



all nations
BUSHWALKERS INC



Spring Newsletter
September 2010

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



NEWSLETTER OF ALL NATIONS BUSHWALKERS INC • FORMERLY ANC BUSHWALKERS INC & ALL NATIONS CLUB WALKABOUT GROUP • FOUNDED 1962 • INCORPORATED 1992

Paddy Pallin Rogaine 2010 20 June 2010 Grade 3-5 Co-ordinator: Charles Bowden



Photo by
Bob Kenderes
NSW Rogaining
Association

This year's Paddy Pallin was held at the Kariong Scout Camp in Brisbane Water National Park, set in bushland off the Woy Woy Road. The site itself is probably the noisiest I have encountered with the unceasing roar of traffic from the nearby Sydney-Newcastle Freeway making it impossible to get a peaceful night's sleep.

The scout camp itself was well appointed with plenty of spacious campsites, a large hall and a sizeable ablution block although water pressure was lamentable for those seeking a hot shower.

One unusual feature were the large two-wheeled trolleys needed to transport equipment from cars to the campsite with campers acting as oxen to pull them along. In addition, to avoid traffic congestion after unloading, 4WD vehicles were obliged to go up a rutted track to a grassy parking area in the bush some 200 metres away from the camp gates.

The Club entered two teams again this year, once more using the Tortoises and Hares naming convention to promote a bit of intra-club rivalry. Liam led the Tortoises consisting of first-time rogainers, Jacqui and Catharina, while I led the Hares which included Alison and David.



Tortoises



Hares photos by David Perkins

The Hares' first handicap turned out to be a twisted ankle which David incurred playing tennis the afternoon before driving to Kariong. Although we hoped a good night's sleep would relieve some of the soreness, it became apparent on Sunday morning that David wouldn't be able to take part and he reluctantly had to withdraw. This left the Hares with just two contestants.

Fortunately we had fine weather which put us in good spirits and, with Gillian and David performing photographer duties, the two teams duly set off on their respective routes. Alison and I had agreed that we would jog any flat or gentle downhill bits, little realising this would turn out to be the majority of the course! We encountered some navigational

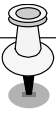
problems in the dense scrub that abounded anywhere offtrack but managed to locate all our chosen controls with a little time to spare, so felt quite pleased with our score of 600 points. At least, we were until we found out that the Tortoises had strolled around their chosen route, enjoying a leisurely extended lunch at the campsite – and still managed to score 540 points!



Waiting to start

photo by David Perkins

Continued page 2



Welcome to the Spring Edition of 'Keeping Track'.

Spring is the perfect time for walking. The days are starting to get longer. The wild-flowers are out. The weather is getting warmer but it's not too hot for walking. We hope you enjoy the various walks and other activities in this program. There should be something for everyone.

This program we have introduced a refined walk grading system. It builds on the grading system introduced last year and now covers full pack walks and cycle rides. Thanks to Nick Collins and the other club members who helped develop the grading system.

A warning that the grading system is not a scientific measurement. The grading also depends on your own fitness and experience and can change based on weather and conditions on the day. There is still no substitute for contacting a walk leader about the particular conditions if you want to know more about a walk. Some people may have an aversion to heights; others to steep climbs or descents; others may dislike 'bush bashing'. It always helps to know the particular features of a walk before you decide if it is within your capabilities.

The recent Annual General Meeting on 18 July 2010 was a great success. We had an interesting presentation from a representative of St John Ambulance about first aid in the bush. The presentation made us think carefully about the kind of first aid equipment we should take with us on a bush walk. If you are a walk leader or interested in becoming one, the Club can subsidise first aid courses up to \$100.

At the AGM we also elected a new committee. Many thanks to Alison Lyon who stepped down as Secretary and has been an excellent Secretary for the last 3 years.

The photographic competition had some wonderful entries - the standard of the photos continues to improve each year. Congratulations to the winners and to all who entered. All entries will be posted on our website soon.

**Suseela Durvasula
President**

It just goes to show (once again) that speed doesn't always equal success.



Hares and Tortoises in foreground comparing notes

Photo by Bob Kenderes NSW Rogaining Association

For the statistically minded, out of 220 teams the Hares came 104th and the Tortoises 115th overall (top score was 1720 points). Both teams were competing in the Mixed Veterans category, where we came 21st and 25th respectively out of 40 (top score 1140 points). Respectable results all round.

Thank you to Liam Heery, Jacqui Joseph, Catharina Muller, Alison Lyon and David & Gillian Perkins for convivial company and good natured competition!



Our New Committee for 2010/11

President
Secretary
Treasurer
Programme Co-ordinator
Membership enquiries
Newsletter Editor
Web Administration

Suseela Durvasula
Nick Collins
Helen Hindin
Catharina Muller
Bob Seibrigh
Jan Steven
Charles Bowden

SPECIAL RESOLUTION TO AMEND CLUB RULES

At the next committee meeting the Committee will be discussing a special resolution to amend Club rules about approving expenditure.

The purpose of the resolution is to give members advance warning of any large extraordinary expenditure by the Committee so that members can have their say.

The resolution is:

'To propose that members are notified ahead of time of a meeting to approve any expenditure in excess of \$100, outside the normal administrative costs incurred by the Club.'

Members are invited to the Committee meeting on Tuesday 12 October 2010 at 6:30pm if they wish to vote on this proposal.

The venue is:

**Woodstock Community Centre,
Church St, Burwood.**

FOR THE DIARY
The ANB Christmas Picnic BBQ
is on Saturday 18 December 2010
at Brays Bay Reserve, Rhodes Park

Full details will be in the Summer newsletter

DEADLINE FOR NEXT ISSUE

3 November 2009

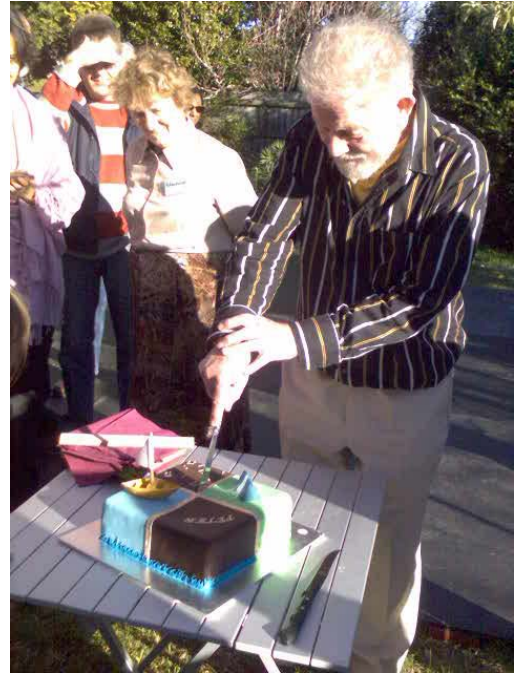
SEND YOUR CONTRIBUTIONS TO.....

jsteven@unwired.com.au

Pictures submitted - 300DPI resolution preferred to achieve good reproduction quality

Congratulations Peter

In July Peter Bonner's 80th Birthday was celebrated in great style with a garden party at his home in Waitara, complete with 3 piece band and dance floor set up in his large sunny garden.



Peter cutting his cake representing all his many interests. Photos by Nick Collins



The All Nations Club was well represented with 4 past presidents and many current members to celebrate this milestone with him.

Peter has been a tireless worker in the club almost since its inception, still leading walks and arranging many other activities.

See you at your 85th Peter!

WALK

Mother's Day Meanderings 8 May 2010 Grade 2 Leader: Charles Bowden

Sans Souci Park has not been used before by the Club as a meeting place. This became evident with a flurry of anxious phone calls from "lost" walkers trying to find the right park! Fortunately their determination saw all participants reach it in time, using most forms of transport, from bike to bus, train to taxi, to do so.

Although celebrations for the nation's matriarchs probably kept some away, it was a spirited group of 12 (including several mothers) that set off on a splendid sunny autumn day for this urban walk through the suburbs of Sans Souci, Ramsgate, Monterey, Kogarah, Rockdale, Kyeemagh, Brighton-le-Sands, Dolls Point and Sandringham.

After leaving Sans Souci Park and rounding Rocky Point underneath Captain Cook Bridge, the walk begins by linking a series of inland parks, reserves and fields, starting with Scott Park. At times we found that vacant crown land had been taken over and converted by horse owners or else promising green strips ended in rambling and unkempt backyards, forcing us to detour slightly. However the majority of the morning was spent on green swards next to creeks and lagoons and rehabilitated marshland with fish and bird life evident as well as bright floral displays.



Morning tea setting

A bizarre highlight of morning tea by the lagoon at Bicentennial Park in Rockdale was a miniature remote controlled motor boat, its operator invisible to us, whizzing around the lagoon, startling the cormorants and the fish. The fish entertained us by jumping repeatedly high out of the water, whether alarmed or catching insects was anybody's guess.

Lunch was held near the Kyeemagh boat ramp with the airport just across the water (Cooks River). Conversation was frequently punctuated with the deafening roar of jet engines as planes took off above us, a treat for several plane spotters

in the group. The nearby icecream van, strategically positioned, also benefited from our arrival.

After lunch the walk changed complexion as we wandered down the western foreshore of Botany Bay. Miles of sandy beach stretched endlessly south and picnickers thronged the



Afternoon tea stop

long thin strip of Cook Park, sandwiched between the beach and Grand Parade. It was warm enough to swim but most had come unprepared.

Instead, several succumbed to the lure of light refreshments at the pavilion at Brighton-le-Sands, before we continued our leisurely stroll down to Dolls Point. By mid-afternoon the wind had picked up enough for kites to be flying and, at Sandringham near the finish, a bush rat scuttled across the path, distracting us from the colourful display.



Pausing by the sea

photo by Yuko Imai

Many thanks to everyone who came along and especially to the drivers who offered lifts to fellow members on their way home. We all enjoyed the superb weather and the relaxed atmosphere on what has to be the flattest walk on our program.

FEATURE

Slovenia - The Undiscovered Treasure of Europe - Suseela Durvasala

After a month of travelling around Europe, I was about to embark on one of the highlights of my trip – a week long walking holiday in Slovenia.

Slovenia is a small country of two million people bordered by Italy, Austria, Croatia and Hungary. It was part of the former Yugoslavia and became independent in 1991. It was largely untouched by the Balkans War. About two thirds of Slovenia is forest and national park and there are mountains everywhere, which makes it ideal for waking.

My tour was based in the small medieval village of Radovljica in the Gorenjska region, about one hour east of the capital, Ljubljana. Most of our walks were in the Triglav National Park which is surrounded by the magnificent Julian Alps. We stayed in a lovely family-owned pension.

The tour involved a series of day walks from Radovljica. On the first day I thought we'd do a gentle stroll around the village. I was in for a rude shock when we crossed creeks high with water after recent rain, climbed a 700m peak in the forest and nearly got blown off a windy ridge.



Spectacular views make the climb worthwhile

It dawned on me that my month of travelling around Europe: having coffee and cake in Vienna and Budapest; visiting world class museums; strolling around English country gardens; visiting ancient walled towns in Croatia; swimming in the Adriatic Sea and walking the wall of Dubrovnik wasn't quite the training I needed for the Slovenian mountains.

The walks were pretty challenging. I quickly learnt that in Slovenia, there's no such thing as 'flat' walking – it's either up or down. Most days we ascended and descended about 700m, with the highest climb being 1000m. However, my fitness improved as the week progressed. Soon, the ascents weren't such a struggle, I was more confident with the descents and I started to enjoy the challenge. Luckily the weather was kind to us. Other than some light rain on the first day, the rest of the time it was clear and sunny but not too hot.

Once we climbed out of the forest to get to the peaks, the views were always amazing with snow capped mountains and the green valleys below. At one peak we could look down at Austria on one side and Slovenia on the other (the Slovenian side was

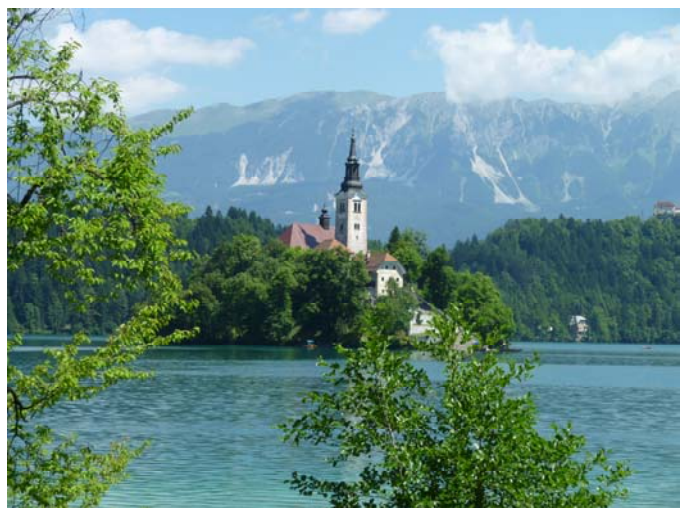
much warmer!) Mt Triglav, Slovenia's highest peak, was always present. As we descended we saw gushing waterfalls, clear mountain streams from melting snow and alpine cows with bells that you could hear a mile away.



Local wildlife

We had delicious hot lunches at the well-equipped mountain huts – usually hearty soup, bread and that well-known Slovenian speciality of pancakes with jam.

On our free day we went to the fairy tale town of Bled with its clear blue lake, castle and island in the middle of the lake. It's the most famous landmark in Slovenia and for good reason. Even though it was a lovely sunny day it wasn't overrun by tourists.



Lake Bled

As a walking holiday destination I cannot recommend Slovenia enough. It remains untouched by the mass tourism of its European neighbours. Slovenians are laid back, friendly and speak very good English. The food is cheap and tasty and it's a lot more than just meat and dumplings. Even a vegetarian like me had plenty to choose from. Slovenia is safe, beautiful and pristine. What more could you ask for? I can't wait to go back before it gets discovered.

THE ALL NATIONS PHOTO COMPETITION 2010

And the winners were...

Charles Bowden, Yuko Imai, Len Sharp

Winners each received prize certificates with vouchers for \$20.
The winners were decided by member's votes.

Our thanks to organiser Len Sharp and to all those who entered.
Held at the AGM July 18, 2010



WATER SCENES - Charles Bowden



FAUNA - Yuko Imai



CAMPING - Len Sharp

Snap that special photo at a club activity to enter the 2011 photo competition...

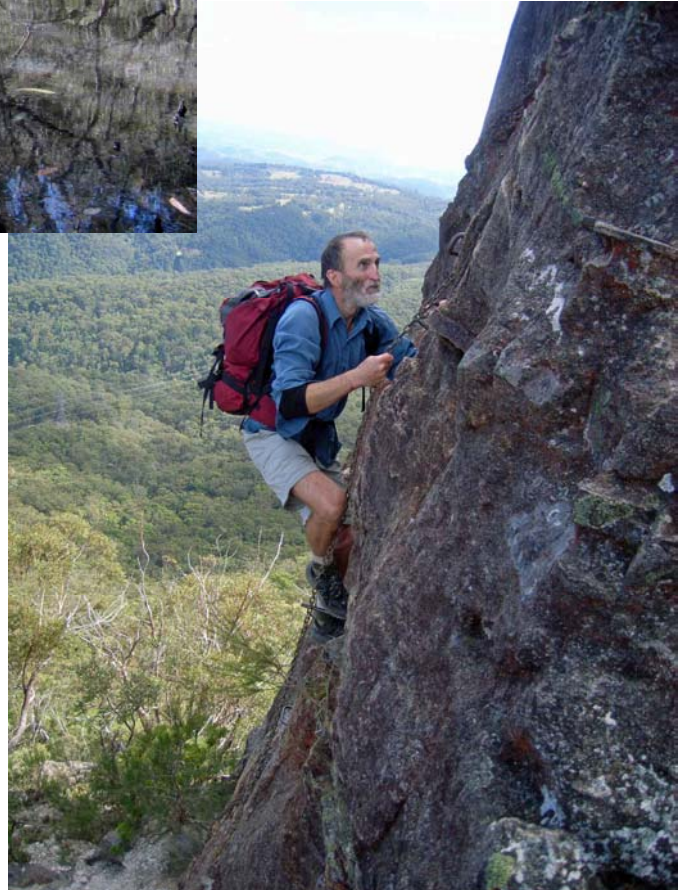
Snap that special photo at a club activity to enter the 2011 photo competition...



FLORA - Yuko Imai



NATURE'S WONDERS - Charles Bowden



PEOPLE - Charles Bowden

The winning photos along with other entries are 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 - AGM 2010"** within the 'Photos' folder.

WALK

Minda Pool Heathcote National Park

6 June 2010

Grade 3

Leader: Terry Redmond

What weather! A week prior to the walk I was thinking that Hugh, Helen Hindin and I would be the only ones on the walk. Being a real "trooper", Helen had booked the previous week, with the rider that she would be there wet or dry. My hope was that Bob Seibrigh, being such a hardy 'regular', might join us. Slowly... and unexpectedly... the numbers increased. Each day there was a patch of blue sky, I received more book-ins. On Friday night the list contained the names of 15 hardy souls of which only one had to drop out. Oddly enough it almost appeared like a walk-leader's walk, with half the complement being walk leaders.

To reward such valour, the sun came out and gave us glorious weather (mostly). Everyone had their wet weather gear packed in their bags though, since the forecast was for there to be rain. I am sure most felt like me, relieved to get outside after the claustrophobic wet weather we had been having.

Peter Bonner got a lift with me since there was track work on the northern line and, due to "communication problems", we got off late and arrived a little late too. Fate always rewards impatience with disdain. And so it was that the person who rang to see if we were coming was informed by my "communications officer" that we were driving up the ramp and were 90 seconds away.

So off we all set and just to remind us of the recent weather, our first trail was more like a creek. Things improved at the bottom of the hill though and we strolled past Lake Toolooma, noting that it was filled to the brim. Some were curious about the old steam pump rusting in the bushes.

Around suburbs adjoining national parks, there are always a collection of nifty little tracks. Around Waterfall this is accentuated by there being a scout camp as well – the nearby Camp Coutts. Using some of these we descended to the valley and then climbed to the top again. Then onto a 'regular' track. The Mooray track was even marked and named on the map!

It was not long before a voice drifted up to my ears "When is morning tea?". I am used to questions but they normally come in the form of "Are we LOST?" Or the old chestnut "Are we there YET?" Then I remembered that Jacqui was on board today. Shortly after, we brunchd on a hillside under the shade of an electricity tower.

We set off again and made our way down into the Heathcote Valley once more, coming out at a quite full Minda Pool. Adjacent to the pool we noticed a few Gynea Lilies starting to develop their magnificent blooms.

Heathcote Creek had been swollen by recent rains and posed a bit of an obstacle. With true professionalism, all crossed without anyone drowning or even getting wet.

We neared Kingfisher Pool. Now I confidently answered with "Two more minutes". Around a few more boulders and up an incline and we were there. The black clouds still lingered so all scoffed down their food. Almost as soon as the indigestion set in, out came the sun and gave us three minutes to bask in glory of the pool, waterfalls and surrounding bush.

All being rested, and fed, and free from questions, we set off again. A couple of kms down the track though, the black clouds not only reappeared but opened up. It being cold, wet and windy, as well as a bit late in the afternoon, I called an early mark and we took a shortcut back to Waterfall via the scout camp.

Most had to head home (no doubt for more food) but half the party went off to the Heathcote Club for a comfort stop where we enjoyed a cold beverage.



Many thanks to Hugh, Helen Hindin, Charles Bowden, Zak Fakhri, Peter Bonner, Bob Seibrigh, Jacqueline Joseph, Liam Heery, Shane Barry, Frank Shakeshaft, Helen Neuman and Linda Kelen for braving the elements. Special thanks to Bob for being last man all day.



Remembering BEVAN DAY

Former 1970s Chairman of the All Nations Walkabout Group of the All Nations Club, Kings Cross, as our Club used to be called.

Bevan, an able chairman, of small of stature but strongly built, led many walks, some of them new to the club at the time. Dogged by ill health for a long time with an inoperable brain tumour, Bevan elected to join the Currawongs Bush Walkers whose programme allowed him to walk at a level more suited to his abilities. Bevan remained in contact, and through him I was pleased to meet his friend Bernie Peach, a noted Bush Poet who Bevan brought along on one of my walks. Some of Bernie's poems appeared in our early newsletters.

Following the need to operate on his brain tumor and subsequent complications, he died aged 69 years at the Presbyterian Aged Care Hostel on May 8, 2010.

Bevan is survived by a brother and sister.

Thanks to Helen McMaugh, former Chairperson/Walk Leader/Secretary 'All Nations Walkabout Group', for advice on Bevan's passing.

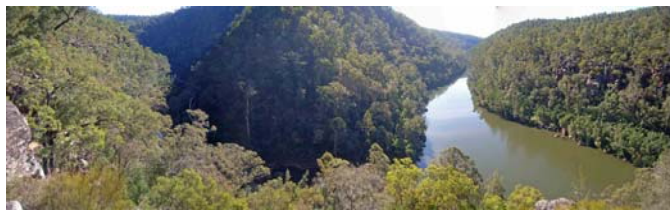
Peter J Bonner

DIARY OF A DAY WALK

Sunday 4 July 2010

Grade 4

Leader: Charles Bowden



7:30am Set off from home for meeting place (Strathfield Square) and turn off onto side street to avoid major accident on road up ahead. Feel sorry for those involved but fortunate that I have avoided major traffic jam and potential delay.

8:00am Park car and, as I'm getting out, first walker arrives, a half hour early: tell Shane I admire his enthusiasm! Others soon arrive, complete all the paperwork, sort out car pool and set off on time: unheard of!

9:15am Reach Glenbrook Station (still on time) to meet remaining 4 walkers: only 3 are there, one is delayed 15 minutes. That's OK: some want to grab a cup of coffee or toilet break so everyone's happy.

9:25am Chyanne arrives just after most have left for the shops. Not to worry: they soon return and everyone's in good spirits. No longer need a morning tea stop. Michael obligingly agrees to include his vehicle in car pool.

9:45am Set off from Nepean Lookout carpark at end of The Oaks Firetrail, see spectacular views of Erskine Creek gorge, find side trail for descent to creek: not as overgrown as feared. Down below, edges of creek are clear of debris thanks to recent heavy rains, making walking along the banks relatively easy.

10:30am Shane finds a safe dry crossing upstream but is ignored. Liam finds a negotiable crossing downstream that looks tricky. I find another crossing further down that looks easier. Should have followed Shane!

11:00am Michael lends me his pole to help guide people across creek. Everyone scrambles across somehow but Suseela slips and trousers get soaked in chilly water. Short halt called while Suseela changes into dry clothing: the others grin with relief it isn't them!

11:30am Scramble up hillside to Word Cave through dense thickets. Arrive at cave entrance to find my expensive prescription sunglasses have fallen off hat. Liam nobly goes back to see if he can find them while I lead rest of group onward, but he has no luck.



Word Cave & Chyanne

12:30pm Everyone makes it up fissure in smooth rock face to reach little knoll and lookout spot where we have lunch. I go back down to look for sunglasses: also no luck. Cross at myself for carelessness but a salutary lesson: you're never too old to learn, right?!

1:00pm Back at knoll, sun is shining brightly on stunning views of Nepean River and Erskine Creek. Eagles are floating in thermals overhead and a lone trumpeter is serenading the valley from the lookout on the far side: magical!



1:30pm After lunch, steep scramble up hillside to top of ridge spur, then bush bash through thick scrub to saddle linking up to main ridge. Cross saddle then some follow Liam up exciting narrow channel in rock to another lookout over Erskine Creek where it does a big U bend. Jacqui follows me up less exciting route to lookout and lets me know all about it!

2:30pm At top of ridge, vegetation is quite dense, much more so than last time I visited, so take a bearing on trig point at Erskine Knoll 2 kms away. Start off on long bush bash hoping to cross old 4WD track about halfway. Chyanne does a good job as backmarker while Shane tirelessly scouts ahead for suitable ways through the undergrowth. About halfway, Nick confirms via GPS we are still on the right course.

3:45pm Never find the 4WD track although we must have crossed it. Instead we come out of bush within 10 metres of trig. I am immoderately chuffed at navigation skill!

4:00pm Locate start of Jack Evans Track (signs never replaced after bushfires 4 years ago). Track is quite overgrown but negotiable.

4:30pm Reach the end of track and Liam locates start of descent down rocky ledges. Daylight is fading and I realise we are running out of time.

5:00pm Liam and Nick assist those having trouble negotiating the challenging steep descent, following painted marks and arrows on the rocks. I slip on a loose shrub and nearly topple over edge. Nick lends a steadying hand: heart is pounding for a bit!

Continued page 10

5:30pm All safely get down off the ledges but now dusk is upon us and torches begin to emerge. Steep dirt track down rest of hillside to creek is difficult to see.

5:45pm Others go ahead and disappear into gloom so I shout out for those ahead to wait. Jacqui shouts back that she is "here". I respond intemperately. Titters waft back up the slope: evidently "here" is not too far!

6:00pm Reach Erskine Creek and it's now quite dark. Frank suggests a nearby crossing point would be easier to negotiate than the one I had in mind. I pay attention this time: Frank and Shane go ahead to scout the way and soon cooee for us to follow. Crossing point is excellent, especially considering night has fallen and torches are essential: Frank has done everyone a huge service!



6:15pm We all get across safely or so I thought but find out later that Shane had encountered a mishap: drenched to the waist, he continues without complaint.

6:20pm Liam suggests we reorganise group so that torch bearers are interspersed among the lightless: a fine idea which works out well.

6:25pm Track along edge of creek is better than expected. We soon find Waterboard water level measuring station. Soon after, track improves and takes us to main track back up to Erskine Lookout. Everyone's spirits improve markedly.

6:35pm The night is so clear that we stop at lookout to admire the heavens. Nick reveals his knowledge of astronomy pointing out planets and constellations. A couple of satellites zipping across the black vault amaze the stargazers with their speed.

6:45pm We resume walking and a couple of signposts loom out of the gloom: the carpark is at hand. But the main concern is whether the park entrance gates have closed so we quickly pile into cars and I take the lead in my spiffy 'new' Land Rover.

6:50pm My spiffy 'new' Land Rover has a blowout in its left rear tyre. Liam and Michael head on to the park gates while I and my passengers set about changing the wheel. I tell them how lucky we are that I checked the toolkit the previous weekend to discover the special socket needed to remove the security locking nuts on the wheels was missing. I had obtained a replacement on Friday, ie only 2 days beforehand. My passengers look at me in disbelief!

7:15pm After loosening the nuts and removing the spare wheel, I get the 2-stage hydraulic bottle jack out of its special compartment in the engine bay (!) and place it under the car. The second stage refuses to rise under pressure and, after several attempts, including trying to wedge a stone underneath (too thick), Nick sensibly suggests we dig out a depression underneath the tyre instead to allow us to fit the spare. I get a trowel and gouge away at the dirt until the space looks deep enough to place the spare on: it works, just!

7:35pm Liam returns from the park gate to confirm we have been locked in but the security guard is on his way. Unlocking fee is \$40.

7:55pm We arrive at the gate about 10 minutes before the security guard arrives. I go to pay what I assume is \$40 per car, based on (yes!) the last time we were locked in but the guard says the \$40 covers all vehicles. Not sure if I should feel relieved or ripped off!

8:10pm We escape the park and head back to Strathfield, the other walkers in Michael's car having already caught the train and Michael himself headed for home.

8:20pm We hit the M4 motorway and my spiffy 'new' Land Rover is gliding along at 110km/hour when Nick points out that the engine bonnet is loose and appears about to break away. I rapidly decelerate and pull over to the side of the road. The bonnet is indeed not properly latched. I press on it: it clicks then pops open again. I check the special compartment for the bottle jack: it all seems in order but the bonnet still won't close. I shift the jack's lever arm 2cm along with no discernible effect: but the bonnet now locks into place. Go figure!

8:50pm I drop off Nick and Shane at their cars, then join Sarah, Fiona, Jacqui and Liam at a nearby Vietnamese restaurant. The food is cheap and fresh and plentiful and hot. An elderly couple nearby entertain us with their inebriated discourse concerning a possible criminal misdemeanour by one and the effrontery of the other.

9:45pm I head off home, unpack the car, dismount the flat tyre from the spare wheel rack and place it in the back of the car for repair/replacement, sort out the bushwalking gear, have a long hot shower, make myself a stiff drink and sit down just in time to catch the Wimbledon Men's Final. A perfect end to an eventful day!



Thank you to Chyanne Ali, Fiona Bachmann, Frank Shakeshaft, Jacqui Joseph, Liam Heery, Michael Thompson, Nick Collins, Sarah Burke, Shane Barrie, Suseela Durvasula and Wayne Turner who, rumour has it, thoroughly enjoyed what was only his second walk with the club.

"You know what they say: some things in life are bad. They can really make you mad. Other things just make you swear and curse. When you're chewing on life's gristle, don't grumble; give a whistle, and this'll help things turn out for the best. And... always look on the bright side of life... [whistling 🎵]"
courtesy of Life of Brian, Monty Python, 1979.

WEEKEND AWAY

Mt Wilson

The Old Schoolhouse Cottage

18 - 20 June 2010

Leader: Peter Bonner

This weekend away was planned to celebrate the Winter Solstice but instead turned into Christmas in June.

Eight of us arrived on Friday night - Peter, Judy, Sharyn, Beth, Julie, Jan, Farida and Zak. Lloyd arrived in time for breakfast the following morning. Breakfast over and after executing a raid on the extra quilts in the bunk house following a freezing night (I had expected to see snow on the ground next morning), we strode off on our first walk.

To the Wol-langambe River



through a temperate gum forest, with delightful scribbly gums in one area, and sandstone outcrops with great views from the top of the cliffs.

After a late lunch back at the cottage we set about preparing for our 3 course Christmas feast.

As night fell, arming ourselves with torches wearing our warmest gear we left Judy to mind the soup and retraced our steps from the morning back along the bush track 'sugar glider spotting' but not one was to be seen. It gave us a great appetite though.

Back at the cottage, slight drama when we couldn't get the stove lit, but improvisation with an electric frypan saved the situation.

The menu: Pumpkin soup, roast chicken with about 6 different baked vegetables, finishing with plum pudding, custard and cream. All washed down by a few glasses of the good stuff. Chocolates and treats to finish off.



Yes, the men did the washing up!

The following day we chose a gentler walk by doing the Waterfall Walk on a well defined track with an abundance of ancient tree ferns. Emerging from the walk with coffee on our minds we arrived at the solitary cafe in Mt Wilson only to find it closed 'due to sickness'.

Lunch of leftovers followed back at the cottage and, after packing and cleaning up we headed back to Sydney.

A great way to spend a winter weekend and our thanks all go to Peter for doing all the arranging. *Jan Steven*

WALK

Barrenjoey Head

Sunday 11 July 2010 Grade 1

Leader: Julie Armstrong

We had a lovely day on our tour of the Lighthouse.

Before our tour we were given a very informative talk about the lighthouse from our guide.

The lighthouse was completed in 1881 and built of Hawkesbury Sandstone and was the third light built on the headland. The first keepers were the George Mulhalls, father and son.

The first apparatus in the tower was a fixed red dioptric of 700 candlepower with four oil wick burners. In 1932 the lighthouse was converted to automatic operation and in 1972 the light was converted to electric operation.



Current operational light

Photos by Jan Steven



The group with Palm Beach left and Pittwater right

The weather was kind to us with only a light shower walking back from the lookout and on our descent.

We were fortunate to have Ross, a new walker with ANB, on the walk. Ross is a friend of Jervis Sparks, a former long time resident of one of the cottages that is currently being restored.

Thanks to Sharyn, Jan, Peter, Annabel, Allan, Terry, Sue, Richard, Ross and Fernando.

And Congratulations Fernando on a Spanish win in the World Cup which was held the following day!

The Barrenjoey lighthouse is only open to the public on Sundays between 11am and 3pm

Welcome to New Members

Hilda Taylor
Sherilyn McRae
Heather McRae
Liane Davison
Judy Roberts
Brian Roberts
Hester McLachlan
Anton McLachlan
Brian Byrnes
Bill Stitt
Sonya Scahill
Melissa Tearle
Violeta Dimova-Nikols
Sandy Guthrie



See you in the bush

After a leisurely lunch, we retraced our steps back down the steep trail to rejoin the Blue Gum Swamp Creek track. The creek was full and frogs regularly croaked their welcome. The track runs through magnificent stands of blue gums before emerging, after a short climb, back at the Winmalee carpark.

About a dozen of us then adjourned to Glenbrook for afternoon tea before heading home. Thank you to everyone who came along and enjoyed such a pleasant outing. Special thanks to Alex who assisted with the car pool from Strathfield.



Change of Details

Don't forget to notify Treasurer Helen Hindin of any of the following -
• change in address, • email address,
• phone numbers.
**Phone: 02 9331 1921 or email us at -
anbcomm@hotmail.com**

WALK

Sunny Winter's Day Stroll

Sunday 1 August 2010

Grade 3

Leader: Charles Bowden

Some days are just meant to be! Nineteen walkers had signed up for this walk in spite of the appalling weather during the preceding week. However Sunday dawned bright and clear and sunny: perfect walking weather. After gathering the group meeting me at Strathfield we arrived at Springwood in good time to collect the remaining walkers. A convoy of 7 cars no less then headed off to Winmalee and the start of the walk.

We first followed the higher Shaw Ridge trail which wends its way through light forest before descending into the Blue Gum Swamp Creek valley. Whip birds could be heard giving their distinctive whipcrack cry and later on some raucous sulphur-crested cockatoos made their presence known. Following a morning tea break in a sheltered glade, we then started the steep climb up to the ridgeline beyond which lay the Grose Valley. In spite of the gentle pace, the leading group even found themselves overtaking a pair of mountain bikers who were finding the gradient a bit of a trial.

After a short pause to catch our breath at the top of the ridge, it was an easy walk to the lookout and lunch. A light breeze was blowing but the sunshine and clear blue skies afforded wonderful views across the Grose River to Grose Head North and Mt Macleod Morgan. A gap to the east even allowed us a sight of the farmlands of Grose Vale.



Morning tea break



Creek crossing photo by Charles Bowden

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

Revised Grading System

When I presented the Club's numerical walk grading system to last year's AGM, I somewhat rashly promised there'd be a review this year, to see what people thought, and what adjustments and extensions we might want to make to it. Well we've had our review, involving lots of work, participation from lots of people, and at this year's AGM I was able to unveil the final product, bells and whistles and all, ready for use in the spring programme.

Six grades

It's now a six grade system, similar to those of several other clubs (though I'd claim ours is the best, with its objective numerical base and easy-to-use Excel spreadsheet calculators which use data on distance, track types, and ascents/descents). The change from five grades has allowed greater precision and narrower gradation within the lower grades 1 to 3, and the creation of a grade 5+, an open ended grade above grade 5, to cater for the occasional ultra-hard event recommended for the fittest and most experienced members only.

'Unsurveyed'

To avoid ambiguity, the previous designation 'Exploratory' has been replaced with 'Unsurveyed'. It means only that the leader hasn't done the walk, and can be applied to walks of any grade.

Full pack, bike rides, & other activities

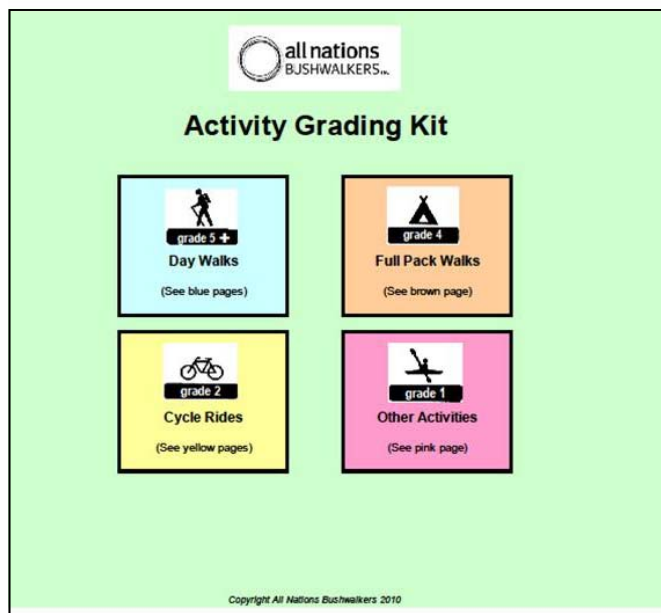
There's a separate grade calculator now for extended walks involving full packs, incorporating a 20% points loading to allow for the effect of carrying the bigger pack. Thus some walks will have a higher grading when they are part of a full pack walk than when done as a day walk. There's also a calculator for bicycle rides, using appropriate different weighting factors. For events like kayaking, snorkelling, rogaining etc, grading is optional and at the leader's discretion. Purely social events are still 'social', of course.

Highlighting special challenges

Leaders are asked to pay special attention to the detailed activity description, including all relevant statistics, and highlighting any special challenges, potential hazards, or likely adventures, as the numerical grading is only the starting point.

Where do I get it?

The Excel version of the grading kit is available on the Club's Yahoogroups website, and there will be a nifty website version soon, being developed by Andrew McRae. I encourage everyone to play with the calculators, to become familiar with how grades are arrived at, and thus feel more confident about the sorts of activities they choose.



And please let me know if you have any queries or find any bugs!

Nick Collins

Nick_collins_2000@yahoo.com

Membership Cards Reminder

This is proof of your current membership and should be carried with you on all club activities.

Present your ANB card at CampHikeClimb in Hornsby to receive free store membership which entitles you to 10% discount.

Mother's Day Meanderings 8 May 2010

Photo by Yuko Imai



Morning tea – Enid & Suseela

Mt Wilson Weekend 18-20 June 2010

Photo by Jan Steven



The Waterfall Walk - L to R - Beth, Judy, Lloyd, Peter & Sharyn

Barrenjoey Head 11 July 2010

Photo by Jan Steven



The Lighthouse

Peter Bonner's 80th Birthday

Photos by Nick Collins



Diary of a Day Walk 4 July 2010

Photos by Charles Bowden



Erskine Creek U-bend



Lunchtime relaxing

Sunday Winter's Day Stroll 1 Aug 2010

Photos by Charles Bowden



Erskine Creek



Lunchtime perch



Blue gums