recces, etc. Leaders and Committee members do all this in their own time meeting the costs themselves. We feel recces are an important aspect of weekends away and to maintain safety standards it is very important the areas we walk in are checked out. Our Committee feel it is appropriate to charge a small fee eg. \$4 to \$5 per head on our weekends away inbuilt into the walk cost.

Our first weekend away this year was spent in the Flinders Ranges. Walkers did a circuit the first day from the Station Headquarters and the next day we had a most enjoyable walk in Wilpena Pound. Thanks to Colin Edwards for his leadership and conviviality over this weekend.

Plans are well in hand for our Hahndorf Early Settlers Walk. We have a large contingent of people booked and we will be happy for a fine crisp day. As this is a special walk we are charging \$10 per head for persons using the bus and \$5 for those meeting at Hahndorf. Apples will be given to the walkers and tea and coffee will be supplied at Woodhouse. Jamie Shephard and myself will once again be leading this walk with help from Walking Committee members.

We are in the process of putting together some walks on the Fleurieu Peninsula area for our weekend at "Dzintari" from 19<sup>th</sup> to 21<sup>st</sup> July. We have a number of bookings already for this and if you would like to join us please telephone the Office and bookings can be confirmed with payment of a deposit.

During October we will be going overseas, walking on Kangaroo Island. Jill McPherson is our leader and she is enthusiastically planning a programme for this Trailblazer weekend. The dates for this walk are 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> October and we will be staying at the Earth Education Centre at Karatta near the Kelly Hills Caves Conservation Park.

Mick Thomas has recently recced the Mambray Creek area for his Trailblazer Backpacking weekend for experienced backpackers. August 10<sup>th</sup> and 11<sup>th</sup> are the dates for this one. Mick is looking forward to sharing his love of this area with likeminded backpackers. Beginners will have the opportunity later in the year to try backpacking with Mick at Cape Jervis.

Walk Cards are now being put in use. These have superseded the Log Book. The card contains relevant information for walkers safety as well as a log on for walkers. Cards can be purchased from the Office at \$3 per card for members and can be used as a method of prepayment for walking. If members require the cards to be posted, a minimum of 5 cards can be sent at one time. (Please include a business size, stamped self-addressed envelope or add 50 cents to total cost for postage & handling).

Looking forward to catching up with you all soon.

**Sadie Leupold**

# The Trail Walker

## WALKING PROGRAMME 1996

### TRAILSTARTER WALKS

June 9 <sup>th</sup>	Liz Barry - Belair
July 14 <sup>th</sup>	Marlene Edwards - Golden Grove
Aug 11 <sup>th</sup>	Sue Croser
Sept 8 <sup>th</sup>	George Driscoll - Myponga
Oct 13 <sup>th</sup>	Bradley Howell - South
Nov 10 <sup>th</sup>	Bradley Howell - Belair
Dec 8 <sup>th</sup>	Jennifer Dow - Afternoon Walk

### TRAILWALKER WALKS

June 23 <sup>rd</sup>	Mark Darter - Kersbrook
June 23 <sup>rd</sup>	George Driscoll - Kyeema
July 28 <sup>th</sup>	Ian Robertson - Hale & Warren Conservation Park
July 28 <sup>th</sup>	Jill McPherson - Scott Creek
Aug 25 <sup>th</sup>	Ric Trutwin - Castle Rock
Aug 25 <sup>th</sup>	Spencer Trowse - Myponga
Sept 22 <sup>nd</sup>	Chris Bagley - Milang
Sept 22 <sup>nd</sup>	Jennifer Dow - Newland Head to Newland Hill
Oct 27 <sup>th</sup>	Mick Thomas & Axed Lingstadt - Talisker
Oct 27 <sup>th</sup>	Colin Edwards - North
Nov 24 <sup>th</sup>	Jamie Shephard
Nov 24 <sup>th</sup>	Jill McPherson

### HAHNDORF EARLY SETTLERS WALK

June 30 <sup>th</sup>	Jamie Shephard & Sadie Leupold
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### TRAILRAMBLER WALK

July 7 <sup>th</sup>	John Lawrie - Aldinga Scrub - Ecco Walk
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### TRAILBLAZER BACKPACKING WEEKEND

Aug 10 <sup>th</sup> , 11 <sup>th</sup>	Mick Thomas - Mambray Creek
	Pre requisites
	(a) Experienced
	(b) Completion of Intro Weekend with the Friends
Oct 12 <sup>th</sup> , 13 <sup>th</sup>	Mick Thomas - Cape Jervis
	Introductory Weekend
	Pre requisites
	(a) Completion of Intro Weekend with the Friends
	(b) Proven Experience

### TRAILBLAZER WEEKENDS

July 20 <sup>th</sup> to 21 <sup>st</sup>	"Dzintari" - Normanville
Oct 5 <sup>th</sup> to 7 <sup>th</sup>	Kangaroo Island - Jill McPherson

**DAY WALK CHARGES APPLY: MEMBERS \$3/walk; NON-MEMBERS \$4/walk**

# The Trail Walker

## **"DZINTARI" IS THE LATVIAN NAME FOR AMBER FOUND ON THE SHORES OF THE BALTIC.**

"Dzintari" is also the Latvian Educational, Cultural & Recreational Centre at Normanville situated on a 32 ha property overlooking St. Vincent's Gulf.

On Friday 19<sup>th</sup> July to Sunday 21<sup>st</sup> July the Friends will be staying here and conducting walks in the scenic Fleurieu Peninsula area. (\$20.00 Deposit required when booking.)

For bookings and further information contact The Office, Friends of the Heysen & Other Walking Trails, 10 Pitt Street, Adelaide, Telephone (08) 212 6299.

## **NEW MEMBERS**

The Council would like to forward a warm welcome to the following new members:

### **SINGLE**

Russell Creed  
Annice Laughton  
Rose Markwell  
Dean Killmier  
Allen Morris  
Kym Dixon

Adrienne Lewis  
Janice Quarrie  
M. Dwyer  
John Coles  
Ruth Webber

### **FAMILY**

Marten & Louise Piek  
Yolanda Clarke & John  
Simmonds  
David & Jill Morrell  
Svjetlana & Edward Kireta

### **ORGANISATIONS**

Wanderlust Ventures

## **GREENING**

The scheduled tree planting at Kapunda did not go ahead on May 19 due to a lack of rain in the area.

This has now been changed to June 16<sup>th</sup> - Meet at 9.25 a.m.

Volunteers are required to assist with tree planting and some weed clearing on the day.

How do I get there? I hear you ask.. From Kapunda head South on the road to the Old Kapunda Mines. From there continue following the Heysen Trail markers along dirt roads past the Rifle Range. Park just on the other side of the ford (River Light). The organiser for this event is Dennis Slade.

Please ring the Office to indicate your willingness, otherwise just arrive on the day with appropriate tools, if you have them. If not just bring yourself along.

**Richard Schmitz**  
for Greening Committee

# The Trail Walker

## BRIGHT DAY AT BLACK HILL

It's Sunday, April 28 about 5pm and I'm sitting in my backyard with my feet up and having a drink or two. I think I've earned a bit of relaxation - actually I've just got out of a Radox bath and I feel pretty good.

It's been a beautiful Autumn day - just perfect for a walk through Black Hill Conservation Park.

We began around 8.30am leaving cars at Montacute Road and immediately into a brisk warm up heading northward and uphill.

Coats and jumpers were shed within 20 minutes and I soon realised I wasn't one of the smart ones wearing shorts.

The leader for this one was Arthur ("it's all downhill from here") Smith.

"The Orchard Trail" that we started on led us to the trail to the Black Hill Summit where we were treated to a spectacular view of Adelaide. We pushed on through some beautiful natural bushland interrupted only by glimpses of the Adelaide Plains on one side and the valleys on the other.

Arthur led us to the Ambers Gully trail where we stopped for lunch at a picnic spot complete with seats and table.

Not the short way home for Arthur - down through Ambers Gully to Gorge Road level and up the other side of the gully along a firetrack which followed the ridge.

Arthur couldn't tell me the name of this hill so I've dubbed it "Never-ending hill". It's one of those deceptive ones that looks like you're nearly at the top, but on completion of each rise you find another and another.

**"It's all downhill from here"** declared Arthur. By this time there was considerable scepticism amongst the walkers.

Well, it was..... - except for a couple of hills that he forgot to mention, but he claimed they were just an illusion.

The last 20 minutes of the walk however was downhill so our leader was right...in the end.

Thanks to Arthur for leading a most enjoyable walk on a beautiful day - oh, and thanks too, to "tail-end Sadie".

**Don Gillespie**

# The Trail Walker

## BLACK HILL WALK

It was a beautiful sunny day on April 28<sup>th</sup> when Arthur Smith led his 20 unsuspecting walkers to the Black Hill Conservation Park. He even had an accomplice - Sadie Leupold.

We had climbed for approx. 15 minutes when Arthur's numbers dropped to 18. A cautious and very wise couple had the foresight to predict what Arthur and Sadie were up to, and decided not to venture any further. They had been mis-informed somewhere along the way and understood it to be an introductory walk. It was - an introduction to an endurance test.

Onward we climbed, taking in the fantastic views, chatting with fellow walkers (in between huffs and puffs) and several pauses along the way to recover enough to proceed.

We lunched at a pretty spot under some large trees. One victim shed her boots to try and bring some life back to her feet, while others rested, their backs against the trees. Some of us were seated at the picnic table, trying to brainstorm some way of levitating us up the hills.

We had accepted our fate by early afternoon as we were once again ascending a hill that seemed endless. It was about this time that Arthur announced there were no more hills after that one. Downhill all the way.

We all gained speed on the flat, it was great, but there in front of us loomed another long hill. This was too much for one of our group, who lamented in reference to Arthur "We took one look at that nice old kind face - and we thought we could trust him"!!

We all duly arrived safely back, a bit weary but otherwise none the worse for wear, and very satisfied and pleased with ourselves for having done the walk.

Our thanks to Arthur and Sadie, we are all looking forward to our next walk.'

Phyl Powell

## TRAILWALKER DEADLINE

**Submissions for the AUGUST edition of "Trailwalker" must be in the Friends' office no later than JULY 17<sup>th</sup>.**

# The Trail Walker

## GIRLS BRIGADE HIKE THE HEYSEN

For two days of the Adelaide Cup Day long weekend, eight members and three leaders of 22<sup>nd</sup> Adelaide Company of Girls' Brigade (Unley Park) hiked the Heysen Trail from Piccadilly to Rocky Creek Camping Ground in Kuitpo Forest.

The girls ranged in age from 12 to 15 years. At Company they were taught basic first-aid and map-reading, care of the environment and safety, what to wear, the contents of a day pack and suitable food to take on a hike.

At last the big day came! Our overnight gear was loaded onto our support vehicle and goodbyes said. We were on our way. We accessed the Heysen at Hanson Street, Piccadilly. The girls set a brisk pace. Each was given a chance to be the leader as well as being 'tail end Charlie'. By the second day of our trek the girls noticeably split into two groups, with the older or more athletic girls surging ahead, leaving others to always be catching up. This problem was quietly solved by putting the slower girls up front to set the pace at their level.

Our support crew looked after us very well and had hot soup and crumpets waiting for us upon our arrival at the YHA hostel at Mylor where we stayed overnight. This site was ideal for the size of our group and was very well appointed. What a luxury to have a hot shower!

The girls were very interested in the variety of the countryside we passed through. And there were some interesting creek crossings!

From a leader's point of view, it was great to have such a well maintained trail to follow - the volunteers involved are to be commended. What an excellent recreational facility we have in South Australia!

I would recommend any group to 'Hike the Heysen' - it is a very positive and rewarding experience.

**Bev Worrall**

**Captain, 22<sup>nd</sup> Adelaide Girls' Brigade**

**Members of 22nd Adelaide Girls' Brigade, hiking the Heysen - on a road reserve near the Onkaparinga River.**



## LETTERS TO THE EDITOR

Dear Kath,

I read with interest your dilemma in the April issue of The Trailwalker. The problem is not uncommon with organisations such as this.

I am in the printing business and so have some experience with the production of Newsletters.

I believe the best solution for you is to reduce the size of type to about the size that you indicated in your article. However, I strongly recommend that you couple the change with a change to columns two or preferably three across the page. This will facilitate easy reading and also economise on the space required for headings, lists etc.

You are doing a great job with this newsletter and I'd love to be able to help with your June issue problem but I don't personally have keyboard skills - I am quite happy to advise anyone who may volunteer but I can't do it myself.

**Don Gillespie**

I would be happy to pay a "newsletter levy" and could cope with a smaller print size. Please do try to keep up the frequency.

**Charlie Adam**

## APRICOT LOAF

(A healthy and energy-giving cake suitable for taking on walks - and it's easy to make!)

1 cup chopped dried apricots  
1 cup sultanas  
3 crushed weetbix  
3/4 cup sugar  
1 and 1/4 cups milk  
1 egg beaten  
1 and 1/4 cups S.R. flour

Combine all dry ingredients.  
Mix in egg and milk.  
Pour into a greased and lined loaf tin.  
Bake 1 hour in a moderate oven.  
Slice and butter (if required) when cool.