



all nations
BUSHWALKERS INC



Spring Newsletter
September 2007

PO Box Q23 Queen Victoria Building,
NSW 1230
www.bushwalking.org.au/~allnations



NEWSLETTER OF ALL NATIONS BUSHWALKERS INC • FORMERLY A/N C BUSHWALKERS INC & ALL NATIONS CLUB WALKABOUT GROUP • FOUNDED 1962 • INCORPORATED 1992

WALK REPORT

Winnmalee to Vale of Avoca, Blue Mountains National Park

Sunday 13 May 2007

Leader: Charles Bowden

Hazy skies and a calm, warm day greeted the nine walkers who set off from Winnmalee along the Blue Gum Swamp Creek trail. Morning tea was held early on at the junction with the track leading up to Shaw's Ridge before following the broad trail through the magnificent stands of eponymous eucalypts. The creek was full and the ground soft due to heavy rain the previous week as the disproportionately loud calls of tiny whipbirds urged us onwards. A small wren hopped ahead of us at one point before flitting sideways into the bush.

After about 4 km of easy going, we turned west onto the Bees Nest Hill trail that leads to the top of Springwood Ridge. A couple of us chatted to a lone walker that we found resting at the track junction at the top of the ridge while waiting for the rest to catch up. He was originally going to the Grose Mountain lookout where we were also heading but apparently changed his mind after listening to the raucous banter and watching various members disrobe to cool off from their exertions during the climb up!

At the lookout, after taking in the stunning views, the trail is replaced by a narrow track leading along the spine of the ridge before reaching the summit of Grose Head South, marked by a battered and burnt trig point. After verifying that Liam's GPS is more accurate than my altimeter (but not by much!) we headed down the eastern side of the ridge along a broad fire trail which, after about 1 km, brushes close to the cliff edge, an ideal spot for lunch.

Arguably the best views of the day were found here, looking out over the Grose River, the Vale of Avoca Recreation Reserve (including the cleft we would be climbing later that day), Grose Vale and beyond to Richmond in the distance. Sharper eyes could even make out the Sydney CBD skyline and an eagle soaring in a thermal.



View from Springwood Ridge across to Vale of Avoca with Richmond in the distance.

After lunch the trail descended through clumps of distinctive Bur-rawang cycads until it reached a gate across the track marking the BMNP boundary. Here we left the fire trail to follow a well-marked track that wends north and downhill to the Grose River. Len pointed out the solid construction and built-up stone edges that meant we were walking on a section of the historic Engineers Track, built to provide access for a possible railway line that never eventuated.

After a short pause on the sandbars of the Grose River, we headed upstream along remnants of the Engineers Track to a river level monitoring station which marks the possible crossing points. Len pioneered the 'giant leap' crossing which less sure-footed bipeds found daunting. Yours truly opted for

Continued page 2

Continued from page 1

a less strenuous option a few metres away which was successfully negotiated by all except Alison who compounded her phobia begun the previous week!



The climb up to Vale of Avoca lookouts

On the other side of the river, a narrow steep gully leads to the top of the cliffs which, in spite of the scrambling across rock and rubble, all managed to ascend very quickly indeed. The reward was a series of lookouts with views across to the Springwood Ridge whence we had come, as well as the Grose River Gorge and nearby Buralow and Cabbage Tree creeks. It was then a short walk down an access trail back to the cars and, after picking up the remaining cars at Winmalee, a well deserved recovery at the Lapstone Pub, even if the Mother's Day crowd meant a longer wait than usual.

This walk involved a lengthy car shuffle at the beginning which tested the patience of some but the end appeared to justify the means, except for the walk leader who lost a pouch containing binoculars and compass, never to be seen again!

Thank you to Liam Heery, Jacqui Joseph, Robert Seibrigh, Alison Lyon, Peter West, William Meats for taking part, to Nick Collins for also subsequently providing photos which showed that the pouch had not been lost during the walk, and to Len Sharp who went out of his way during the following week to search for the lost items at the different stopping places, alas to no avail.

CAR CAMP

'3 Dams Valley' Monkerai via Dungog

Sat/Sun 12 - 13 May 2007 Leader: Peter Bonner

Well, in the end we didn't go via Dungog but straight up the expressway North to Hexham Bridge, over the Hunter River and up the Pacific Highway to Buckett's Way and Scotties Road to our 3 Dams campsite. We were delayed at the start, half an hour as Michael's son Derek was a bit crook and was eventually car sick!

Not to worry - Paul & Ursula Goessling got away first and were at our morning tea stop at Stroud Road rest area to greet us and dispense mugs of tea/coffee with pieces of Ursula's cake.



Looking up the 3 Dams Valley

Refreshed we drove on and arrived at the campsite at about 1pm. The track into the valley was moist enough to give us some concern, so Paul parked his caravan on a lovely area of flat ground at the first dam. Michael and Lee's cars were unable to climb the hill to the top campsite which is past the 3rd dam, so all camp gear was loaded onto my Nissan 4WD and taken to the top. This done, without delay all hands pitched tents whilst Derek got the makings of a camp fire together. The camp toilet with seat of polished mahogany with bright brass fittings was installed at an appropriate location with valley views!! For those who would like to know the construction details, the seat was supported on a sturdy milk crate with a section of the top removed. Privacy was maintained by its downhill location and a screen of flowering Lantana bush. Just as the billy boiled Paul & Ursula arrived having walked up from No 1 dam so we all sat down to a cuppa, a late lunch, and a natter about things in general and a bit of gossip!



Lee Brown cooking 'something' for breakfast

Next job, turn the two cars around without slipping off the track. This required a great deal of care, as remarkably no one had a tow rope with them (all were in garages at home). Even Paul with his caravan and the big box on it didn't have one. Next, arming ourselves with axe and big bow saw, we worked hard for about an hour to fill my 4WD with enough logs and stout branches from a fallen dead tree close to the track, to keep the camp fire going until bed time.

Sunday morning we awoke to a heavy mist filling the valleys below us and very beautiful. By the time we had a fire going with bacon, eggs, tomatoes etc sizzling in the fry pan, the mist had lifted. All of this requires documentation especially Michael's 8 eggs in the pan (the other 4 of the dozen got broken and were lost!!) Thirteen year old boys need lots of feeding. Lee's 3 huge succulent pork chops grilled on the camp fire last night. My own stew was a failure and most of it went to grass. No we did not have any tow ropes, but we sure had plenty of food!

Strangely this time no wild life was seen - no kangaroos, no ducks on the dams, no lizards, no frogs, very few birds sighted, and no strange snuffling rustling noises round the campsite at night. Lee and Michael both found a leech, the first ever encountered at 3 Dams. Paul and Ursula enjoyed their spot beside the first dam so much that they decided to stay an extra night and insisted on plying us with more coffee / tea and cakes as we convoyed off the site mid Sunday afternoon.

The only excitement came when I crossed the tiny creek as we entered the site and hit a bump. As I drove uphill, the back door flew open and the entire contents in the back rolled out making a hell of a crash !! Tent, fire grills, pots and pans cascaded out to be strewn over about 20 metres of track. Thanks guys for helping me put it all back in the 4WD. This is a great camping spot, the drive in is

quite scenic especially from Bucket's Way onwards and we can always do campfire cooking here.

A mysterious lady left a hand written note on Paul's caravan asking if she could graze her goats on the Blackberry brambles on 3 Dams, with a phone number that does not connect, more about this and Lantana clearing later...

Thanks to Lee Brown, Michael and Derek Thompson, Paul and Ursula Goessling for coming along and making this camp worthwhile. My apologies for not playing you all to sleep with my harmonica Sat night, but I was not feeling too good, but as they say 'NEXT TIME'.

Weather was good, warm, sunny and no rain. Overcast Sunday PM. Travel time from Hornsby Station car park, with morning tea break, 3 Hours. We will go again as there is lots to explore.



*Looking down the misty 3 Dams valley
Sunday morning*

NIGHT WALK

Moonlight walk

Marramarra National Park :

30 June 2007

Leader: Liam Heery

It was 6.30pm on a cold but very bright Saturday when a group of 15 eager walkers turned up at Hornsby station for another moonlight walk in the wilderness.

Heading across Galston Gorge we followed the winding roads out through Arcadia to the Coba track head in the Marramarra National Park.

All of us were well covered up against the cold wind but didn't need any of the many torches that we had. The moon was so bright it was like walking in the twilight.

At a brisk pace to keep out the cold we make good time in getting to our rendezvous at the Collingwood Point look out over Berowra Creek.

Within minutes a huge camp fire was underway, the marshmallows were out and roasting. Hot soups, noodles and many

other delicacies were proffered around and even the odd spirit was imbibed.

The fire roared and cinders soared high up into the sky reaching for the moon as we all took in the glistening surroundings.



Unfortunately all good things must come to an end and it was time to put out the fire and ensure there was no chance of reigniting, before returning to Hornsby by 1am.

Thanks to Jacqui, Len, Faye, Brian, Diane, Nick, Karen, Ruby, Alison, Fernando, Andrew, John, Charles, Stan and Noviana for a most enjoyable evening in the bush.

From your President

It was pleasing to see so many of you turn up at the AGM. The meeting was a good chance for any questions to the committee and also for the committee to get some feedback from you on how things are going.

Thank you for your support and encouragement in re-electing me to another year as president. I will continue to try and improve the club on your behalf.

The new committee is very eager to ensure the club is run well and to continue meeting all of your needs.

It was also our great pleasure to award Len Sharp with Life Membership of the club. Len as you all know has been a stalwart of the club for many years and devotes a huge amount of his time to making the club a rewarding experience for everyone.

Please join me and all of your fellow members in as many of the activities on the current program. I'm sure that there will be many events to attract you.

Finally, if you have an event that you would like to put on, but don't know how, just contact any of the committee or walk / event leaders.

Liam Heery



Our new committee

President	Liam Heery
Secretary	Allison Lyon
Treasurer	Tom Whitehead
Programme Co-ordinator	Suseela Durvasula
Web Administration	Charles Bowden
Newsletter Editor	Jan Steven
Membership enquiries	Peter Bonner

Trish Gorrington will be assisting with programme design

Results from the photo competition pages 6/7



Notice board



Sharyn Mattern who recently underwent surgery for a hip replacement is now recovering at home and doing lots of physio.

Wishing you a speedy recovery Sharyn and we hope you will be soon be resuming walks and bike rides that you and Carol put on for the Club.

Best wishes from all of us Sharyn

Please note our new address

All Nations Bushwalkers
PO Box Q23
Queen Victoria Building
Sydney NSW 1230

FREE MAPS AND INFORMATION

Available from Dept of Planning 33 Bridge Street, or Sydney Visitors Centre, local Councils and some libraries.....

- 1) Sydney Harbour to Spit Walk
- 2) Harbour to Great North Walk
- 3) A Harbour Circle Walk

These are excellent maps with Historic Notes, Walking Times, Public Transport, Food, Drink & Toilets Info.

'Manly Scenic Walkway' Manly to Spit Bridge' with Distance times, Historical notes & Points of Interest. from Manly Council & Parks & Wildlife Division of Dept Of Environment & Conservation offices.

NSW Tide Charts : July 2007 - June 2008 from Maritime Services Offices.

Cartoscope Touring Maps: - Usually free as they contain local advertising, handy to get a coffee spot for the end of a walk. 'The Hawksbury River' Edition 2 is particularly useful.

Peter Bonner

WALK REPORT

Mt Kembla Circuit Illawarra State Recreation Area

Sunday 9 June 2007 Leader: Charles Bowden

Unremitting rain for several days meant that a flurry of late cancellations put the walk in jeopardy. However, just enough walkers, undeterred by news reports of falling trees and flooding, turned up at the Café Fix, albeit a little skeptical, but prepared for a damp outing. As we fortified ourselves with coffee and muffins, Wayne turned up, apparently to wave us goodbye: mistake! Applied peer pressure saw him swell our numbers to five.

Fortunately the road to Mt Kembla was clear of debris and water hazards so that we made it safely to the parking spot below the summit. The usual views looking out toward the coast and Wollongong were completely obscured by cloud so we set off up the narrow track leading to the summit, hoping that the wind might afford us glimpses at least from the top. Unfortunately this was a vain hope although the wind did its best to impress us with sound effects. After signing the visitor's book next to the trig point, we managed the slippery descent to the more sheltered ring track which led us through a grove of cabbage tree palms before debouching onto the fire trail that makes up most of the circuit.



Brambleberry

About 1 km along the fire trail, we branched off onto a small overgrown track that, after a bit of searching, leads to the bricked up adits of an abandoned 19th Century coal mine.

Moon drew our attention to ripe red bramble berries that lined the track, resembling strawberries in shape if not in taste. They appeared to be plentiful in the vicinity and we all shared in the unexpected bounty.



Wayne's leech world

A less welcome discovery were the leeches which were feeding as avidly on us! Inspection of our limbs revealed enough creatures to stock a medieval hospital, much to everyone's consternation. However, with a remarkable display of stoicism and restraint, visible leeches were removed and the decision made to defer lunch to more convivial and sheltered surroundings, namely the Mt Kembla pub.

After pausing at the historic cemetery commemorating the 1902 Mt Kembla mine disaster in which nearly a hundred men lost their lives, we reached the car in record time and hurried off to the pub for a late lunch. The fare was excellent although Wayne tested our resolve when the dark stains on his pants turned out to be blood and closer inspection yielded another half dozen bloated black shapes that he had missed earlier.

Thank you to Moon Yong, Alison Lyon, Novi Surya and Wayne Lee for suspending disbelief and emerging bloodied but unbowed. Incredibly, Novi and Moon were visitors on this walk but signed up as members! I guess they figured it can't get any worse...

Picture Quiz

Sorry - there were no submissions for this issue

The answer from the last issue
Liam diving into the freezing
waters on the Routeburn Track



Free to good home

'Scarpa' Leather Walking Boots

Ladies - Size 39

In good condition

Contact Suseela H (02) 9663 1723



THE ALL NATIONS PHOTO COMPETITION

Held at the AGM June 24, 2007

And the winners were...

Charles Bowden

Trish Gorring

Liam Heery

Winners each received prize certificates with vouchers for \$20.

The winners were decided by members votes.

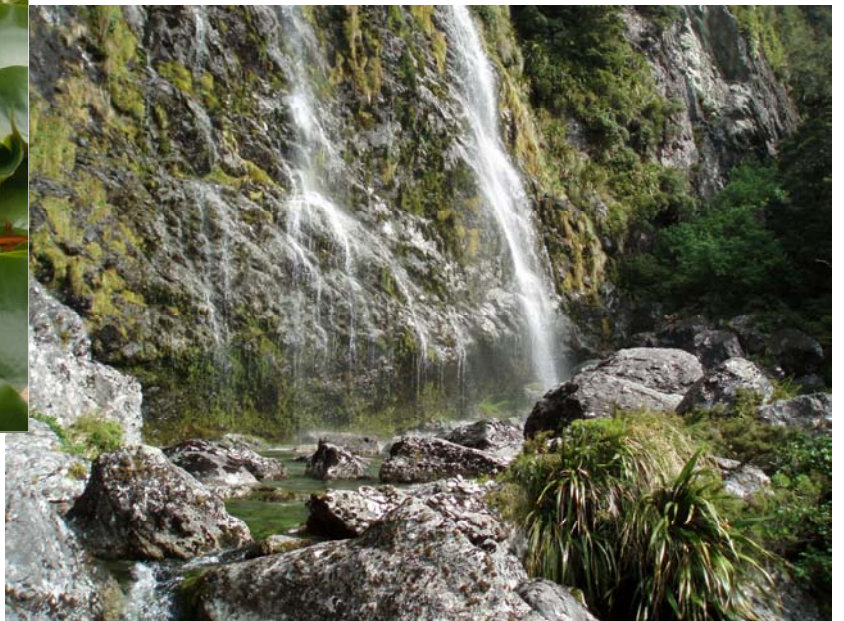
Our thanks to organiser Len Sharp



Charles Bowden
PEOPLE: Smiling in the rain



Trish Gorring
FLORA: Water lilies



Liam Heery
WATER SCENES: NZ waterfall

Snap that special photo at a club activity to enter the 2008 photo competition...



Charles Bowden
FAUNA: Goanna portrait



Charles Bowden
NATURES WONDERS:
Tree ex rock



Liam Heery
CAMPING: NZ dawn

The winning photos along with other entries will soon be available for viewing in colour within the Club's Website and the Yahoo Groups page.

You will find them grouped in an album called "**Photo Competition 2007**" within the 'Photos' folder.

Swap that special photo at a club activity to enter the 2008 photo competition...

FEATURE

Moreton Island

by Judie Kremko-Wallace

Graham and I arrived at Moreton Island 21 April and stayed for several days. Moreton Island is a 38 kilometre long island situated on Brisbane's doorstep. In 1951 it was the base of the Tangalooma Whaling Station with quotas of 600 and later 660 whales per season. Luckily, with the emergence of vegetable oils toward the late 50's, whaling became less viable. The shell of the station is still seen on the beach front.

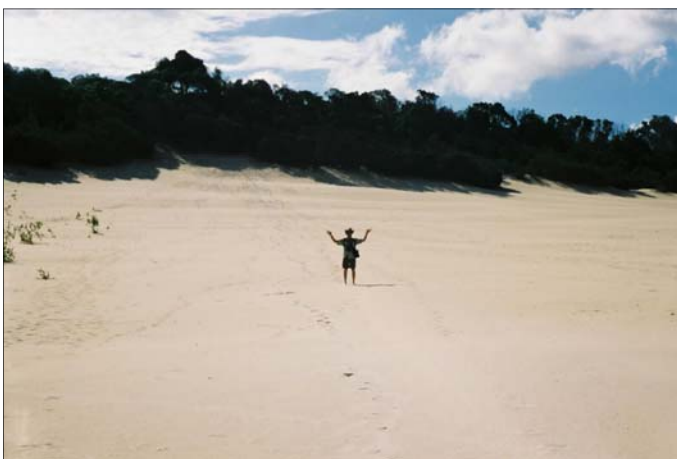
We trekked across Middle Road which took us from the bay



Middle Road traversing Moreton Island

side (east) of the island to the sea side (west) with the road coming out on Jason Beach. The total kilometres cover return journey was 16 kilometres. The entrance also intersected the path leading to Mt Tempest which is the highest point on the island. Our return journey was longer as we took the south path leading to the desert. The vegetation remained the same throughout ... open forests, eucalypt woodlands and plenty of heath.

To the south of Middle Road lies The Desert. A huge sandblow void of plant life but surrounded by thick vegetation. Towering waves of sand beckoned us as we emerged from the woodlands. Graham tried clinging to a thin piece of board and launching off the edge of the 90m sand dune. Alas the board was too pliable and the trip was slow.



Arriving at the Desert



The most popular position is facing straight ahead, lying down on your front two-thirds up the board, legs and feet held up, elbows out wide and your hands gripping the leading edge ... mouth shut!!

The Tangalooma Wrecks was advantageous for snorkelling with some 14 old dredges and barges creating a sheltered anchorage for boats and a haven of many species of fish.

An exploratory trip on board a boat found us searching for green turtles, dugongs and of course, the dolphins. Although the dolphins arrive in the evenings for a feed at Tangalooma it was a pleasant site to see them playing in the ocean.



An enjoyable trip.

Dubbo Gully Car Camp

15 - 17 June 2007

The bad weather continued to take its toll when the Gosford Shire Council phoned me late Thursday to say that due to the very heavy rain and high winds damage to the access road, flooding and fallen tree limbs, as a safety measure, the campsite was closed!

This was very disappointing as I had made up my mind to camp regardless of who came along, as this was our last opportunity to camp on this very interesting site before it was permanently closed to camping to prevent contamination of the ground waters, which are now being pumped up to supply Gosford and Wyong Water treatment plants.

I plan a walk in the new future to survey the storm damage.

WALK REPORT

Wahroonga to Bobbin Head, Ku-Ring- Gai NP:

8 July 2007

Leader: Liam Heery

As this walk was located within 15 minutes of Hornsby station, we had the luxury of a late start and a sleep in for those who are up early most Sundays.

On the track at 9.30am we headed down some fire trails newly created around the back of Wahroonga / Turramurra. Unfortunately due to a "closed track" sign we had to leave the trail at Golden Jubilee Oval and follow the roads around to the beginning of the Dari Track. An attempted bush bash to Lovers Jump Creek had also to be abandoned due to heavy undergrowth. (Keep an eye out on the next programme for this walk in reverse when we will follow the fire trail in its entirety).

Due to these unexpected delays we had to increase our pace and were only able to take a short break at Cowan Creek for lunch (although the rain also helped in keeping us moving).

We made Bobbin Head at 3pm and had a good break while some of the group had the luxury of cappuccinos in

the Bobbin Head café.

Back to the Gibberagong track and return to the cars at Wahroonga. We made good time and returned while it was still daylight albeit the sun had gone down!

Thanks to Jacqui, John, Judy, Marea, Michael, Alison, Moon and visitors Diane, Cane, Jane and Tu for a most memorable walk.

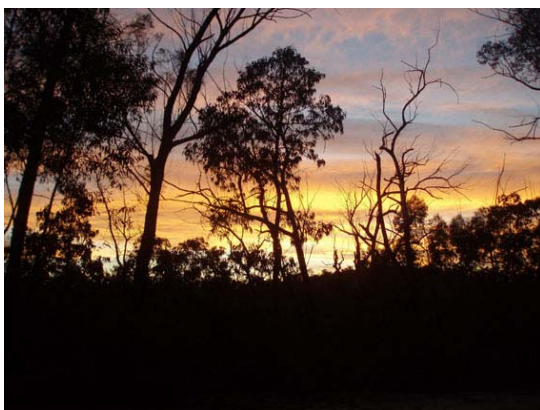


After a break at Bobbin Head, everyone was happy to be on the home stretch

More pics from the photo competition



Tom Whitehead FLORA - Brays Bay Reserve



Jacqui Joseph NATURES WONDERS - Dawn

‘Gloves for Bush Walkers’

By Peter Bonner

Arising from a discussion over a restorative coffee with Charles three walks back, I did a survey of available gloves at my local hardware store and was amazed to find a huge range. Many of them were suitable for bushwalking, cycling, snorkelling etc. Here are a few, but go and look for yourself.

MY FAVOURITE - Rigger’s Gloves All Rounder

Soft premium leather \$15 men’s \$11 ladies

BEWARE THE YELLOW DYE MAY STAIN YOUR HANDS.

Work & Garden Gloves \$7.90 Cotton/acrylic nonslip facings fit either hand.

Leather work gloves \$4.60 cotton comfort lined, leather faced.

Garden Green Thumb floral pattern green plastic face, light & flexible.

White Cotton Work Gloves \$1.95 - UV protection.

There are many more right down to First Aid Safety Gloves.

I did not survey the well known outdoors stores as I would only buy snow gloves from them.

Remember: cycling, abseiling, snorkelling, canyon li-loing, scrub bashing etc.

Wear gloves and save your hands.

CARING FOR THE BUSH

by Judy Dervin

Sometimes while walking in the bush we notice colourful flowering plants such as lantana, orange monbretia or blue agapanthus and perfumed vines such as honeysuckle or jasmine.

These are not native plants, but are "garden escapes" or WEEDS !

So, what's wrong with weeds ?

Free of their natural predators, they thrive in changed bushland conditions where disturbance of original soil conditions by clearing, erosion or compaction of soil allows the introduction of weed seeds. (That's why it's important to stay on tracks as much as possible when bushwalking).

Weeds compete vigorously with native species and frequently dominate and replace them. They degrade and destroy the habitat of native fauna, restrict animal and human access to tracks, creeks and waterholes, and by reducing local biodiversity they can permanently change ecosystems.

Weeds can spread their seed on the wind or by water, or by garden prunings and soil being dumped near the bush or on roadsides.

All human activity impacts on the environment, and this is particularly so of the Blue Mountains townships which are surrounded by some of the most biologically diverse, fragile and beautiful natural vegetation in the world.

The Blue Mountains City Council encourages and supervises bushcare groups of volunteers who work in parks and some walking tracks in the Blue Mountains. They also supervise

landcare groups working on private land. Several years ago a landcare group was formed in my street here in Mt. Victoria to work on control of weeds on our bushland blocks. There is plenty of work to do controlling Broom, English Holly, Portuguese Heath and Blackberry, and we are learning to recognise many weeds and how to control them.

Council also runs biodiversity workshops to help residents learn more about the bushland of their local area.



Broom



Holly



Blackberry

More information on BMCC website
www.weedsbluemountains.org.au

or you can phone **Chris Dewhurst**
BMCC Bushcare Team Leader 4780 5528

If you are interested in getting involved in your own local area, contact your local Council. You can learn a lot, meet new people and it's fun.

I have quoted freely, with permission, from the publication:
Weeds of Blue Mountains Bushland: Garden Plants Going Wild: a guide to identification and control

by Barbara Harley, Anne Bowman and Norman Yeend.
Sponsored by BMCC, NPWS(BM District), and SCA.
3rd ed.2004 ISBN 0-9580730-1-5

Blind Child At Echo Point

The sun is a lamp to your hand
guiding along dark corridors
to a distant, splendid land;
Warming the wind on your face
that breathes the unseen
brown rock, the green tree grace;
Bearing a hint of incense, too,
of wet wood moss and drowning leaf
and eucalyptus drawn through
a sieve of spiralled air,
Child, how much more do you see
than the fat man standing there
who turns away, regretting his taxi fare.

Bernard W Peach
"Into The Blue"
November 1961

BLISSBALLS

These are tasty little treats that do not require cooking and they're a great, healthy snack that children can make themselves to include in their lunchbox.

Makes: 12

Preparation Time: 12 - 15 min

Ingredients

1 or 2 bananas
3 tablespoons sultanas
1/3 cup chopped dried apricots
1/3 cup puffed rice
1 tablespoon quick cooking oats
1/2 cup ground almonds

Method

Mash the banana. Add the sultanas and dried apricots and combine thoroughly. Mix in the puffed rice, then the quick cooking oats (you should have a moist dough-like mixture). Allow the mixture to stand for 5 minutes to thicken. Place the ground almonds in a separate small mixing bowl. Using your hands shape heaped tablespoonfuls of the mixture into balls. Roll the balls in the ground almonds and put on a plate. Serve at once or cover and store in the refrigerator for up to 5 days. Alternatively, transfer to a freezer storage container or freezer bag and freeze for several weeks.

Source: Heart Foundation - Submitted by Peter Bonner

WALK REPORT

Mount Wilson, Blue Mountains National Park

Sunday 22 July 2007

Supposed leader: Charles Bowden

Actual Leader: Peter Bonner

Whoops! Nothing like a park closure to embarrass a walk leader – and in front of 18 walkers no less! The intended walk to Mt Banks and Caley's Lookout had to be changed at the last minute when we discovered the locked gate on the access track. The summer bushfire which had devastated Blue Gum Forest in the Grose Valley had also escaped the confines of the valley and damaged the cliff top area severely enough for it to remain closed. According to a park ranger, it may be up to 12 months before the area will be accessible to the public.

Fortunately, Mt Wilson was nearby and we were also lucky to have Peter with us who knows the area very well. After regathering next to the local fire station, we acquired a 19th walker, David, who had also intended to walk to Mt Banks but, unfamiliar with Mt Wilson, asked to tag along. As he took a copy of the program and an application form at the end of the day, we hope to see him again as a member.



Gazing at Du Fours Rocks

Peter led us first to the lookout above Du Fours Rocks before following a narrow overgrown track to the distinctive Chinaman's Hat rock formation. After dissuading

would be rock-climbers in our group from trying to scale the Hat's slippery sides, we followed track around to the base of the rocks where we found some authentic-looking Aboriginal paintings of two spirit figures and a large kangaroo rendered in yellow ochre.



Surrounding the forest giant

After climbing up to a vantage point at the other end of the Rocks, we followed a fire trail that skirts Mt Wilson to the north, pausing for lunch at a clearing where a number of large fallen trees conveniently provided seating for everyone.

The fire trail offered more views north beyond the Wollangambe River valley while magnificent tall fern trees straddled small gullies along the route. After climbing to a fork in the trail, we headed downhill, following a service trail which paralleled a line of telegraph poles until we reached a large picnic area beside the road back to Mt Wilson.

On the way back into town, we encountered the aptly named Cathedral of Ferns, an enclave of huge tree ferns towering over which is a giant gum tree; it took about a dozen of us, holding hands, to encircle the trunk of this incredible specimen.

Back in town, we strolled past the town's historic buildings and stately gardens before ending back at the cars. An enjoyable 'high tea' recovery was held at the Apple Bar near Bilpin who were admirably unfazed by the large group that descended upon them.

Many thanks to Brian, Diane, Jan, Ronald, Moon, Faye, Alison, Denise, Ross, Esther, Nick, Fenella, Wendy, Suseela, Kim and Ellen for taking part and to Peter for saving the day!

DEADLINE FOR NEXT ISSUE

1 Nov 2007

SEND YOUR CONTRIBUTIONS TO

jcsteven@unwired.com.au

Pictures submitted—

300DPI resolution preferred

to achieve good reproduction quality

Paddy Pallin 6-Hour Rogaine, Rydal

Sunday 17 June 2007

Co-ordinator: Charles Bowden

Welcome to New Members

Andrew McRae

Terry Redmond

Robyn Strain

Judy Archer

Moon Young

Ross Musumeci

Noviana Surya

Nancy Wu

Delia Tripodi



See you in the bush

The wettest June in 30 years greeted the 3 ANB teams that entered in this year's Paddy Pallin Rogaine. We had two Mixed Open and one Mixed Veterans team, eleven participants in all: an excellent turnout.

With the exception of the team leaders, the remaining members were trying out rogaining for the first time so it was with some misgivings about the weather that I set off from Sydney on Saturday in the pouring rain. By the time we arrived at the campsite at Rydal, near Lismore, it was clear that we were in for a wet time of it. After setting up our tents and then wiping the insides dry, the roaring blaze somehow conjured up by a neighbouring group proved a popular attraction for some. However, most of us retreated to the Hash House, a large barn-like building that provided shelter as well as the evening meal.

The following morning was cold and damp but the rain had at least stopped. Numbers of rogainers appeared to be down and this was later confirmed as less than 700 participants had made it of the 800 who had registered, no doubt the inclement conditions acting as a deterrent. We soon discovered just how inclement at the pre-race briefing when it was announced that, for the first time in the event's history, the course had been cut in half, literally! During the night the Cox River, which bisected the course, had become a raging torrent, impassable even to vehicles let alone humans. As most of the challenging section of the course was on the unreachable eastern side of the river, this was not of real concern to us. However a record number of teams completed the entire course, the fastest gaining the 1050 points on offer in just over 4 hours.

Our best performed team, led by David, managed 530 points, just over half, with the remaining teams gaining 420 and 380 points in the 6 hours available. These were credible performances given the damp conditions underfoot although fortunately the weather improved steadily throughout the day so that we were able to finish in sunshine. More importantly, everyone seemed to enjoy the challenge of acquiring arcane skills such as interpreting a topographic map, setting a bearing on a compass and finding the controls (the treasure!) which, another first, featured both electronic as well as manual scoring markers.

Thank you to Len Sharp and David Perkins for each leading a team, and to Faye Xu, Jan Hall, Michael Thompson, Alison Lyon, Ruby Usman, Nicole Tyler, Wenrong Huang and Jenny Kuo for having a go! And a special 'thanks' to Gillian Perkins for teams support and taking the photos.



530 points: Michael, Jan & David



420 points: Len, Ruby, Nicole & Alison



380 points: Wenrong, Jenny, Charles, Fei

Definition

Rogaining -

a sport similar to orienteering, held over a greater time and distance.

Source: *The Australian Oxford Dictionary*

A big 'Thank you' to all who contributed to this newsletter - Editor