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**N°14**



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Editorial

Once again a new number for MOBSAC.  
 I hope you like it. Thanks very much  
 to all those people who have contributed—  
 and to all those who didn't... (we have ways  
 to make you talk.) The standard of articles  
 has been, in my humble opinion, very high so  
 keep up the the good work folks — On this  
 corn is killing me! Get those articles  
 ready now for the next issue — the  
 sooner they are in the sooner the  
 next number is out (or up!)

Yours truly — Edmund

the retivial editor



p 2

THE BONUM PIC-NIC

Having several times walked past Bonum Pic in the Wollindilly River valley, and been impressed with its castle-like appearance, I resolved to approach it from the top and see what the view was like "from up there". The general consensus of opinion about the Pic was that it was impassable from below; it had to be approached from the top or not at all. Also a rope was considered handy, especially for the faint-hearted. But the view from the top promised to be quite spectacular, however: with the peaks to the north - Cloudmaker, Blue Breaks, Yerranderie Peak, Bindook, Burragorang; Lake Burragorang itself could be seen, from the south lying between its valley walls; a sweeping view up and down the northern end of the Wollindilly valley would be obtained. So a date was picked, the plans laid. (egad, these puns, ed.)

Came the day, and Peter T. was the only taker. The weather was ideal, promising a good day. We arrived at the starting place in plenty of time to ensure a covering of the intended ground. The big unknown was the passage of the Wanganderry plateau; thick undergrowth could slow us right down, as well as make the trip "interesting", as the guide books say. In fact, the plateau turned out to be highly scenic and well worth the walk. Walking through the plateau-top forest was mostly easy; flowers were in bloom, birds singing etc. etc. A lyre-bird male "flew" past in front, his long tail streaming behind. The plateau walls were shortly reached, giving extensive views up and down the Wollindilly valley, and of the peaks to the west. On the western side of the plateau the forest thinned out, leaving bare patches of rock, which were often interspersed with egg-shaped boulders, and strangley enough, small swamps. These swamps looked out of place in this wind-swept spot, seeming almost tropical in their appearance. We worked our way northwards towards the Pic, the constant succession of swamp, boulders, heath and forest banishing any boredom that might have threatened. As we were never very far from the valley walls, we could blow our minds on the sights there as well.

At last the narrow neck of land that led out to the Pic was reached. The rock scrambling became more "entertaining", (again as the guide books say) sometimes with severe drops either side of a narrow rock bridge. The lake came into view. One particularly narrow bridge was passed, and the summit reached. However the view was better from the nose of the Pic, so out we went. The reward was promised. We sat and ate out lunch, soaking up the mountains, the valley, and the lake. An eagle lazily patrolled the sky. Reading the log-book revealed many familiar names. Only a few parties came each year. The last one from this club was in 1969.

Contained in the log-book was a route description for the descent of the "impassable" Pic. We noted it down and tried it. And since it works, it is reproduced here. It is not especially difficult, and avoids the need for retracing your steps.



Instructions for descending Bonum Pic.

(Directions "left and "right" apply when facing out from the cliff).

Get onto the ledge immediately below by climbing down scrub and rock a few metres back on the West side.

Then climb down the 4 m. slab just to the right of the point (hardest part of the whole climb).

This gives access straight to "Traverse of the Gods", a narrow rocky ledge.

Traverse to the right into a steep scree gully and climb down 10 m. or so.

Traverse back ie. left, around a wide rough ledge. When around the point of the Pic, generally scramble down among broken rock and over small drops.

Eventually find a small tree near which (or with the aid of which) the final part of the cliff can be scrambled down.

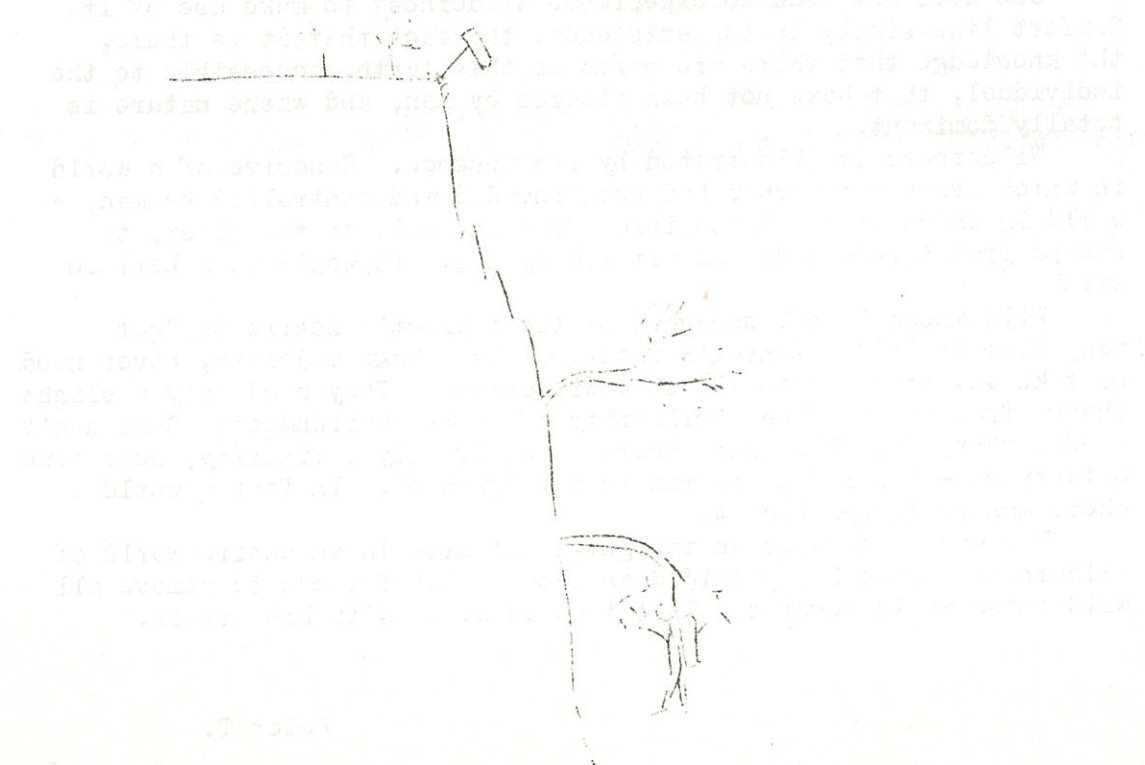
Continue down the scree to the fire road.

A rope is not essential for the descent, although it may be reassuring on occasions for the inexperienced.

To ascent, climb the scree as far as possible on the West side, and look for a cairn 1/2 m. high near the base of the cliff, just south of the point. Just to its right is the small tree referred to above.

After coming down the Pic as described above, we followed the fire road back up the valley to the car. It was the end of a superb walk.

Charlie Morris.



### SOME THOUGHTS ON WILDERNESS

The concept of wilderness is at the root of many conservation issues. To some people it is of the utmost importance; others, probably the vast majority, lack all understanding of it.

Wilderness is a place where mankind can get away from himself - this is its value, and its definition. It means no trace of man's presence - no roads, no buildings, no sewage, no smoke, no scars on the landscape. Just the individual and the untouched environment.

It is an experience that is unique to the individual - to be isolated among passive hostility, an environment which he cannot control, but which he can, and must, defend against. There is no escape by going inside and shutting the door.

Wilderness quality is inversely proportional to the degree of development raised to a power considerably greater than 1. An area may be almost totally undeveloped, yet have zero wilderness quality. A single faint track, often difficult to follow, may be the difference between a friendly bit of bush and the sheer terror of isolation. Yet if all bits of bush had a faint track through them, the world would have suffered the vast loss of something almost indefinable - wilderness.

Suppose that wilderness of a certain high degree of quality is defined as all land more than 10km from a road of any type. The drawing on the next page shows how a very high proportion, maybe all, of a wilderness area may be alienated (and the rest fragmented) by a relatively minor new development.

The key words are isolation and escape - escape from anything and everything to do with man. The wilderness experience is a rest from the hectic business of modern life. In wilderness one does not need to worry about controlling events around oneself. Control is impossible - and unnecessary. Most events are predictable. Possible defence actions are few and simple. Life is simple. It may be hard. One may suffer. But knowledge that it is temporary reduces suffering remarkably.

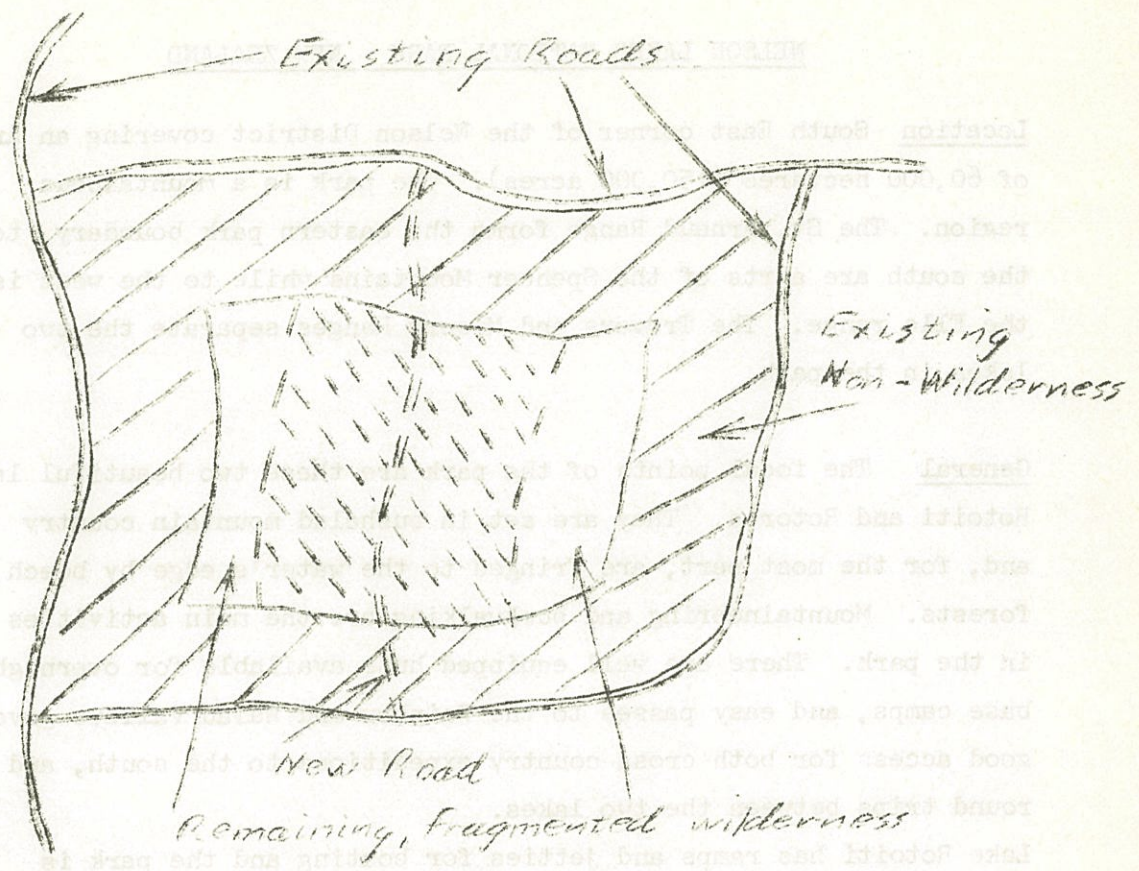
One does not need to experience wilderness to make use of it. Comfort lies simply in its existence, the fact that it is there, the knowledge that there are parts of this earth, accessible to the individual, that have not been altered by man, and where nature is totally dominant.

Wilderness is illustrated by its absence. Conceive of a world in which every far corner had been invaded and controlled by man, a world in which it was impossible, from one pole to the other, to escape from things made and altered by man. It would be a hell on earth.

Wilderness is the end goal of the tourist's desire to "get away from it all". Many, in fact most by a huge majority, never need or take advantage of total, pure wilderness. They need only a slight change from the routine familiarity of their environment. Some don't need a change at all. But others, even if only a minority, need true wilderness - a world where man is not dominant. In fact a world where man is insignificant.

Man was originally an insignificant mite in an entire world of wilderness. Time has provided an escape, but for man to remove all wilderness would sever the last tenuous links with his origin.





There are no words that can tell of the hidden spirit of the wilderness, that can reveal its mystery, its melancholy, and its charm. There is delight in the hardy life of the open... the silent places... the wide wastes of the earth, unworn of man, and changed only by the slow change of the ages through time everlasting.

Theodore Roosevelt

(quoted in "The Alps at the Crossroads")

CAN MOUNTAINEERING SAVE THE WORLD?

"From this, he is led to the familiar arguments that 'dammed up aggressive drives' must be redirected, sublimated, and so forth, through such activities as sports, 'mountain climbing, diving, offshore and ocean sailing, but also through other dangerous undertakings like polar expeditions and, above all, the exploration of space', all of which 'give scope for militant enthusiasm, allowing nations to fight each other in hard and dangerous competition without engendering national or political hatred."

From Wallace, "Psychology: a Social Science", quoting Lorenz, "On Aggression".

## NELSON LAKES NATIONAL PARK -- NEW ZEALAND

Location South East corner of the Nelson District covering an area of 60,000 hectares (150,000 acres). The park is a mountainous region. The St. Arnaud Range forms the eastern park boundary, to the south are aprts. of the Spencer Mountains while to the west is the Ella range. The Travers and Misery Ranges separate the two lakes in the park.

General The focal points of the park are these two beautiful lakes, Rotoiti and Rotoroa. They are set in bushclad mountain country and, for the most part, are fringed to the water's edge by beech forests. Mountaineering and bushwalking are the main activities in the park. There are well equipped huts available for overnight base camps, and easy passes to the Rainbow and Waiiau Valleys give good access for both cross-country expeditions to the south, and round trips between the two lakes.

Lake Rotoiti has ramps and jetties for boating and the park is noted for its recreational value in the forms of boating, fishing, shooting and skiing.

Information: Secretary, Nelson Parks National Park Board,  
P.O. Box 443, Nelson N.Z.

Transport A regular bus service runs between St. Arnaud and Nelson. The park is accessible by road from Nelson, Blenheim, Christchurch, Murchison and Kawatiri Junction.

Walks 1. St. Arnaud Range.

From St. Arnaud township follow the eastern foreshore of Lake Rotoiti. The track is signposted to the summit of St. Arnaud (1820m, 5850ft.), an ascent of 125m. (4000ft.), where an excellent view can be had in all directions. (About 5-7 hrs. walking).

..... 2. Round trip - Lake Rotoiti to Lake Rotoroa via Travers Valley and Sabine Valley.

This would be the most worthwhile trip since you can take from three to eight days to do it.

Start at St. Arnaud and walk to Lake Head Hut (three hours via the eastern foreshore). Continue up the Travers Valley through great beech forests and across mountain creeks to John Tait Hut where a base camp can be set up for as long as you would like



2...

to spend there. From John Tait Hut you can go up Mt. Cupola (2310m., 7452ft.) or Mt. Hopeless (2310m., 7475ft.) to get magnificent views.

If you don't want to stop at John Tait Hut proceed to Upper Travers Hut. It is suggested that you spend the night here since Traver's Saddle may prove to be slightly exhausting experience.

Base camp can be made at Upper Travers Hut and Mt. Travers (2380m., 7671ft.), Kehu Peak (2250m, 7250ft.) can be climbed.

Rainbow Pass can be taken to get to Rainbow Valley or Traver's Saddle to get to Sabine Valley.

If you chose the latter keep an eye on the cairns as the saddle introduces you to about 900m., of scree. You can easily get lost. If you do lose the cairns and the weather sets in, don't panic, someone is sure to be nearby, (ed. - You can panic together); anyway, as long as you keep going down this scree slope you are sure to

hit the East Branch Sabine River. Follow this to West Sabine Hut.

In the hut's log book you'll be able to read all about the people who lost their way doing Traver's Saddle.

From West Sabine Hut you now have a choice of routes to Sabine Hut; either via Sabine Valley, which is or via Blue Lake Hut and D'Urville Valley, which is even "prettier", especially if you decide to see Lake Constance as well.

From Sabine Hut you can go to Rotoroa and thence to Gowenbridge where you can catch a bus to Nelson.

Times

St. Arnaud to Lake Head Hut	3 hrs	very easy
Lake Head Hut to Upper Travers Hut	4 hrs	very easy
Upper Travers Hut to West Sabine Hut	4-5 hrs	medium-hard
N.B. hard to estimate times for this	- best to allow a day	
West Sabine Hut to Sabine Hut	7 hrs.	very easy
via Sabine Valley	12-14 hrs	medium
via D'Urville Valley	4 hrs.	very easy
Sabine Hut to Rotoroa		



BUSHWALKING AND SKI TOURING FORM

In June this year the club introduced a form to be filled in before going on any trip.

The format was only tentative and it was hoped that people would make suggestions on its improvement.

Well no one made any suggestions so here is the form again.

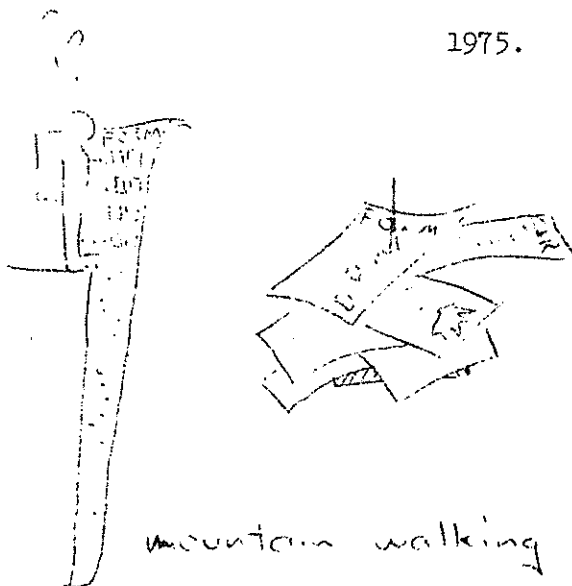
How to use the form. Simple: fill out two forms, leave one at home and the other with someone in the area you are walking in.

Please remember to leave the return half with the person you left the top half or get in contact with that person somehow. Otherwise you may even be called out to go on your own search and rescue.

Please use the form for your own safety's sake.

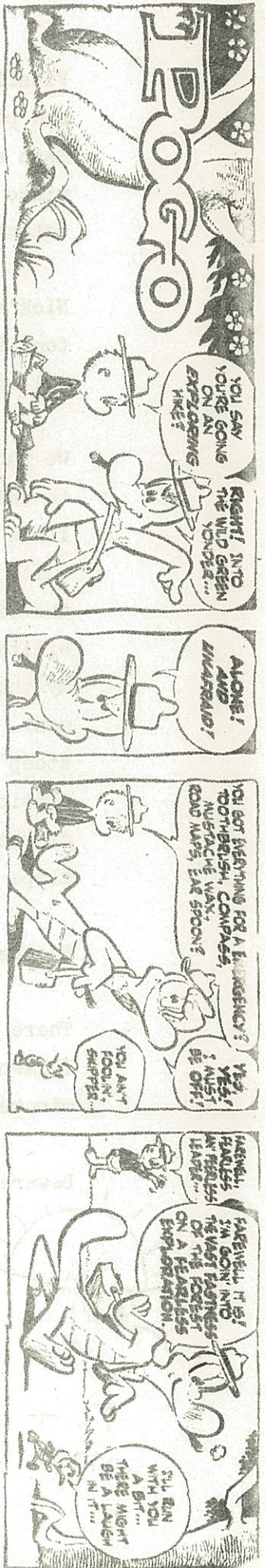
David Sanders.;

1975.

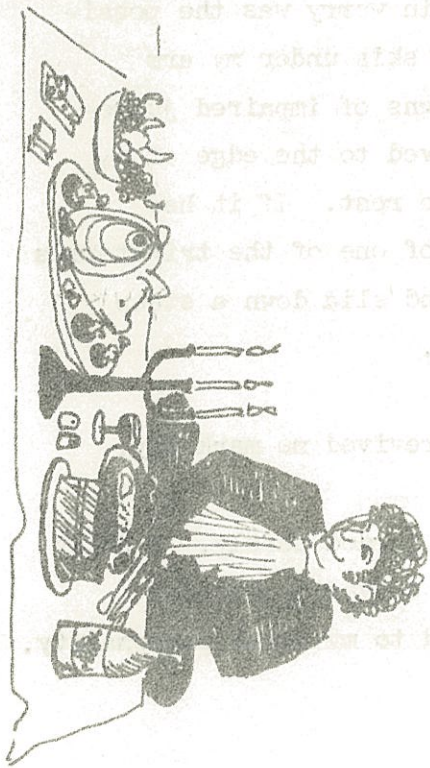


Beauty parlours are like steak parlours  
Men are rare and  
Women well done

cryptogenic



Who brought him along?





ROUTE FROM BLUE LAKE

7.10

Finally ended was the long lonely night. Nick, Sue and I had pitched camp at Blue Lake for some ice climbing and ski-ing. Rain set in and, that night a strong wind arose. (I have heard since that, at Thredbo, further down the range, the winds were estimated at 160 kilometres per hour.)

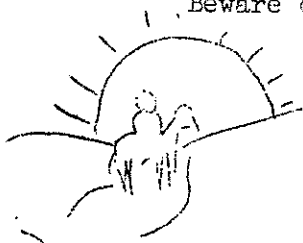
Nick's tent had water driven into it with every gust and the tent I was in collapsed at 9 and again at 3 in the morning. All of us spent the interminable night in wet sleeping bags.

We packed as fast as possible with day, breakfasted, and started to walk out. The Lake was rapidly turning to liquid. Foolishly I had never purchased overpants or over mits, and by now was quite aware that I was courting death from exposure during the five kilometres to Illawong. My main worry was the possibility of cramps in the legs. Carrying skis under my arm my thumbs went numb. Then I noticed signs of impaired judgement. I dropped a ski which rapidly moved to the edge of a steep slope where it fortunately came to rest. If it had continued it would have become a part of one of the tributaries of the Snowy River. Again I stumbled and slid down a steep slope where Nick was kicking some steps.

Sue gave me six dextrose tablets which revived me markedly.

There were two rivers to cross which we forded safely. Finally Illawong was in sight and after violent shivering for ten minutes in front of the heater I revived to my usual personality.

Beware of this danger!



Richard Burek .

That money saved for a rainy day  
now buys a smaller umbrella.

yuk! yuk!

yuk!  
yuk!

UNIVERSITY OF NSW  
BUSHWALKING CLUB and MOUNTAINEERING CLUB  
BUSHWALKING AND SKI-TOURING IDENTIFICATION

Party leader: \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_

Other members of the party:  
\_\_\_\_\_  
Age \_\_\_\_\_  
\_\_\_\_\_  
Age \_\_\_\_\_  
\_\_\_\_\_  
Age \_\_\_\_\_  
\_\_\_\_\_  
Age \_\_\_\_\_  
\_\_\_\_\_  
Age \_\_\_\_\_

Proposed route: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Proposed date of return: \_\_/\_\_/\_\_\_\_  
Car-make, registration no. and where parked \_\_\_\_\_

Person to contact if lost: \_\_\_\_\_  
Phone (std) \_\_\_\_\_ Address \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_/\_\_/\_\_\_\_

Return section: UNIVERSITY OF N.S.W.  
BUSHWALKING CLUB AND MOUNTAINEERING CLUB  
BUSHWALKING AND SKI-TOURING PARTY IDENTIFICATION.

The bushwalking/ski-touring party, of \_\_\_\_\_ people,  
led by (name) \_\_\_\_\_ which departed from \_\_\_\_\_  
(date) \_\_/\_\_/\_\_\_\_, for \_\_\_\_\_

has returned safely from their trip. We left a form with details of the  
party and route with \_\_\_\_\_  
Signed \_\_\_\_\_ Date \_\_/\_\_/\_\_\_\_

Leave the top section with either:  
someone at a ranger station or park headquarters, or  
the contribution box at the entrance gate of the park, or  
if the park is not under N.P.W.S. supervision,  
the local police, or the local publican or store-owner if they are  
willing to take the responsibility of telling someone if you're late  
or lost.

and leave a form with someone at home or at least tell them what's going on.

On your return, leave the bottom part of this form at the spot you left the top  
half. If this is not possible, then hand it in to anyone connected with the  
N.P.W.S. in that area or to the nearest police station, and ask them to contact  
the person you gave the other half to.



## FIRST AID IN BUSH

First aid is a simple matter, but it is essential to know a few basic ideas and to be able to recognise a potentially serious situation. It is also essential to forget many old ideas and concepts as often they can be detrimental to your victim (oops I meant your patient).

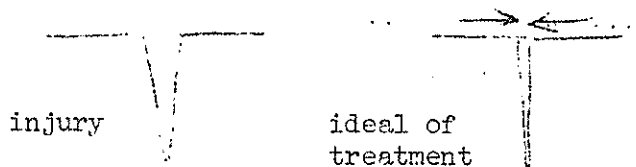
To make it easier I have divided this into ten sections, The first five, cuts and bleeding, sprains, burns, frost-nip and malaise can often be treated on the spot without too long a delay to the progress of the party. The second five, shock, bites, fractures, hypothermia and resuscitation, are serious situations which will almost always force the group to stop and make camp immediately.

### (1) Cuts and bleeding

1.1 Minor cuts you need only wash and apply a bandaid.

1.2 Major cuts come in two basic varieties

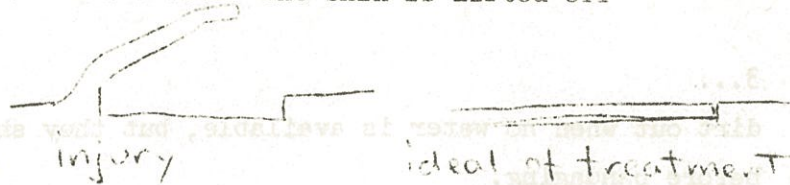
1.2.1 cuts perpendicular to the skin



In these the idea is to close the gap, but first the wound must be thoroughly cleaned and any dirt, hair, odd bits of it. Then a lot of strapping should be used to bring the edges together. I find that butterfly closures are totally useless in this regard. Problems arise if blood collects in the cavity and particularly if this gets infected. Thus the need to clean the wound well and use a secure dressing.

## 1.22 cuts where the skin is lifted off

pic



## Problems

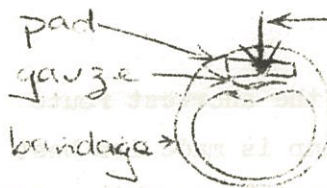
In this cut the idea is to put the skin back where it came from hold it in place, and prevent any collection of blood fluid or pus under the skin flap as this will prevent healing. Thus wash the wound well and apply a pressure bandage over the flap (see below)



## 1.33 Bleeding.

This is best controlled by applying pressure directly over the spot that's bleeding. At first this can be done with your thumb, (suck it first to get the dirty off it). Then a pressure bandage should be applied. (Please remember to wash the cut first).

- (1) Cover the cut or bleeding point with some gauze, cotton wool or clean cloth.
- (2) if this pad is fairly bulky it will be enough, if not or if the bleeding is severe you will need to put another pad over this first one. This could be either a folded up handkerchief, towel, or other piece of cloth.
- (3) Bandage tightly, using an elastic bandage if the cut is on a limb. The bandage should not be so tight as to cause pain or to cause the limb below the Bandage to go blue, swell or go numb but it will need to be firm.



the idea is to put pressure in this direction to stop bleeding

In all cuts and bleeding leave the bandage there until you get back to civilisation. Taking the bandage off to have a look doesn't help and may hinder the healing.

If the bandage begins to smell or becomes painful or the area around it unexpectedly becomes red and swollen then it is probably infected. Then and only then take the bandages off and start all over again by thoroughly washing the cut. Antiseptic creams do not help the healing process and may hinder it. They are often useful though for cleaning



3...

dirt out when no water is available, but they should be wiped off before bandaging.

(2) Sprains

These occur commonly on walks and mainly affect the ankle knee and wrist. To determine if you have a sprain or a fracture.

- (1) think of the injury, was it really enough to break bone?
- (2) Look at the joint that's sore, is there a bone sticking out or is it just a bit swollen?
- (3) test for yourself how far and easily you can move the affected part compared with the other side.

The idea of treatment is to support the joint until you can get to to your doctor or until it feels better. And to rest the joint as much as possible. To support it: wrap an elastic bandage around it with the joint in a position which is of most use. For example the ankle should be bandaged with the foot at right angles to the leg, the knee with the leg straight etc.

The bandage will probably work loose and will have to be reapplied periodically.

Putting the affected part in cold water will give some relief from pain and help to reduce the swelling.

The only way to rest it is for the group to take the shortest route home if its an ankle or knee thats sore. When camp is made its best to keep the sprained joint elevated as much as possible as this reduces the swelling.

Next time next time will cover such injuries as burns, frost-nip and malaise and begin to discuss the more serious sorts of injury mentioned at the beginning viz. shock, bites, fractures, hypothermia, and resuscitation.



David Sanders.

THE OUTDOOR CHEF

Recipe for a fantabuious half-day ski

basic ingredients: get a week of wet snow, sleet and rain, running on purple and blue klister rubbed together. Now get a hot, sunny, cloudless day, and you are ready to begin. Just make sure no one is with you as "too many cooks spoil the broth".

preparation: around 10:15, remove outer garments, roll up sleeves and pull down your socks; thence walk up 1800' carrying your skis and answering the blank stares of the crowds with an equally blank stare.

Step 1: grease the boards with a hard wax, preferably purple.

Step 2: get into the railroad-like tracks and follow them to the Main pass.

Step 3: forget the ice-cream cone on the left as the whine of the blenders on it, is rather unpleasant.

Step 4: continue onto the next saddle and follow the sign, traversing towards the impressive looking peak.

Step 5: climb the peak and gaze around at the fantastic view, wondering: was this the peak that Strezlecki climbed?

Step 6: find a cornice and ski off it, keep going for some distance till you reach a small saddle. Now you are looking at the kitchen and a large snow-covered WHITE lake.

Step 6a: if extra spice is required, this step may be followed. From the saddle traverse across the bluffs, heading straight towards the hut. Remember no errors are allowed in this step, the consequences could be disastrous.

Step 7: enter the kitchen at about 1:15

Step 8: now light the gas, place on it the frying pan with some butter. Melt butter. Add sliced salami and gently fry for 1 min. Turn over and add cheese plus Vogel. Fry gently for 1 min, then turn bread, and pile cheese and salami on top; continue frying until done.

Step 9: get scroggin, dried nuts, hot sweet tea and enjoy those as well.

Step 9a: meet another cook who is trying a somewhat simpler recipe

Step 10: at 2:45 step outside and climb to the saddle. From the saddle, two or three small turns then schuss (i.e. BANZAI!!!) until you get past the river. Recover your breath then dawdle/climb up to the next hut.

Step 11: you meet more cooks at the hut and you discuss each other's recipes.

Step 12: from the hut, after a small tea-break, you continue your culinary masterpiece, your cooking companion seems quite capable at blending the ice-cream and greasy wax beneath his boards.

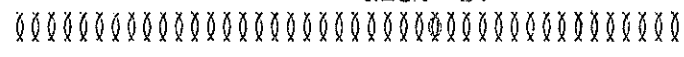


Step 13: finally at 3:30 you arrive back amongst the set that does not know how to cook for itself and instead gets it served to it.

Now the exercise is over, you sit down, relax and have.....

HOT PIES!

Nick B.



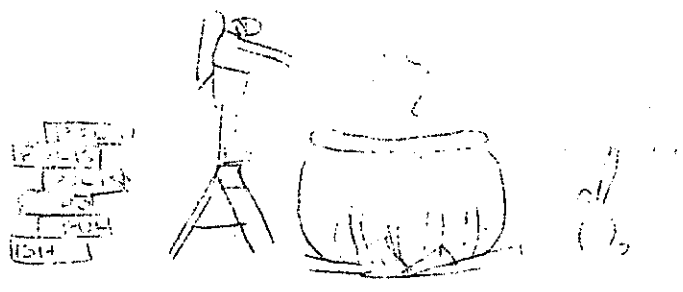
A NOVEL DISCOVERY -- thoughts on a Ph.D.

I have three rabbits ; Snow, Ice and Coal. Snow and Ice are white, Coal is black. Not only do they differ externally -but also their insides are different. White rabbit blood is peculiar to white rabbits - it can be approximated by a 1% solution of white shoe polish ; however , black rabbit blood is optically similar to a 2% solution of Indian ink. It is of great interest that these percentages are integral - for those experiments , only the finest AR grade solutes were used.

In the course of this study, I have discovered that a 1% solution of white shoe polish does not behave like white rabbit blood. However , I have found that if I carefully pick out white rabbit blood cells , and carefully coat them with saturated white shoe polish solution, the white rabbit blood behaves identically to the 1% white shoe polish solution. And, what is more , if I treat black rabbit blood similarly, it also behaves like white shoe polish solution.

I intend doing more experiments before appearing before the Royal Society in London , but what with inflation and the arabs , I have run out of white shoe polish.

Suzanna Dodgson Schneider.



ORGANIC CHEMISTRY

P. 17

In reply to the sexist analysis of Wo. in last issue of WBSAC: -

ITEM

OCCEUCUCLITE

Symbol Me At. wt. 70 kgs. (mean value )

- 1: Abundant at UFF
- 2: In inert state: where bound with identical tom i.e. Me
- 3: In radical state : found with either Me. or Wo., which in this club tend to form stable bonds

PHYSICAL PROPERTIES

- 1: High density
- 2: In bond with Wo. heats rapidly to volatile state
- 3: High in activity series
- 4: When bond with Wo. unstable , can be displaced by other Me.
- 5: Great affinity for unpaired electrons in Wo.
- 6: Foul odour released when overactive.

USES

- 1: As disrupting element.
- 2: To donate Ag, Au, Pt, and precious stones to Wo.  
( it has been noted that the Blnd form of Wo. has an added affinity for stones of the crystalline carbon variety - this is possibly the result of Gntl Me : prefer Blnd Wo. - Ed. )
- 3: Probably the most volatile agent known.

OTHER PROPERTIES

- 1: Very malleable (i.e. can be wrapped around little finger .)
- 2: Denatured after infusion of intoxicating liquid.
- 3: Only best specimens maintain dynamic equilibrium about the norm.

anon.  
anon.  
anon.  
...

... surely one may as profitably be soaked in the juices of swamp for one day as pick his way dry-shod over sand. Cold and damp, - are they not as rich experience as warmth and dryness?  
Thoreau