



Friends
of
Belair National Park
Volunteers working for Conservation

Established 1985

Friends group of the decade 2004

Best Newsletter 1996 - Friends Group of the year 1998



June 2005

And so it began

A copy of an invitation sent out by Dene Cordes to an inaugural meeting to form a Friends Group for Belair Park.

DE 4303/85
DE 4401/81
DE 4317/83
C.O. 7.5.2
Mr. D. Cordes

27th August, 1985

Dear

It is my pleasure to invite you to a meeting for the purpose of forming a Friends of Belair Recreation Park, to be held on Monday, 16th September, 1985, at 7.30 p.m. in the Park Information Centre (formerly Redgums Kiosk).

It is proposed that the meeting will convene with only invited representatives of certain organizations. At a later stage the group may be enlarged. Therefore, would you please let me know whether you can attend?

The purpose and objectives of a Friends Group will be explained during the meeting.

Belair is a Park which has the interest of many South Australians, a Friends Group being one way for such interest to be fostered.

Your reply is awaited with thanks.

Yours sincerely,

Dene Cordes
COMMUNITY LIAISON OFFICER
for N.P. Newland
ACTING DIRECTOR
NATIONAL PARKS AND WILDLIFE SERVICE

DDC/EJK

FRIENDS OF BELAIR PARK

Minutes of inaugural meeting, held at the Belair Park Information Centre, on Monday, 16th September, 1985, at 7.30 p.m.

1. PRESENT

Christine Stanley (National Trust)
Peter Bird (Nature Conservation Society)
John Hunwick (Mount Lofty Ranges Consultative Committee)
Alderman Ann Rungie (Mitcham Council)
Arthur Pratt (Hills Schools)
Hugh Campbell (Friends of Old Government House)
Nicholas Newland (Acting Director, National Parks and Wildlife Service)
John Berrgy (Ranger-in-Charge, Belair District)
David Conlon (Acting Regional Manager, Central)
Dene Cordes (Community Liason Officer, National Parks and Wildlife Service)

2. APOLOGIES

Linda Niemann (Local Conservationist)
Society for Growing Australian Plants (member yet to be nominated) Jim McHugh (Acting Manager of Operations)
Geoff Rayson (Belair Park)
Brian Sims (Blackwood Chamber of Commerce)

3. WELCOME

John Berggy opened the meeting, welcoming all present. He spoke of the historical importance of Belair Park and of the approaching 1991 Centenary of the Park and the National Parks and Wildlife Service.

Nicholas Newland said that Belair is one of the most important Parks in the State, and it is appropriate that a Friends Group would address the Centenary as one of its first programmes, and that the community be involved. He sought comments from the meeting.

All expressed support for the Centenary but felt that the group should be known as a Friends Group in order to avoid community confusion.

4. CENTENARY

Mr. Hunwick asked if funds for a Centenary could be channelled through the National Parks Foundation, and was advised that this could be done.

5. GENERAL COMMENTS

Mr. Campbell asked if interested individuals will be welcomed as well as Organisations, into the Friends Group, and whether the Group would be formed only until the Centenary, or longer. Mrs. Stanley,
Mrs. Rungie and Mr. Hunwick expressed support for a longer-term Friends Group, as did Mr. Cordes.

Mrs. Stanley suggested payment of a subscription. She also enquired about the feelings of the staff. Mr. Newland commented that the National Parks and Wildlife Service has now had Friends Groups and Volunteer projects for over three years, and had established a fairly good base on which to work.

Mr. Campbell stressed the need for Friends Groups to feel appreciated.

6. FORMATION OF GROUP

John Hunwick moved that a "Friends of Belair Park" Group be formed. Seconded by Hugh Campbell and CARRIED unanimously.

7. ELECTION OF OFFICERS

Moved by Ann Rungie, seconded by Christine Stanley that John Hunwick be interim Chairman. CARRIED

A Secretary was not able to be found. Dene Cordes was nominated and declined, but agreed to record the minutes of this meeting.

It was resolved that at the next meeting, when more people are present, the following positions will be filled:

Chairman - interim Chairman to be endorsed.

Secretary - the National Parks and Wildlife Service to provide this facility until next meeting.

Treasurer

Publicity

Executive Committee

8. SUBSCRIPTIONS

Resolved that subs will be \$10 per person; \$15 per family; \$30 for Corporate Bodies; \$5 for pensioners and students.

A Bank A/C will be opened. Deferred until next meeting when signatories will be chosen.

9. STATEMENT OF PURPOSE

The meeting agreed on the following statement of purpose for the Group.

"To involve the community in supporting the Belair Park achieving its management aims."

10. OBJECTIVES - To be compiled at the next meeting.

Arthur Pratt asked whether this Group and others like it should agree with the Department, or whether it can disagree sometimes. John Hunwick commented that in his view, the Friends Group should apply itself to Departmental philosophy but should be free to comment on its implementation. John Berggy pointed out that, like the National Parks and Wildlife Service Consultative Committees, consultation is encouraged.

11. NEXT MEETING

The next meeting will be publicly advertised, then regular meetings will be held.

Resolved that Sunday, 27th October, 1985, be the next meeting, from 10.30 a.m. to 12 noon, to be followed by a nature walk of 3/4 duration.

Ann Rungie will assist John Berggy with publicity and Christine Stanley will help to distribute notices. Peter Bird offered to assist in planning the next programme. Dene Cordes will prepare address list of members.

It was resolved that organisers meet at 8 p.m. at Ann Rungie's place on 30th September, 1985, to plan the next meeting.

12. CLOSURE

The meeting closed at 9.30 p.m., and was followed by refreshments supplied by Belair Park.



To celebrate this auspicious occasion a dinner is to be held at the Main Oval Pavilion at 12.30 for 1.00. on the 30th of October 2005

It will consist of a hot main meal with sweets. Both courses will be smorgasbord style with several choices of hot meats, vegetables and salads.

BYO drinks

Coffee and tea will be provided.

The cost of the meal will be \$10.00. It is being subsidised by the Friends of Belair Group.

There will be guests, The list has not yet been finalised.

There will a couple of speeches

Dene Cordes has kindly agreed to give a quick history of Friends

There will be several presentations

10 year membership badge. Eleven members are eligible

20 year membership badge. Five (possibly six) members are eligible.

Life memberships. There are four members who have been accepted for life membership.

Places are limited so if you are interested in attending this celebratory luncheon please ring

Mary Cole on 8278 3816

This expression of interest is a must to give us fairly accurate numbers for catering purposes.

Payment and tickets will follow at a later date.

Brian DuBois

President



Southern Lofly District Newsletter

Edition 1, 2005

Welcome to the first edition of what I hope will be a quarterly, or there abouts, newsletter for the Friends Groups of the Southern Lofly District.

I am very conscious that with 17 Friends Groups in the District, communication between the District and the Groups is not always as good as it could be. A few Friends have suggested that a regular newsletter may be a way of helping to overcome this, and I think it is an option certainly worth trying.

It is not possible to include everything in the newsletter that I would like to, so I have tried to include a mix of updates on operational matters, and some info on projects or strategic issues that may be of interest.

Obviously the first point of contact for Friends Groups should continue to be their Liaison Ranger, with the Liaison Ranger being the primary source of information for Groups. This newsletter should be a supplement to that.

I would welcome any feedback that people may have on this newsletter, or on any of the content. If there are any specific things that people would like to see included I would certainly appreciate hearing them.

On another matter, I certainly appreciate the invitations that I regularly receive to attend meetings of your groups. Unfortunately I am not able to attend many of these due to other after hours commitments, however, please keep sending the invites – my plan is to get to one of your group's meetings eventually.

I am keen to get out in the field and look at some of the work that is being undertaken by the various groups. If you have a project that you would like to show me, or an issue that you would like to discuss, please contact me and I'll see if I can fit in a mid week field trip. Unfortunately, I can probably only fit one field trip in per month, but if I have enough notice I am able to book out several hours. For example, I recently spent a Friday with three members from the Friends of Scott Creek Conservation Park looking at some of the amazing creek line restoration work that they have undertaken. It was an interesting and worthwhile day, and I was really encouraged by some of the work that has been achieved, and that is planned to continue.

James Crocker
District Ranger Southern Lofly

Staff Movements

There have been a number of staff movements of late, most of which you are probably already aware. But just in case you're not, here is a summary:

Leah Egan: Leah has been seconded to the Investigations and Compliance Branch for the past couple of months, and is due to return to the District at the end of the financial year. Helen Kilsby has been acting in Leah's position, and will continue to do so until Leah returns. Helen was recruited through the last external call for Rangers, but comes to us from another section of DEH, having worked for several years at Wittunga. Helen has taken on the role of Liaison Ranger for the groups that Leah normally looks after.

Janine Kraehenbuehl: Janine has been appointed to a project fire planning position, where she is drafting a Fire Management Plan for the Foothill Parks of the Southern Mount Lofty Ranges (including Sturt Gorge RP, Shepherds Hill RP, O'Halloran Hill RP, Marino CP and Hallett Cove CP). Janine will also return to the District at the end of the financial year. The position was backfilled for a short time by Shawn Brown, who did an excellent job, however, it is currently vacant. Janine has maintained liaison Ranger responsibilities for her Friends groups.

Ian Robinson: Ian Robinson, Construction and Maintenance Worker, retired recently after 36 years of service with the Department. Ian and his family have moved to the Philippines, which is certainly a big lifestyle change. Ian's skills, experience and knowledge of the District will certainly be missed.

Franke Nicoll: Franke has recently commenced as Coordinator of Volunteers for Cleland Wildlife Park. Franke has extensive experience in this area, and comes to us from the Adelaide Zoo where she was undertaking a similar role.

James Crocker
District Ranger Southern Lofty

Review of Staff Roles and Responsibilities

Prior to the amalgamation of Sturt and Cleland Districts to form Southern Lofty District, the existing districts had slightly different structures, with Sturt Rangers having a functionally based structure while Cleland Rangers had a geographically based structure. Southern Lofty District currently has a mix of both structures, but this is being refined to improve its functioning.

The new structure will see Ranger staff assigned geographic responsibility for a group of district reserves. The number and mix of reserves assigned to Rangers will vary depending upon the complexity of the reserves, but they will be allocated so as to ensure that Rangers will be involved with managing a variety of issues across a diversity of habitats.

Rangers who have geographic responsibility for a reserve will be responsible for identifying issues and actions required for the reserve, and for implementing on-ground actions to address these. They will also be the Liaison Ranger for the Friends group associated with the reserve. This will hopefully provide a greater sense of ownership for reserves, and will improve liaison with Friends groups as they will have one Ranger who is responsible for all the issues in the reserve.

Functional responsibilities will also be assigned to Ranger staff, with there being a Senior Ranger and a Ranger responsible for Fire Management, a Senior Ranger and a Ranger responsible for Biodiversity and Natural Resource Management, and a Senior Ranger and a Ranger responsible for Visitor Management Services. They will have responsibility for these programs across the District, with a particular emphasis on planning the priorities for each of these programs, and in ensuring consistency between reserves. Where there are projects associated with these programs that span multiple district parks, then it is envisaged that the Ranger with the functional responsibility will manage the project.

In ensuring that Rangers are assigned an appropriate group of Parks, it will be necessary to change the Liaison Rangers for some Friends Groups. While some groups may be disappointed about this, I am confident that they will soon build good working relationships with their new Liaison Ranger. I look forward to your assistance with making this transition a smooth one.

Following is a list outlining the Ranger who is responsible for each reserve. However, please note that these responsibilities will not come into effect until 1 July 2005. It will also be reviewed after 12 months.

SOUTHERN LOFTY DISTRICT RESERVE RESPONSIBILITY

Aldinga Scrub CP	Janine Kraehenbuehl
Belair NP	Janine Kraehenbuehl
Blackwood Forest RP	Leah Egan
Brownhill Creek RP	Bryn Troath
Cleland CP	Richard Coombe
Eurilla CP	Richard Coombe
Gateway Parks	Bob Gooch
Greenhill RP	Bob Gooch
Hallett Cove CP	Bob Gooch
Marino CP	Tim Fuhlbohm
Mark Oliphant CP	Leah Egan (M Anderson will still maintain liaison with the Friends Group)

Moana Sands CP	Richard Coombe
Mount Osmond Reserve	Bob Gooch
Mylor CP	Bryn Troath
O'Halloran Hill RP	Tim Fuhlbohm
Onkaparinga River NP	Bryn Troath
Onkaparinga River RP	Bryn Troath
Scott Creek CP	Tim Fuhlbohm
Shepherds Hill CP	Leah Egan
Sturt Gorge RP	Janine Kraehenbuehl
The Knoll CP	Neville Houlahan
Totness RP	Neville Houlahan

James Crocker
 District Ranger Southern Lofy

Aldinga Scrub Environmental Protection Strategy.

As I am sure many people are aware, the Canberra Investment Corporation (CIC) is developing a residential subdivision to the north of Aldinga Scrub Conservation Park. Along with environmental design elements in the landscaping and hydrological management, a buffer reserve is proposed within the development. CIC has also agreed to contribute substantial funding to DEH to further minimise potential impacts on the Conservation Park and to improve its natural values.

A reference group (with representation from the Friends of Aldinga Scrub) has been established to develop and implement a program of protection, education and enhancement works along with a monitoring program. Issues to be addressed include fencing requirements, buffering, pedestrian and emergency access, pest plant and animal control, revegetation, and an environmental awareness program for residents and visitors. Monitoring will address visitor impacts and change of use, as well as hydrological impacts. Opportunities to maximise this funding through partnerships will also be explored. The coming financial year will see this program further developed.

Alison Radford
 A/Manager, Conservation and Planning

Cleland Wildlife Park, Mallee Fowl Aviary.

In January 2004, Cleland Wildlife Park received an Environmental Education Grant of \$17,000 from the Rotary Club of Adelaide Inc to construct a Mallee Fowl aviary in the South-western area of the Wildlife Park.

The basis of the grant was to construct a walkthrough aviary as an educational tool. The aviary will depict the mallee region of the state and exhibit bird species endemic to that area, such as the vulnerable Mallee Fowl.

The aviary will be 30m in length, 15m wide and 6m high and be divided into two separate sections. This will enable a diversity of large and small bird species to be exhibited.

To date all the framework for the aviary has been completed, the site cleared and holes dug for its installation. The aviary will be an open display, with the first six feet covered in mesh; the remaining area will be covered with a new lightweight knotted polyethylene 3/8' square mesh netting. The aviary will be completed before the end of this financial year, however, an official opening date is yet to be decided on.

Gary Fitzpatrick
Manager, Cleland Wildlife Park

Fox Baiting Program Summary, March/April 2005

A 1080 fox baiting program was conducted in Mark Oliphant Conservation Park, Belair National Park, Onkaparinga River National Park, and Scott Creek Conservation Park during March and April 2005. This was part of an ongoing program to protect native wildlife and limit the spread of pest animals within the District's reserves. A summary of the program follows:

Mark Oliphant Conservation Park

Baits were laid at 10 stations and checked on four occasions. Of the 25 baits laid, 18 were taken over the six week period, a 72% bait take. (Last year a total of 14 baits were taken – 56%).

Scott Creek Conservation Park

Baits were laid at 19 stations and each station checked three times. Scott Creek again recorded low bait takes, five from a total of 24 laid (21%). This result may be a reflection of the impact of a baiting program conducted by SA Water in the nearby Mt. Bold Reservoir Reserve.

Belair National Park.

Baits were laid at 43 stations in Belair National Park and were checked on four occasions. 28 bait takes were recorded (23 last year) from the laying of 38 baits (73.6%). This was consistent with last year's results for the same time of year.

Onkaparinga River National Park

Bait takes in Onkaparinga River National Park were lower this year than last. Baits were laid at 29 stations and were checked on three occasions. We recorded a total of 16 takes (55% as opposed to 69% last year.) We are grateful to the Friends of Onkaparinga River Parks for undertaking additional fox baiting in the north-western section of the park. Their results will be coming in shortly.

Helen Kilsby

Ranger, Southern Lofty District

Cleland's "Ocean to Outback" Exhibition.

Reminiscing back to March 2003 and the writing of the initial concept brief for a new exhibit, it is difficult to imagine the interpretive investment which now underlies Cleland's "Ocean to Outback" exhibition, opening later this year. "Ocean to Outback", located in the old reptile display area within the Visitor Centre, will use landscaped, wildlife exhibition cases to deliver motivational and introductory interpretation on South Australia's cultural and natural resources.

As the nails are starting to go into the timber and the exhibition cases are beginning to take shape on the factory floor, this exhibition will provide outstanding, memorable and high quality experiences for visitors. Cleland's "Ocean to Outback" exhibition presents information on four South Australian landscapes. Each landscape containing live exhibits delivering an experience/learning opportunity, leading to increased awareness and informed behaviours.

"Ocean to Outback" will be officially opened in the latter half of 2005, and will be well worth visiting.

Ben Luxton

Community Education Officer

Cleland Wildlife Park

Belair Facilities Upgrade Project

Construction work at the Pines and Karka Precincts is now complete, except for the additional carpark adjacent Karka Pavilion which will be constructed as part of this year's work, and the usual round of builder's defects, liabilities and omissions which are currently being addressed. Unfortunately, this process is slow and ongoing. The Minister has inspected the completed work and was very pleased with the outcome.

Concept planning for the Old Government House/Government Farm precinct, the next one identified for upgrade, is also complete. A tender has been let for construction works which are expected to start on 11 April. Unfortunately, a very

strong construction market has seen a delay in the award of this contract due to price negotiations.

Design for Dianella Precinct (the area to the east of the main Oval formerly know as the 'Soccer ground') is now under way and will be completed by June this year. Construction works are programmed to be tendered in July with construction scheduled to commence in September (weather permitting!!).

Bob Furner
Project Services Manager

Farewell for Now...

I hope you have found this edition of the newsletter to be interesting, and to be of some value. If you would like to provide feedback on this newsletter, or if you would like further information on any of the information provided, please telephone me on 8278 5477, or email me on crocker.james@saugov.sa.gov.au.

~Viewpoint~

Working with M.S.F. in Iran

At one stage about 3 million refugees lived in Iran, most from Afghanistan.

In 2002 Iran, Afghanistan and the UNHCR (United Nations High Commission for Refugees) decided that these refugees would be repatriated back to Afghanistan as the war had finished and the Taliban gone.

Life was still difficult in Iran - refugees were unable to formally work or have a bank account, had timed visas – which weren't renewed before their expiration date. They could access schooling and health services – if they could afford them.



Afghan women refugees in Iran waiting for treatment

Within this context I went to work in Iran with Medecins Sans Frontier (Doctors without Borders) - an International Medical organisation – for 6 months in 2003 / 2004.

We provided primary medical services to those refugees assessed as being poor or very poor (for example - those with no male head of household or several chronically ill individuals).

The Afghan people were generally very patient and gentle despite their long suffering.

Mainly symptomatic clients were seen and priority was given to children and over 65's.

25% of consultations were for colds / ear/ sinus type infections, then various joint pains/ chest infections, psychosomatic problems, skin infections plus those requiring chronic medical management e.g diabetes / epilepsy.

A midwife saw pregnant women and those with gynaecological symptoms.

I saw conditions such as osteomyelitis, TB and Leishmaniasis (skin infection) – which I never see in Australia.

25 – 45 patients would be seen by each doctor every clinic. I needed a Farsi/Dari translator during consultations

Besides these regular services we also did school screenings, networking, policy work and advocacy for various individuals and groups.

We were finalising a 'high risk pregnancy service for Afghan women' policy with the local Ministry of Health (MoH).

The MoH provided free vaccinations, TB and Leishmaniasis treatment and antenatal care and contraceptives for the refugees.

MSF also sent 10 of its local staff to the Bam earthquake over a 2 month period to provide logistics, medical and psychological help.

I felt grateful for the opportunity to do something practical and useful for the Afghan people.

These families had access to free medical consultations and free prescribed medication from either MSF's fixed clinics in Mashad (a city of 2- million on the North Eastern border of Iran) or 1 of the 7 mobile clinic locations visited every fortnight. If any of the very poor required blood tests/ Xrays or hospitalisation we absorbed and shared the costs with local charities and UNHCR.

The mobile clinics were held in mosques, a house or a charity clinic location. 8 – 15 staff plus all the required equipment, medication plus tables and chairs were transported in a minibus.



This article was written by Dr Joy O'Hazy (above), medical practitioner, former Mayor of Mitcham and BBDC member. Thank you Joy.

OFFICE BEARERS FOR 2005

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The Mayonnaise Jar and the Coffee...

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar...and the coffee...

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls.

He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls.

He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

"Now," said the professor, as the laughter subsided, "I want you to recognise that this jar represents your life. The golf balls are the

important things - your family, your health, your friends, and your passions - things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter, like your house. The sand is everything else - the small stuff. "If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time out for YOU. Indulge in your passions. There will always be time to clean the house and fix the disposal.

"Take care of the golf balls first, the things that really matter, then the pebbles. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

Please share this with someone you care about. I just did.

Submitted by Karen Fagan
GFS Minute Secretary



*There is always someone who
loves you more than you know.*

Possible Walking Trail Closure in Belair National Park

Consideration is being given by the Park and Railway authorities to closing a popular walking and running trail in Belair National Park. Closure would involve removal of the steps leading up from near the Long Gully Volunteer Centre to the site of the former National Park Railway Station. These steps are regularly used in training by runners who then proceed via the Railway and Tilti tracks as shown on the Belair National Park brochure. The steps also provide a vital link in an old walking trail which crosses the railway at the former station site. This walking trail was identified in the 1970 booklet "Walking in the Mount Lofty Ranges Network B" by the National Fitness Council of S.A. and more recently by George Driscoll.

The problem is, of course, that as in other places in the Adelaide Hills, walkers are not legally entitled to use many suitable tracks along and across the railway. Aware of this, Walking SA has always been inhibited in promoting the use of such tracks, even the ones shown on the Belair Park brochure which has just been revised. Park management and that of the Railways tends to be parochial. Both authorities lack resources and treat all walkers and cyclists as potential vandals and/or firebugs. They don't recognise that responsible users are happy to do so at their own risk and that these users are willing to report any real problems.

Talking of cyclists, neither my comments or those of Walking SA on the latest Belair Park Draft Management Plan opposed the more liberal provision for cyclists proposed in that document. At the same time, we recognised the potential risks from mountain bikers tempted by "walkers only" trails. Over the years I have frequently cycled in the Park and have always advocated Queens Jubilee Drive as an important and safe cycling route. It provides the only reasonable grade for cycling up from the Mitcham Hills to Crafers.

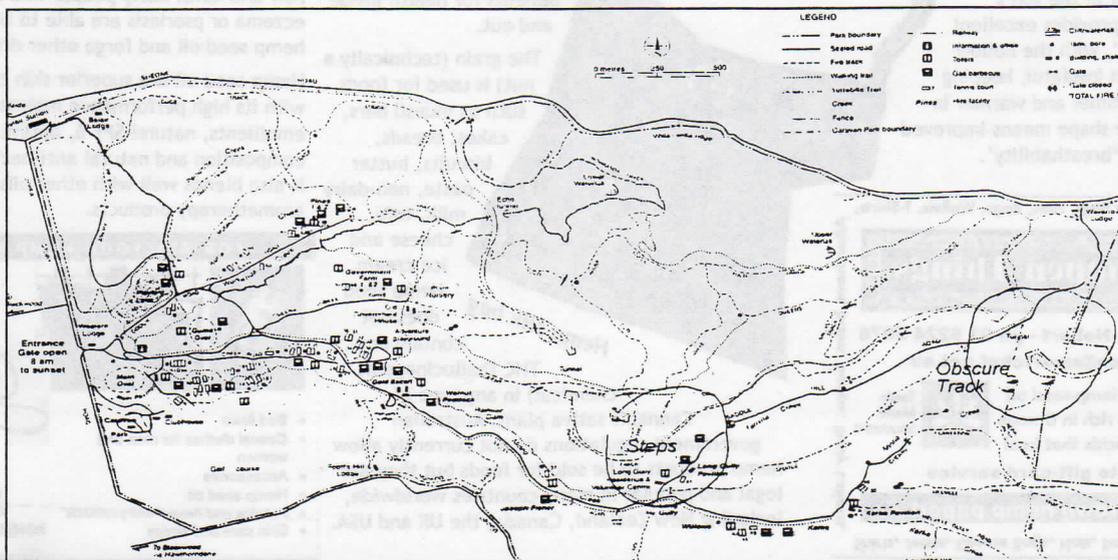
We occasionally hear of "trespassers" being prosecuted by the Railways, but I assumed that the regulations were only enforced against obvious vandal/troublemakers. The very presence of a track on a Government brochure should be an adequate defence for responsible users. Perhaps the Railways have always been sensitive because of the obvious hazard of derailments! Coincidentally, I witnessed the latest derailment train from the safe vicinity of the National Park Station site shortly before it created havoc further down!

I have objected to the removal of the steps and have suggested that a formal pedestrian crossing of the railway be created to legitimise the old walking trail described above. This would provide a S-N walking link from Long Gully to Queens Jubilee Dr. It would accord with one of the principles of the Yurrebilla parklands which is to facilitate recreational links between and through parks as well as within them.

Another favoured walking crossing of Belair Park utilises the Curta and Berri Werri tracks closely following the eastern boundary. Walkers climb over two gates to cross the railway. An upgrade of an obscure nearby walking track would avoid the need for a crossing. This track crosses over the eastern railway tunnel and traverses thick gorse and blackberries as well as what George Driscoll describes as a "pretty grove of Pittosporum trees". I am confident that suitable volunteers could be coordinated to upgrade both the track and its environs. After all, many walkers are also active with Friends of Parks groups.

The bottom line if you have read this far is that the situations described above probably won't be resolved adequately without active intervention from the walking community. Particularly if you are active in a Friends group, the Federation would be keen to enlist your help.

Arthur Ward



Renewed worldwide interest in industrial hemp

Lauren Bowey, Media student at University of Adelaide and Eco Voice intern

Humans have used hemp for thousands of years. Hemp fibre was the earliest known woven fabric in 8000 - 7000 BC, and cannabis oil was mentioned by name in the Bible.

The war between America and Great Britain in 1812 was primarily about access to Russian hemp, and for over a thousand years until 1883 hemp was our planet's largest agricultural crop¹.

In the last two decades, despite suffering backlash from the bad reputation of its cousin, marijuana, industrial hemp has received a revival of interest. Celebrated for its environmentally sustainable growing practices, it is now growing throughout Europe and Asia.

In most cases hemp does not require herbicides because it grows too fast for weeds to compete. Nor does it require pesticides, making it easy to grow organically. Initially, hemp seeds require watering but once above ground, the crop can be grown using little or no water and is known to recondition the soil, suppress weeds² and boost successive wheat crops because its deep roots improve soil structure.

Hemp is one of the world's most versatile crops. Products made from hemp fibre include all grades of paper, textiles, potting mix, mulch, fibreglass

replacement products³, fuel and even building materials for bridges⁴! While hemp seed oil can be used in food products and has a nutritional value similar to evening primrose oil or flaxseed oil, current legislation in Australia prohibits the use of hemp seed oil in food.

Hemp seed oil is also recognised for its moisturising properties and is used in cosmetics. In this form it has been known to alleviate skin conditions such as eczema.

As a textile and cotton replacement, it is generally agreed that hemp is more environmentally sound due to its reduced need for water or chemicals. However, there are conflicting opinions on the use of hemp versus wood for paper. Hemp lobbyists claim that an industrial hemp crop produces nearly four times as much raw fibre as an equivalent sized tree plantation and that trees take approximately 20 years to mature while hemp takes only four months⁵. Wood supporters argue that hemp has a higher nitrogen requirement than other grains and it is sensitive to drought.

There are claims that hemp can combat land salinity as it is relatively tolerant to salt. Its deep roots have the tree-like ability to draw up water, lowering the water table and preventing ancient subsurface salts from being brought to

the surface⁶.

The issue of THC (the hallucinogenic chemical) in hemp requires more research because while industrial hemp is bred to contain low levels of THC, it is believed that these levels naturally increase over time and after hail, wind or bird attacks. This research is likely to take place as more countries relax their laws⁷.

While there is a growing demand for industrial hemp worldwide, the crop is still in its trial phase in Australia, with Queensland leading the way following recent commercial industrial hemp legislation endorsing 64 ha of trials in the 2002-03 seasons. These trials were instigated and run by EcoFibre Industries Limited (EIL), an Australian agricultural company which produces sustainable hemp fibre for national use and exporting. While there is a growing demand for industrial hemp worldwide, the crop is still in its trial phase in Australia and is not yet part of a commercial production system.

Amazing uses for hemp

Sandi Maxwell, Hemp Wholesale Australia

Hemp fibre as a textile

Hemp fibres are used for many applications: paper pulp, adhesives, animal bedding, fibreboard, potting mix additives, biofuels, construction materials, textiles, plastics and fibreglass. The textiles include twines, ropes and cords, candlewicks, yarns and fabrics for industrial use, home furnishings and clothing.

Besides the environmental benefits of growing hemp, the fabrics themselves have qualities that make them desirable. Hemp is three times stronger than cotton and 25 times more durable, and is naturally resistant to mildew, bacteria, and insects. It offers greater UV protection, blocking up to 95 per cent of the sun's harmful rays. It provides excellent 'climate control', with the hollow fibre acting as an insulator, keeping you cooler in summer and warmer in winter. The fibre shape means improved absorbency and 'breathability'.

The more hemp is worn and washed, the better it becomes, softening but not losing its strength. Hemp fibre also has a 'springiness' or 'memory' which means it creases less than other natural fibres and reduces with use.

Fabrics are available in 100 per cent hemp or blended with cotton, rayon, viscose, silk, wool, yak hair, flax or even lycra. There are fabrics suited to babywear, miner's overalls and wedding dresses – in fact just about any clothing type – and a huge range of home furnishings.

Hemp dyes to a depth not achievable with cotton, making it popular with textile artists and designers.

Hemp seed for health

Hemp seed can be used as a grain or a source of oil, both with enormous benefits for health inside and out.

The grain (technically a nut) is used for foods such as muesli bars, cakes, breads, biscuits, butter paste, non-dairy milk, tofu, cheese and ice cream. Hemp seed does not contain any THC (hallucinogenic chemical) in any type of

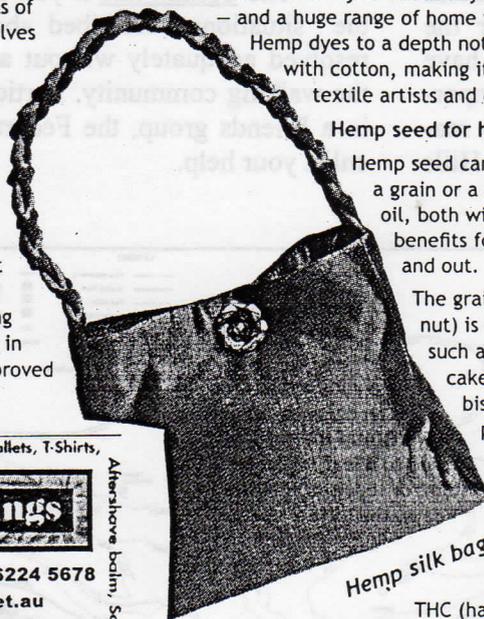
Cannabis sativa plant. Australian government regulations do not currently allow hemp products to be sold for foods but they are legal and popular in many countries worldwide, including New Zealand, Canada, the UK and USA.

Hemp seed oil has a pleasant, nutty flavour and is the healthiest known oil. It contains all 20 known amino acids including the 9 essential amino acids (EAAs) our bodies cannot produce. It is the only edible oil with the perfectly balanced 3:1 ratio of Omega 6 to Omega 3 essential fatty acids – cholesterol fighters rated the optimum requirement for long-term health. It is reputed to be the most unsaturated oil derived from plants.

Hemp skincare

Hemp seed oil is used in shampoos, moisturisers, soaps and healing balms. Because its nutrients so closely resemble our body's natural lipids (fats), it is easily absorbed into our skin. The essential fatty acids, amino acids and other nutrients in hemp seed oil are important for healthy keratin formation. Keratin is the main protein of skin, hair and nails. Many people who suffer with eczema or psoriasis are able to treat it with hemp seed oil and forgo other drug treatment.

Hemp seed oil is a superior skin care product with its high performance moisturising emollients, natural SPF 6, optimum nutritional composition and natural anti-bacterial qualities. It also blends well with other oils to make aromatherapy products.



Hemp silk bag

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Gallery

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www.hempgallery.com.au

CALENDAR 2005

JUNE 2004

Saturday 5th 1pm General meeting
talk – Waterproofing Adelaide
Tuesday 14th 2pm Guided walk
Tuesday 28nd 2pm Guided walk

JULY 2004

Saturday 2nd 1pm General meeting
speaker to be confirmed
Tuesday 12th 2pm Guided walk
Tuesday 26th 2pm Guided walk

AUGUST 2004

Saturday 6th 1pm General meeting
talk to be confirmed “Public Access”
Tuesday 9th 2pm Guided walk
Tuesday 23rd 2pm Guided walk

August

Friday 26, Saturday 27, Sunday, 28
21st Friends of Parks Forum at Victor
Harbor “Encounter with Friends”

SEPTEMBER 2004

Saturday 3rd 1pm General meeting
talk on Fungi
Tuesday 13th 2pm Guided walk
Tuesday 27th 2pm Guided walk

OCTOBER 2004

Saturday 1st 1pm General meeting
Tuesday 11th 2pm Guided walk
Sunday 16th Prof Cleland Memorial
Walk with Dene Cordes on History
Tuesday 25th 2pm Guided walk

Sunday 30th **20TH BIRTHDAY PARTY**
Date and details to be confirmed

NOVEMBER 2004

Saturday 5th 12.30 Barbecue followed
by General meeting
Tuesday 8th 2pm Guided walk
Tuesday 22nd 2pm Guided walk

DECEMBER 2004

Saturday 3rd 1pm General meeting
Tuesday 13th 2pm Guided walk
Monday 19th 6pm **Park Birthday**
Tuesday 27th 2pm Guided walk

LESSONS FROM GEESE:

Each bird flaps its wings, it creates uplift for others behind it. There is 71% more flying range in a V-formation than flying alone.

People who share a common direction and sense of common purpose can get there quicker.

Whenever a goose flies out of formation, it quickly feels the drag and tries to get back into position.

It's harder to do something alone than together.

When the lead goose gets tired, it rotates back into formation and another goose flies at the head.

Shared leadership and interdependence gives each a chance to lead as well as opportunities to rest.

The geese in formation honk behind to encourage those up front to keep up their speed.

We need to make sure our honking is encouraging and not discouraging.

When a goose gets sick or wounded and falls, two geese fall out and stay with it until it revives or dies. Then they catch up or join another flock.

Stand by your friends in difficult times as in good.

WELCOME TO NEW MEMBERS

Welcome to Peter and Dorothy Burrell, Faye Loffler and Katrina Hudson-Camp. We hope you enjoy your membership with us and join in our many activities, especially the monthly meetings (first Saturday at 1 p.m.) where you can hear interesting speakers and meet other "Friends". Faye has become a welcome and willing helper in a Friday team with Joan, Harold, Day and Betty clearing regrowth on Unit 11, while Katrina has worked with the "Dam Ladies".

JUMBLED WORDS

Select words from columns 1-2-3 to make 10 longer words.

1	2	3	
Term	it	able	_____
Maid	at	us	_____
Deci	mark	age	_____
Bush	en	ate	_____
Ha	cent	er	_____
Her	duo	ant	_____
Found	in	rate	_____
Con	habit	ion	_____
Re	bit	hair	_____
In	car	at	_____

MEMBERSHIP SUBSCRIPTIONS

Subscriptions were due 1st January. To those who have not yet renewed we remind you that this will be your last Newsletter under your 2004 membership.

The Treasurer
Friends of Belair National Park
P.O. Box 2
BELAIR 5052

I enclose my membership renewal of \$10 Single/\$15 Family.

Name : Address :

..... Telephone :