



all nations
BUSHWALKERS INC



Summer Newsletter
December 2008

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

LONG WEEKEND CAMP

Barrington Tops, Glowang to Barrington House

4-8 October 2008

Leader: Andrew McRae

One of the more interesting experiences of bushwalking occurs when things don't quite go according to plan. Of course, this can range from being mildly irritating, exciting, or even just plain dangerous, but usually comes in the form of inconvenience and extra (unplanned) effort. The attitude of the walkers usually counts for a lot here, and when the Long Weekend walk I led in October hit some unexpected bumps in the track, I really appreciated the good grace that everyone exhibited, taking the unexpected in their stride. But as with every story, there's somewhat of a prelude.

About six years ago, I planned a 3 day walk that was essentially a transit of Gloucester Tops through to Barrington Tops, starting at the Glowang Track, crossing the Gloucester River at Gloucester Falls, traversing the Link Trail to Wombat Creek, and exiting at Lagoon Pinch on the eastern side of the ranges. As it happened, partly due to poor road navigation in a State Forest, and also being pre-GPS days, we started closer to Berrico Trig on the Mountaineer Track, some 8 to 10kms away from our intended departure point. This track was much tougher than expected, with many ridges, and we ended up camping on the track instead of Gloucester Falls. To make it worse, the weather closed in, and we needed to make up time in order to make our next campsite. After the 3 days, we emerged footsore and blistered, wet and cold, and not really enjoying the experience. I vowed I would return, and do the walk as I had originally planned.



In order - myself, Jacqui, Len, Alison, Liam, Fai, Pan, Peter & Nerylin



Starting out up the steep track

Being a minimum 3 day walk, the October long weekend seemed a perfect opportunity to revisit this walk, much better prepared (i.e. GPS in hand), and having learnt from the previous experience. So having put the word out, and organised the group, 9 of us started out. Liam was a survivor from the first trip six years ago, and I was very pleased by the fact he was willing to give it another go.

Barrington Tops is one of the few large scale wilderness areas that is within easy driving distance of Sydney, on the western side of Dungog, about 2.5 hours north of Sydney. Since this walk was a transit of the Tops, we needed a car shuffle, and with the drive from Sydney, it was about lunchtime by the time we found the start of the Glowang on the forest road, and hitched our packs ready to go. The weather was overcast, but not threatening. We started up the steep track and after a while came to what appeared to be a turn in the trail; just after this we stopped for lunch. After lunch we continued on, but the track became unexpectedly scrubby, and we were essentially bush bashing.



President 's Report

Another exciting program behind us with plenty of varied activities from theatre nights, restaurants, games nights, club night, car camps, and cycle trips not to mention all of the walks that have been put on. The Summer program is as varied and I'm sure it will have something to tempt your fancy.

We keep gaining new members and it is very pleasing to see new activity leaders as well. Please continue to support each other and provide a helping hand to the "newbies". We have begun a discussion on how walk grades can be determined using a formula, so that each walk leader can nominate a grade that will be consistent throughout the club. Hopefully we will have ironed out any difficulties with the system and made it easy to understand and implement by the time the next program is due.

By now you will have attended our Christmas Party. Thanks to everyone who turned up and shared in the Christmas spirit. Keep safe over the holiday period as we want to see you all again, fit and well in the New Year.

Happy Christmas to All

Liam Heery 



Inspecting the Selby Alley Hut

Continued from page 1

After some time struggling through this, we came to the conclusion that we had strayed onto an old overgrown logging trail, and time was such that we needed to turn back. The weather started closing in, and shortly thereafter the rain set in. On the way back, we could clearly see where we'd taken the wrong trail because of the turning in the track. I couldn't believe that I'd again messed up my navigation on the same walk as I'd done 6 years earlier! So much for learning from my mistakes.



Time to turn back

We arrived back at our cars around 5pm, with yours truly feeling very chastened and apologetic, but with everyone taking it in their stride (indeed, you might say some actually enjoyed the adventure). The rapidly revised plan was to find somewhere nice to camp, and the next day tackle the walk from the other end. We found a riverbank park next to the Williams River, and had a somewhat damp but enjoyable evening, appreciating the picnic tables and other civilised amenities.

Next morning, we drove around to Lagoon Pinch, and started heading up the Corker. The Corker was one reason why I hadn't planned the walk from this direction; it's basically a 6km steep uphill section. However, all being experienced walkers, there wasn't a problem with the grade. The weather was steadily improving, and we started to get great views looking south over the rugged wilderness of the Tops, and views out to Carey's Peak and Mt Barrington.

A side trip at lunchtime was to visit the little known and historic Selby Alley hut, hidden away about 400 metres off the track next to a delightful creek.

Not long after, we arrived at our planned campsite at Wombat Creek, an excellent sheltered campsite with fireplaces and a good supply of running water in the creek. After setting up camp, we decided to head up to Carey's Peak, a short 30 minute walk away. Arriving at the lookout, the visibility was excellent, worthy of a group photo.

We then headed back to camp, enjoying dinner, wine, and campfire Scrabble. After we had retired for the night, a thunderstorm closed in, and we were treated to a full measure of rain, wind, thunder and lightning. Very spectacular!

Next morning, we had planned to walk around past Carey's Peak to Mt Barrington, but the weather from the night before had clung to the Tops, and so with rain imminent, we decided to head down the mountain. The benefit of this was to enjoy an excellent lunch at the Dungog Hotel.

The only thing left to do was to start thinking about the NEXT time I was going to attempt this walk, knowing that the third time is lucky, though I am not sure how many more times Liam will follow me on this particular path!

10 Tips for Summer Safety in the Bush

by Allson Lyon



Summer is a great time to enjoy the outdoors and bushwalking is generally an enjoyable and safe activity, if you go prepared.

The warmer weather however brings a number of hazards into play. In order to reduce their effects there are a number of things that could be considered prior to undertaking a walk.

1. Firstly take plenty of water for the duration of the activity in order to avoid dehydration. Talk to the leader and find out if extra water is available along the way. Consider taking water purification tablets, or a water filter.

As a general rule the average adult requires around 2.5 to 3 litres of fluid a day from food and drinks, this requirement obviously increases when exercising. Aim to drink around 600ml an hour, more if the weather is hot.

In very hot weather you may be sweating a lot; consider adding an Oral Rehydration Solution to your drinking water.

Remember thirst is a sign that you are already dehydrated.

2. Watch out for those intense Australian sunrays, avoid burning and adding to those wrinkles! Apply sunscreen (minimum SPF should be 15, but preferably 30+), reapply every 2 hours and don't forget nose, lips and the back of your neck. Remember the sunnies too.

Avoid heat exhaustion/stroke. Keep cool by wearing loose, light coloured clothing and a hat.

3. If you are having any problems on the walk, or feel unwell let your walk leader know.

4. Choose a walk that suits your level of fitness. If you are unsure about the demands of the walk, talk to the leader.

5. If you regularly take medication, for example to treat asthma, diabetes or such, take enough for the duration of the walk and a little extra just in case of delays or emergencies. Tell your walk leader of any current medical conditions and where you keep any medication for this (i.e.: in your pocket, pack etc).

6. Avoid bites and stings; in my own experience the uncomfortable effects of these can last days or even weeks! Wear long sleeves and trousers in areas where mosquitoes and leeches may be encountered (this will also protect you from the sun). Apply insect repellent to both exposed and unexposed skin. Mosquitoes can bite through clothing; leeches can wriggle through boot eyelets!

7. Wearing dry, seamless, good fitting socks and well worn-in footwear can prevent blisters. At the first sign of chafing apply protection, such as a blister pad. Consider also carrying a spare pair of socks.

8. Take food for morning, afternoon tea and lunch. Bushwalking can use a lot of energy, particularly if you are tackling any of those big climbs in the Blue Mountains! Nuts, dried fruit and chocolate make good energy giving snacks and are lightweight in your pack.

9. Try not to walk alone. In the event of an accident a group of 3 or more will allow 1 person to stay with the injured walker, whilst another goes for help. Also, let somebody know where you are going and your expected time of return. Notify that person when you have returned safely.

10. Finally: Always carry a personal First Aid kit and have some idea of how to use the contents.

Maybe do a First Aid course, not only invaluable knowledge for the bush, but life in general.

Remember accidents and emergencies happen when you least expect them.

WALK REPORT

Gentleman's Halt, Marramarra NP:

14 September 2008

Leader: Liam Heery

It had been over two years since I last did this walk and I wanted to try a small variation that included a short off track section.

On explaining to the other 10 eager walkers what I had in mind, even the two visitors were keen to give it a go.

So we headed off in high spirits for the start of the walk at Canoelands Road. It wasn't long until we got to our morning tea spot, which overlooked the off track section and also had magnificent views over the Hawkesbury River.

While there was no rain, it was a very windy day. The wind had a chill to it, so we only took as much time as necessary before we headed off into the bush to find the "short cut" that would cut a couple of km's off the fire trail and make the walk a little bit more interesting.

Well, after half an hour of looking, it transpired that the terrain was just too steep and unnavigable, so we elected to go back to the fire trail and continue the walk the conventional way! However on the way we came across an old trig point with the trig pole marker collapsed and melted from a raging fire that had passed through a couple of years ago.

By the time we reached the foot track to Gentleman's Halt from the fire trail, people were getting hungry, so we stopped



for lunch, at another lookout, this time overlooking Spencer and Mangrove Creek.



The foot track down to the river is reasonably steep with some rock scrambling, so by the time we reached the river, we decided to cut our losses and return rather than taking another hour or so to get to Gentleman's Halt and possibly returning in the dark.

The way back was uneventful and took less time than expected, so we were back with daylight to spare.

Thanks to Jacqui, Alison, Faye, Clynton, Jasmine, Chris, Lloyd and new members Brian, Mark and returning member Tu for joining me. Hopefully next time we'll make it the whole way!

Photos - Faye Xu

ERIC PALMER'S BOILED FRUIT CAKE



INGREDIENTS:

- 1 cup of sugar (half raw half brown)
- 1 lb of mixed fruit and peel
- 125g of butter
- 1 x 440g tin of crushed pineapple
- 1 teaspoon mixed spices
- 2 large eggs
- 2 cups SR flour

METHOD:

Pour tin of pineapple into stainless steel saucepan, add sugar, mixed fruit, butter, mixed spices.
Bring to boil and simmer 10 minutes. Allow to cool.

Beat the eggs with a very small amount of milk and mix in with the boiled fruit. Gradually stir in the 2 cups of flour.
Spoon and pour the cake mixture into a well greased square cake tin and bake in oven for 1 hour at 180° C
Reduce oven temp to 100° C for half hour
Test with a skewer to ensure cake is cooked through.

I often enjoyed a slice of Eric's cake with a cup of tea when I visited him for a chat to plan a canoe trip or cycle ride. The only changes I have made is to convert the butter and crushed pineapple tin size from ozs to grams and add some extra glacé cherries to the mixed fruit. I baked an 'ERIC' cake last week and can say that it proved to be just as good as Eric's original; in fact it was "highly recommended" by visitors to my house.

PETER J BONNER

WALK REPORT

North Head Circuit

Manly

Sunday 21 September

Leaders: Sharyn Mattern & Carol Cox

A beautiful spring day encouraged a large group to join in Sharyn and Carol's easy walk to North Head on Sunday 21 September. The majority of the group met at Circular Quay and enjoyed the ferry ride across the harbour to pick up another group of members at Manly Ferry Pier. Through the wonder of modern science the leaders made contact with this group by mobile phone only to find they were sitting a couple of metres away in McDonalds !!

The stiffest part of the walk was at the start when we trudged up Darley Road to North Head, past the beautiful former monastery which is now a hotel school where "our Nic" and her Keith tied the knot and had their wedding reception.

First stop was in the garden of the North Head Gatehouse to laze on the grass under trees for morning tea. Then into the information centre where the lady in charge indicated points of interest on the large North Head reproduction map around which we were gathered. Thence onwards past the parade ground to join the new "boardwalk" (actually made of steel mesh) through the indigenous vegetation, past Quarantine Cemetery #3 (use of cemetery #2 had been discontinued as it was found to be draining into the quarantine station water supply), to the entrance to the Fort and Museum (that's for another day as they provide guided tours of the tunnels). This point is half way along the circular boardwalk route.

From here we followed the only road on North Head to a shady spot for lunch with a spectacular view up the harbour, then walked out to the observation decks on the very end of North Head for more views of the harbour, the heads and the ocean.



Photo - Margaret Weiss

The return walk brought us back to the restaurant located at the Fort entrance for after-lunch hot drinks or ice creams under a large Moreton Bay fig.

The boardwalk was rejoined at this point and it took us past wetlands (at various times of the year the frogs here are deafening), along part of the cobblestone Avenue of Honour, past old military fitness training areas and back to the Gatehouse. Close to the Gatehouse the group was amused to watch Ma and Pa Lapwing and two of their chicks, one of which had great difficulty in climbing up the kerb to join his mother who was calling to him. His persistence was eventually rewarded.

As the main group was heading back to Circular Quay via Darley Road, Terry led six others along an alternate route from the information centre, through a "hole in the fence" and via Shelly Beach – thanks for that Terry.

Sharyn and Carol thank Margaret, Jan, Mark, Moon, Helen, Richard, Bob, Terry, Hugh, Julie, Shigeko, Tina, William, and visitors Liz, Marilyn, Cheryl, Christina, Nhi and Moi who became members of the club on the day – hope you enjoyed it as much as they did.



Footnote from Terry

Attached photo as proof that we did actually find the "hole".

I was impressed that it did live up to its name. It was a nice little walk which included:

- 2 off gun pits
- 1 bunker
- Another freshwater lake
- Lots more spring flowers
- Great lookout over Manly

It seems that one cannot access the Water Board area but was thinking an alternative route could be from the "fort" along the cliff edge up until the Water Board section and then rejoin the track downhill to the "hole in the wall" and Shelly Beach. - Terry

DEADLINE FOR NEXT ISSUE: 1 FEBRUARY 2009 - SEND YOUR CONTRIBUTIONS TO jcstevan@unwired.com.au

Notice board



FIRST AID COURSE

All members who lead a walk and have submitted further walk/s to the programme co-ordinator are eligible to take advantage of the club's offer to pay \$100 towards the cost of attending a First Aid Course.

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 *Alpsport Ryde* and *Paddy Pallin Sydney, Chatswood* and *Miranda* stores to enjoy **10% discount off full priced items.**

Significant Birthdays



*Paul Goessling celebrates his 80th birthday with Ursula and friends on board the Hawkesbury Paddle Wheeler on the Nepean River
20 September 2008*

Left - Tony Webber, past club president, walk leader, and young group leader at his 50th Birthday celebration at Gundaroo NSW



GREAT WALKS magazine

October/November issue

See the All Nations Bushwalkers feature article on page 97

Magazine available from newsagents

WALK REPORT

Hawkesbury River Station to Sandy Bay & return

Sunday 5 October 2008 Leader: Peter Bonner

NP&WS confirmed that the Berowra to Mt Ku-ring-gai track that runs most of the way along the western side of Cowan Creek was closed due to bushfire, storm and wash-away damage. Added complications were SRA track work on the Northern Line between Strathfield and Hornsby, plus Daylight Saving starting Saturday night at 2:00am when the clocks were put forward. How many of my intended walkers would forget? As it turned out only one! My earlier numerous phone calls and emails resulted in 18 bookings, then Saturday's violent rain storm with gale force winds thunder & lightning saw 6 walkers cancel, one as I walked out of my house!

But the weather was kind to us, exhausted after the night's exertions there was no rain at all! It was quite warm and bright but no real sunshine. Good walking weather.

We arrived at Hawkesbury River Station (Brooklyn) on the 10:20am Inter City train which came up the North Shore Line. After introductions, I led a leisurely stroll around the wharf and the base of McKell Park to Parsley Bay via Flat Rock Point to Suicide Rock. Here at its base we clambered up the cliff edge track to Dead Horse Bay then on to Sandy Bay, our lunch spot destination. On the way I pointed out the various squatter sites and rock walls they had constructed from the depression era of the 1920s and earlier. Also several ramshackle shacks with all sorts of domestic rubbish thrown into the nearby bush. The whole area was a profusion of wild flowers; boronia, with flowers, 'egg & bacon' a little purple climbing vine, flowers of all shades and shapes. The dominant one which had overgrown the track was a tall variant of the tobacco plant with tiny creamy white flowers. I had expected the air to be filled with nectar-collecting honey bees and many other flying insects. But not one bee or flying insect was seen, certainly no mosquitoes or flies. When I drew attention to this some wag in the group behind me said "they are all at the football match" which drew quite a laugh!



Sandy Bay lunch stop

We were the only walkers on the track, no noisy power boats or yachts under sail on the water - quite remarkable!



*Richard Milnes - intrepid swimmer/wader
who made it out to the catamaran*

At Sandy Bay we saw a large powered catamaran sitting at anchor. It was just on high tide and we had a little trouble getting across the slippery rocks at the top of Sandy Bay Creek to the southern side for lunch on the rocky sand beach. Last man, Brian stayed behind to keep company with one lady walker who didn't fancy her chances on the slippery rocks.

During the long lunch we admired the scenery and the efforts of the catamaran to move off its anchorage point. The engine roared, the twin propellers stirred up a lot of sandy water but apart from a slight movement, it remained sitting at anchor.

Our lone swimmer Richard Milnes swam and waded out to the catamaran. Finally he stood up, no doubt about it the catamaran was in very shallow water and stuck fast on the sand and now the tide was on its way out. Having taken photos of our lone swimmer, we walked slowly back to Dead Horse Bay.

Here I took a path not used by me for well over 10 years which took us on a winding route over the hill exiting at William St. A short walk took us back to Parsley Bay and the track around Flat Rock Point then up some steps to the top of McKell Park for views of Brooklyn and the harbour. Down the next steps, which conveniently put us a short step or two to The Angler's Arms for a chat, a refreshing drink of our choice and some very enjoyable Fish & Chips 'mit der salad'. A great way to end this walk.

Thank you to all who came along; to Brian Goodwin and David Cunningham who shared last person duties, and visitors/new members, Natalie Barlow, Linda Kelen, Yukiko Shigemori and Zak Fakhri's nephew, Iqbal Chiniwala who had a 'free walk docket'. We hope to see him again soon on another walk activity.

To conclude, we got quite wet from the bushes - or at least the leader did but it was a very enjoyable, easy, interesting walk, in good company.

BIKE RIDE

Discovery Ride Sydney Olympic Park

Saturday 18 October 2008 Leader: Bob Seibright

On many occasions I have ridden through Olympic Park and been amazed at the variety of interesting features and new developments throughout the park (lakes, mangroves, bird refuges, brick pit ring walk and much more) covering 640 hectares and linked by over 30kms of cycle ways.

Today I would be exploring the park with seven cyclists. We met near Olympic Park station where Nhi and Moi hired bikes from the 'visitors centre' nearby. The bikes were nearly identical and caused some confusion for their riders throughout the day! After a quick bike check we set off down Olympic Boulevard where there was a 'women's triathlon' in progress promoting breast cancer awareness.



The temperature was ideal for riding (low to mid twenties) with a pleasant breeze and we soon arrived at our first destination; Lake Belvedere which is home to some fearsomely large carp and eels. Each member of the group was given a slice of bread to feed to these monsters and I am relieved to report that no limbs were lost.

After some more pleasant riding and exploring we arrived at the Water Bird Refuge (incorporating a lake with controlled tidal flow which prevents the build up of blue green algae and provides a habitat for fish) with its 'bird hide' allowing you to view the birds unobtrusively.

There are over 140 species of birds located within the park with migratory species travelling from as far as Siberia. We cycled to a 'shipwreck viewing platform', observing the remains of a hulking barge and ship of unknown origins and noted how quickly they were corroding.

After some more pleasant riding we regrouped at the Archery Centre where Carol pointed out how complex some of the bows being used by the archers were enabling them to launch their arrows with relative ease at their targets. It was a study in concentration.

The ferry wharf at the junction of the Parramatta River and Homebush Bay is where we stopped for morning tea.

Then a gentle ride beside the river taking us to Newington Armoury, the former Royal Australian Naval Armaments Depot. We rode past many of the bunkers where the ordnance was stored and well preserved buildings with the remnants of a light rail system still visible.

With Jacqui's prompting we soon departed for Newington where we were able to buy our lunch and Jacqui treated us each with an ice cream.

With our bodies rested and fed we mounted our bikes and rode to Haslam's Pier overlooking yet another of the many wetlands located throughout the park. Here we were able to cool down with the spray from an artistically designed water feature. Carol spotted a hare with its distinct body shape and long ears.



Kronos Hill beckoned us, our only climb for the day which we all managed to ride up, then it was down to the Brickpit Ring Walk. The Ring walk is located within a disused quarry which provided the clay for the bricks with their distinctive red colouring which be seen in many of the older houses around Sydney. The quarry is now used for recycling waste water and is home for the endangered Green and Golden Bell frog. The ring walk provides an ideal viewing platform some 40 metres above water level. It was time to complete our circuit so we cycled back to Olympic Park Station where we finished the ride.

Thanks to; Jacqui, Liam, Clynton, Karen, Carol, Nhi and Moi for your company.



WALK REPORT

Sculptures by the Sea Walk

Sunday 26 October 2008

Leader: Catharina Muller

This event was the Twelfth Annual *Sculpture by the Sea*, featuring 107 sculptures from artists around the world and running for 3 weeks. Staged alongside the spectacular Bondi to Tamarama Coastal Walk, it is Australia's largest annual outdoor exhibition.



imag-ne

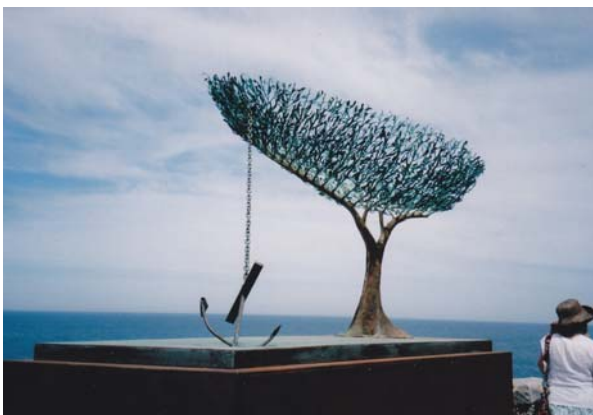
The power of the imagination affords us poetic sanctuary in an often hostile world.

Catharina writes:

The day was a success and I want to thank everyone for waiting patiently whilst your leader was running late in turning up for her very first leader walk.

The weather was good, the sculptures were inspirational and we had a lovely lunch at Bronte Beach afterwards.

Welcome to visitors Savita Gupta, Chris Belgard and Nash Balaghee. Thanks to Karin, Julie, Carol, Sharyn, Peter, Jasmin, Wayne, Richard and William for attending.



nexus

The fast paced world forgets its connection to nature. 'Nexus' represents our life boat.



**television within,
television without**

This work is about the role television is playing in our daily lives, and in particular its effects on children. A child gazing away from the television - towards imagination.



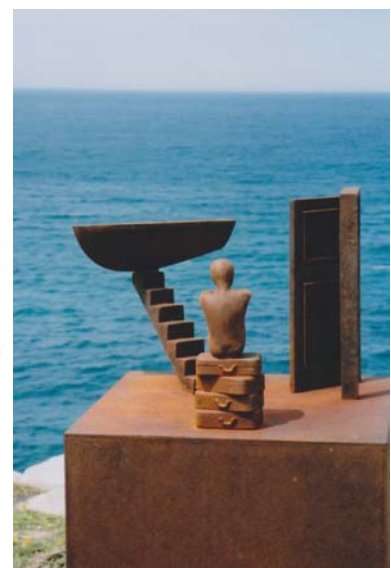
new man

This work is a philosophical stand in an increasingly banal post modern age of what I call the new dark ages.

taking leave

A reflection on the dilemmas faced when a decision to move on is made.

Photos by Jan Steven



Packing for a Car Camp

by Chris Webber

If you would like to go on a car camp, but don't have the equipment, it is best to start shopping a long time before the camp.

As there are frequently car camps on the programme, here is a list to get you started:

Suggested List of equipment needed for one man or woman for a car camp (eg long weekend 2 nights, 3 days)

The following is a suggested list, it is not endorsed by the club, and is not a gourmet guide to camp food, just use it as a guide eg if you prefer to wear shorts then do so. Note that "cold weather" includes summer in the snowy mountains.

Clothes

- 3 shirts (long-sleeved cotton, including flannelette if cold weather)
- 1 T-shirt
- 2 pairs long trousers (or shorts) unless cold at night
- 3 pairs short cotton socks
- 3 pairs long woollen socks (the short socks are worn inside the long socks on walks)
- 1 pair walking boots
- 1 pair shoes (plus another pair of shoes suitable for beach wear if beaches involved)
- 1 set swimming clothes
- 3 sets of underwear
- 1 jumper (if cold weather, more than one)
- 1 raincoat with hood
- 1 pair waterproof over-trousers
- 1 hat (plus beanie or similar if cold weather)
- 1 pair of gloves if cold weather
- 1 set nightwear eg pyjamas T-shirt etc, including extra if cold at night.

Food

You will need two breakfasts, three lunches, two dinners, and at least two morning & afternoon teas, plus fireside snacks (eg marshmallows, damper, chocolate, biscuits, crisps, crackers, cake) and drinks. Bring food you like to eat that will not go off in hot weather. This might include 12 pieces of bread, two cans of tinned fish, two tomatoes, two carrots, some cabbage, muesli, sugar, tea, UHT milk,

clean water (take at least a 5 litre container of drinking water). You can buy dried and flavoured rice or pasta in supermarkets, or bring your own. For meat, do not bring chicken.

For morning and afternoon tea, bring fruit. Ensure you can carry at least two litres of water per day when walking. Take an Esky to store the most perishable food.

Cutlery

Knife, fork, spoon, serving utensils, big sharp knife, small chopping board, vegetable peeler, bottle opener, scissors.

Crockery

Cup, paper or plastic cups, bowl, plate (combined stainless steel bowl/plate is best), paper plates, stove (eg Trangia), matches, fuel.

Washing Up

Two large plastic bowls/buckets suitable for washing and rinsing plates. Scourer, dish washing liquid, washing-up brush, wash cloth, tea towel, head torch.

Fun

If there's time, you might need two folding chairs, a table, a ball, cards, book, magazine, two torches, spare batteries, snacks, games, lilo.

Bathroom

Toilet roll, toothbrush, soap, toothpaste, hair brush, towel, razor, antiperspirant, shampoo and conditioner.

Walking

Day pack, 1st Aid kit, morning/afternoon tea, lunch, at least 2 litres of water, maps, snacks, raincoat (walk leaders also need walk programmes, membership forms and attendance sheets).

Accommodation

Tent, sleeping bag, mattress (self-inflating), pillow, blanket, fly sheet, ground sheet.

Note: do not use an air mattress in cold weather without additional insulation (eg blanket, foam mattress) to go under your sleeping bag - you will get very cold as the heat from your body is taken away by the cold air in the air mattress.

WALK REPORT

Blue Mountains 'Historic Railway Walk' Lapstone Station to Glenbrook Station Sunday 19 October 2008 Leader: Peter Bonner

My attempts to survey this walk the previous Tuesday in company with our local member Judy Dervin, were curtailed by heavy rain and even stronger winds making it impossible to even open a map. We were to some extent walking blind. By about 2.30pm we'd had enough of battling the elements and still unable get a clear picture in my head of the walk and how to link up the various points of interest, we made a dash for Glenbrook and the nearest coffee shop.

The following Sunday the Blue Mountains trains were all cancelled due to track work so we met at Strathfield Square and car pooled to Lapstone Station. In the meantime on Friday I had received 3 maps from the BMCC and along with the NPA book and a printout of the UBD, I set off none too confidently with a handful of maps



*At first Bluff lookout with huge crane on railway line in Glenbrook Gorge.
Hugh, Terry and Clynton*

each containing part of the track and historical points but not one that would give the complete overall picture. Beth gave useful suggestions at times especially when it came to the suburban areas as she was at Glenbrook School in her early years.

With some inspired map reading on my part we got to the Bluff lookouts; a really good one where we looked down and saw a gigantic crane at work straddling the railway lines in the gorge. High up in a cage, SRA workmen were rock bolting the

loose rock face while others were abseiling the gorge to carry out other inspections. On the way we had to scale a fence put up in the recent months by the SRA to keep the public away. We were told we could be fined so had to press on for lunch at the real Bluff lookouts. At one stage I was leading a party of only 4. The others had stopped for some reason and so didn't see the crane at work, but we joined up with them for lunch and then pressed on along the old railway and eventually found the old railway tunnel, where mushrooms used to be grown.

Emerging through Water Board property to find more signs promising all sorts of penalties, we walked on the safe side of the steel barrier on the highway. Here Terry did great work hacking down the scrub with his Alpine Stick. I was amazed to find later on that the mechanism still worked.

Somehow we (I) missed the RAAF tunnel but Beth got us on to the correct road, Lucasville Rd, and then as the rain started it was a smart walk to Glenbrook and the shelter of Beth's favourite coffee shop to finish the day off. Just in time as a loud rainstorm with bolts of lightning and thunder dimmed the lights and the conversation. I felt a certain sense of déjà vu.

My thanks to my ten walkers good and true, to the car drivers for getting us to Lapstone and home from Glenbrook with a car shuffle. Welcome new member 'two stick' Outi Brennan who is an excellent walker. (A future walk leader perhaps?)

Next programme I will do the Southern portion of this area which encompasses Knapsack Gully and the famous Sandstone Bridge with more railway bits and pieces, and of course Coffee at Glenbrook and hopefully no storm.



10 happy walkers at a Glenbrook coffee shop, with a hail, thunder & lightning storm raging outside

SOCIAL

Seussical - the Musical



Another great production from Eastwood Musical Society, this time in association with Epping Boys High School who also provided the venue.

With the 'Cat in the Hat' as MC, we re-visited the stories where *Horton the Elephant* discovers a tiny civilization clinging to life on a speck of dust declaring "a person is a person no matter how small". Next, Horton agrees to hatch the egg of an irresponsible bird.

The second half was greatly improved with the sound turned down to a lower level after a word with the sound board operator.

Pre-theatre dinner was at the *Pent Thai* where we enjoyed excellent food and service - well worth another visit to this eatery. Thank you to the 10 theatregoers who came. A great value evening at \$20/15 children \$12.

Peter Bonner

Welcome to New Members

Helen Newman

Tania Chernik

Liana Parsons

Shu Xian Fan

Nhi Le

Brian Sisk

Mark Tough

Suiyin Cheah

Liz Button

Yukiko Shigemori

Natalie Barlow

Linda Kelen

Outi Brennan

Kerrie Davies



See you in the bush

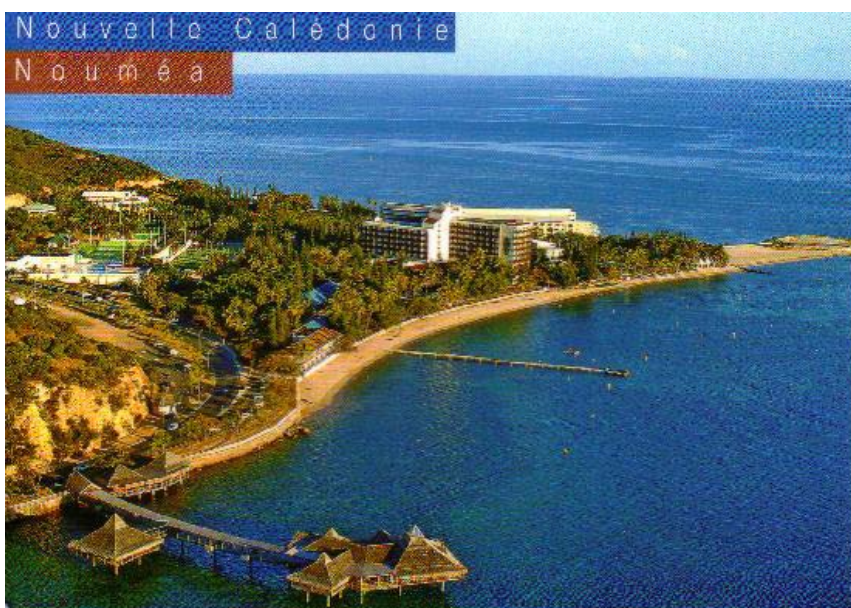
Postcards from Charles Bowden

21.9.2008

Hello one and all,



Hideaway Island is about 20 minutes dusty road and 5 minutes glassy waters away from Port Vila. Lovely place with excellent snorkelling and diving. PV itself is quite small and a little dusty and careworn although there is a lot of new building going on which may explain some of the dust. I did a walking tour around PV, following the Lonely Planet guide's route but then adding to it. This took me about 5 leisurely hours (you can drive around Efate Island in much the same time) and would rate E/M but take at least 4 litres of water! Temperature has been 26 - 29°C all week. I followed this up with 2 half day walks, one of which involved walking up a creek without a paddle: marvellous. It included cascades and a small dynamic cave with swallows and bats as well as the usual 'tites & mites'. The second walk trailed through a mix of farmland, jungle, local villages, mangroves, gardens and sea shore and finished at sunset crossing a lagoon in a dug-out outrigger canoe: with a paddle! Am I having a good time? We look like setting sail from Port Vila this coming weekend and heading towards New Caledonia. It will be my first test on board at sea: a real baptism in more ways than one. Keep well, Charles



Change of Details

Don't forget to notify Membership Enquiries Officer Peter Bonner of any change in address, email address or phone numbers.

Phone: 9489 5027 or email us at - anbcomm@hotmail.com

13.10.2008

Hi guys and gals,

We spent a week in Noumea mainly doing mundane things such as laundry, repairs and provisioning before heading off to the southern end to an island called Isle of Pines. We have been anchored in a shallow sandy bay between I of P and a smaller islet for over a week, relaxing and diving mostly. I could get used to this! I've not been totally idle, however, and have been checking out walks in both Vanuatu and NC which might offer potential and there are some possibilities to consider for a future trip. I have not had access to the internet for several weeks now so hope all is going well for the Club. I'd better take this opportunity to wish you all a Merry Xmas and HNY. Best wishes, Charles

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