



all nations
BUSHWALKERS INC



Spring Newsletter
September 2015

PO Box Q23 Queen Victoria Building,
Sydney NSW 1230
<http://anbwalkers.org.au/>



NEWSLETTER OF ALL NATIONS BUSHWALKERS INC • FORMERLY ANC BUSHWALKERS INC & ALL NATIONS CLUB WALKABOUT GROUP • FOUNDED 1964 • INCORPORATED 1992

WALK

Lane Cove River circuit walk

Sunday 7 June 2015

Grade 3

Leader: John Renzenbrink

On one of those “absolutely beautiful so glad to be in Sydney” days, 14 of us headed off from the Hunters Hill Hotel to explore the tracks and paths of both sides of the lower Lane Cove River.

After crossing the Fig Tree Bridge, we ducked under it and passed through the picnic areas of Cunningham Reach Park before climbing up to the noisy Burns Bay Road. After 500 metres, we dropped down into the solitude of Lovetts Reserve, negotiating the winding, narrow track whilst trying to absorb the wonderful glimpses of the river to our left. A short transit of Blackman Park led us back onto the narrow track, weaving through the valley with only occasional glimpses of civilisation high above us, before reaching a wide valley, crossing Stringybark Creek, and

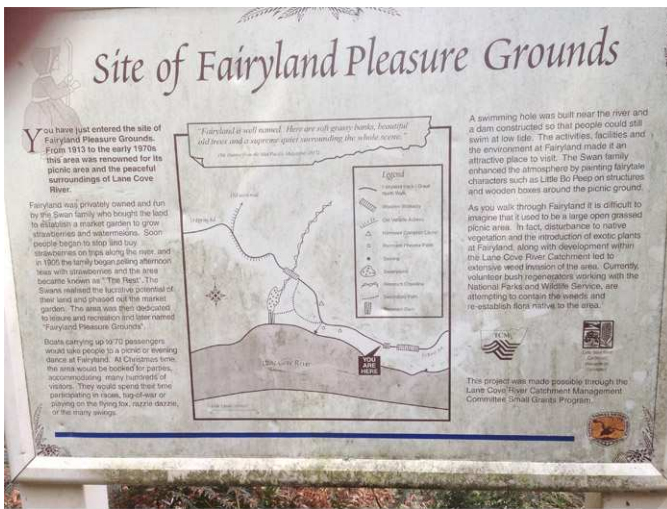


plunging into the shady mangroves. Soon after we were again blasted by the traffic at Epping Road, before peace was regained by passing under the bridge for the short stroll to Chatswood Athletic Field, where we stopped for morning tea, taking advantage of the facilities.

The day was warming up as we took the upper track through Mowbray Park, stopping at a viewing platform high up near Hatfield Street, where Helen kindly took the group photo attached. After descending to water level, curving boardwalks guided us through mangroves to Chatswood Golf Course, which we skirted, and then passed the spot where Bogle and Chandler were found dead in 1963 in mysterious circumstances, before crossing the river at Fullers Bridge.

A steep climb up (part of the Great North Walk) rewarded us with a great view over Lane Cove National park to the northwest, before we turned south on a back street past the Crematorium and then west into the bush again.





Soon we were in Fairyland Pleasure Grounds, a popular weekend spot for city dwellers, accessible by ferry, from 1913 to the early seventies. Little remains now but signage allows some understanding of what it was once like.

We soon passed under Epping Road Bridge, crossed the River and turned right just after the starch plant (still operating) before crossing a footpath over part of the factory and back over the River to reach Magdala Park, where we stopped for lunch. Luckily the canteen was open, and soon wonderful smelling food and drink was being consumed by some whilst the rest of us chomped on homemade victuals, conveniently eaten on two large picnic tables.

Refreshed and replenished, we re-entered the bush and meandered our way south through open vegetation before descending into the mangroves and onto more boardwalks, watching the small crabs scurrying into their holes as we passed above them. Skirting civilisation (Pittwater Road) with more mangroves to the left of us, we climbed over Sugarloaf Hill and crossed Strangers

Creek, leaving Lane Cove National Park, and entering Buffalo Creek Reserve.

A narrow strip of land allowed us to negotiate more mangroves before climbing up and down a narrow track with houses to the right and plenty of fine river views to the left. Soon we crossed through the bottom edge of Boronia Park and were climbing up a street to Ryde Road, where our ears were again assaulted by traffic noise before we turned off into the quiet streets of Hunters Hill. Five minutes later, we reached our cars, and offloaded our gear.

Some went home from here, but the majority walked 100 metres to the Hotel, to enjoy refreshing beverages and scintillating conversation.

Thanks to Nelum, Virginia, Tina, Steve, Joanne, Deborah, Anthony, Len, Abby, Jayne, Helen, Evonne and Ed for your company on a very pleasant mostly bushwalk, in a beautiful part of Sydney.

Red-bellied black snake sighted recently at Wolli Creek by ANB member Julie Armstrong.

Here's some good advice from Peter Stevens of the Wolli Creek Preservation Society -

We have been aware earlier of a RB black snake in that vicinity when doing bush restoration work. We first came across it in a pile of sticks right at the beginning of the TVT (Two Valley Trail) going West from the Bray Ave lawns. So it's not much of a surprise that it is still around. Though I am surprised that it is out and about at this time of year, even if it has been warmish. They are seen at various places up and down the valley and up near and even across Bray Ave during the mating season when the males develop a kind of wanderlust, when seeking a mate.

RBBs are venomous and a bite could kill a dog or a small child and make an adult quite sick. However, they are very shy and usually pick up on footsteps vibrating through the earth and move quickly away - the real danger is coming across them when utterly unexpected on both sides. I always recommend stamping one's feet from time to time. They are of course, like all snakes, a protected species, and I always feel we are lucky and privileged to have them still around in such a built up area. But due care is warranted and I often make a point of reminding groups I am with about the potential to come across one (less likely when in a group of course because of the vibrations caused by many feet).

For me it's a case of learning how to live safely around another species, particularly in their own domain, which, being frog eaters, tends mostly to be down around creek sides - I saw a substantial one last year in the creek bed with the bridge across it, just west of where this latest sighting was made.

Read more about snakes at - http://www.wollicreek.org.au/plants_animals/reptiles or <http://www.ahs.org.au/herpetofauna/>

President's Soapbox

We held a successful AGM at the Burwood Library on Sunday 28 June, including a really interesting talk by a local Bushcare supervisor, Mark Cacchia, which generated a lot of discussion among those attending.

A new Committee was elected for the next 12 months which is essentially the same as the outgoing Committee with one exception. Our Webmaster David Cunningham is unable to continue in the role due to increasing family responsibilities.

Although the position remained vacant at the AGM, I now have pleasure in announcing that Paul Monaghan has agreed to take over as Webmaster. Please join me in welcoming Paul to the Committee and be sure to allow him some latitude as he settles in and comes to grips with the varied responsibilities of this vital role.

I would also like to take this opportunity of thanking David on behalf of the Club for his hard work in this role over the past four years. The Club has been fortunate to benefit from David's IT knowledge and skills. The Club's current website owes its existence and present state of development to David's energy and creativity. We are very grateful.

Charles Bowden



WANTED: WALK LEADERS

Your Club needs more walk leaders

For a range of reasons such as injury or retirement or work commitments or relocation, the Club's pool of walk leaders has diminished significantly over the past 12 months. This has placed increasing pressure on remaining walk leaders to put on more activities. Understandably, this is not a sustainable situation and the Activities Program will begin to suffer with gaps appearing unless additional walk leaders join in.

Leading a walk is a great way to get to meet and know your fellow Members as well as encouraging visitors to join the Club. You also get the pleasure and satisfaction of introducing people to favourite haunts and locations in and around the parks and reserves that surround Sydney.

If you are interested in leading walks but are uncertain how to go about it, please contact our Program Co-ordinator, Liam, or Club President, Charles, for advice and guidance. Otherwise, if you have the knowledge and confidence, please contribute to the Club's Activities Program. You don't need to wait for the next quarter, short notice walks can be placed on the Program at any time!

Our New Committee for 2015/2016

President	Charles Bowden
Secretary	Catharina Muller
Treasurer	Helen Hindin
Programme Co-ordinator	Liam Heery
Membership Enquiries Officer	Yuko Imai
Newsletter Editor	Jan Steven
Webmaster	Paul Monaghan



NOTICES NOTICES NOTICES



Welcome to 9 New Members

Karina Stamef
 Helen Ruan
 Gordana Baci
 Evonne Cheung
 Richard Whiting
 Bryan Smith
 Ayan Adak
 Deidre McCallum
 Joy Thorpe



See you in the bush



FOR THE DIARY Annual Xmas Party & BBQ

Come and join us
 Saturday 5 December 2015
 4:00pm to 9:00pm
 Where: BBQ Area at
 Rhodes Memorial Park, Rhodes
 (Next to the Kokoda Café)

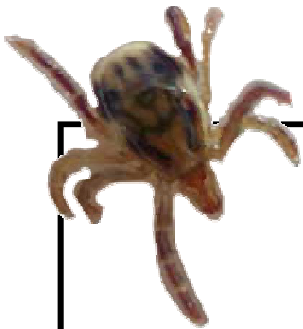
Covered BBQ facilities and amenities available.

Bring: Your own meat for BBQ and preferred celebratory tippie. **Salads, bread rolls and soft drinks will be provided.**

DEADLINE FOR NEXT ISSUE - 3 November 2015

SEND YOUR CONTRIBUTIONS TO
jan.steven@bigpond.com

Pictures submitted: 300DPI resolution preferred to achieve good reproduction quality and photos should be separate files from the story text.



The tick season is upon us

The following recommended treatment (and prefatory note on incorrect removal) for ticks is derived from a Catalyst program of 17 February 2015 on the ABC concerning a tick allergy - MMA or mammalian meat allergy - caused by the incorrect removal of ticks.

Further information available at: <http://www.abc.net.au/health/features/stories/2015/02/12/4178721.htm>

“Scratching it off or reaching for the household tweezers is precisely the worst thing you can do. As you remove the tick, you squeeze it and all its contents go straight into your bloodstream.

So what should you do? Well, you should go to the chemist and buy a spray containing ether. So something like Wart Off, or Medi Freeze Skin Tag Remover. Place the nozzle conveniently over the tick and spray. Feels cold - freeze the tick, and wait about ten minutes for the tick to die. Once it's dead, you can just brush it off.

So that will kill the adults. But what about the tiny ticks? The little larvae or nymphs? Use a cream containing permethrin. Now this is basically the same kind of cream as you get for scabies. Just rub that in. The ticks will all die and soon you'll be able to just rub them off.”

I trust that you will find this information of value. Please keep it handy in case you should ever need it and my thanks to club member David Perkins for bringing this advice to my attention.

Keep active,
Charles Bowden

WALK

Paddington Reservoir Gardens & Centennial Parklands Sunday May 17 2015 Grade 2 Leader: Julie Armstrong

This was the first of my walks this year with no Meetup participants, and only one visitor among the 16 walkers. We started the walk with the threat of rain and overcast skies and finished with lovely Sol smiling on us.

We met at Central Station and set off up Foveaux Street to wind our way through a few narrow streets of Surry Hills to Moore Park Road. Along Moore Park Road we passed the rear of Victoria Barracks (which I still have to visit and may have to do an ANB visit).

I let the walkers know that on the opposite corner of Foveaux Street where there are now three modern marble buildings and Centennial Plaza, is where Toothy Brewery stood. My mother used to walk past there on her way to her work as a tailoress in Elizabeth Street (part of the old rag trade that used to flourish in that section of Surry Hills). Mum told me she used to arrive at work drunk from the fumes from the Tooheys Brewery. Years later I also walked to work along Elizabeth Street to work as an accounts clerk in Surry Hills, no brewery, but there were a few old homeless men in tattered clothes from the Matthew Talbot Hostel that I used to pass, one in particular with half his cheek eaten away, very sad.

We turned off Moore Park Road into Oatley Road and all managed to ascend the hill after walking past some beautiful, well maintained terraces, before arriving at the corner of Oxford Street Paddington and the Paddington Reservoir Gardens. After seeing the Gardens on the ABC's "Gardening Australia", it was a must visit for me. I can remember passing the "Gardens" in the 1970s when it was a garage. After that the roof collapsed and was in disrepair until 2008 and Paddo Council opened the "Gardens" for residents and visitors to use.



We proceeded along Oxford Street to the Paddington Gates of Centennial Parklands which is on the intersection of Oxford Street, Moore Park Road and Lang Road. Walking down Parkes Drive we came to the statue of Sir Henry Parkes. We had a comfort stop at the Park Office,



walked past the Brazilian Fields, past Lily Pond, where a few keen photographers, including our resident paparazzo, Richard, clamoured to take photos of the many birds in the pond including a white heron and black swans with their baby cygnets.

The flying fox colony was a surprise in the walk through Lachlans Swamp, though the smell told us they were there in the paperbark trees. Had we continued past Lachlans Swamp we would have discovered the Labyrinth, which is hard to find on



the size of the map I had and honestly I wasn't aware of its existence until after the walk and expanded the map on Google. I have since been back to the Park and walked the Labyrinth to the centre, quietly reflecting (or trying to with my friends talking all the way).

Next was our lunch stop at the kiosk next to historical, sandstone Vernon Pavilion, after traversing a part of CPG that I had not walked previously, following Snake Bank, passing Mission Fields and Pavilion and McKay Sports Ground on the left and Busbys Pond on the right and around to the Grand Dr and back to Vernon Kiosk. After lunch we headed past Duck Pond and Willow Pond where the keen photographers took photos of the many cormorants drying themselves on the dead trees.

We continued over to the Grand Drive, stopped to look at Federation Pavilion and the lookout back towards NSW Uni and exited where we started at Paddo Gates. We finished the walk officially with a few walkers catching a bus back to the City in Oxford St and the others walking back along Moorpark Rd. Thanks for the pleasant company on our walk to visitor Joy and Jayne, Michele, Richard, Kerry, Julia, Nelum, Karen, Debbie, Joanne, Margaret, Virginia, Helen, Jan and my daughter Karina. Many thanks also to Virginia for the brilliant photos of our walk.



HISTORY: The Paddington Reservoir was a water reservoir which accepted water from the Botany Swamps pumping station for the supply to parts of Sydney between 1866 and 1899. In 2006 it was converted to a sunken garden and park known as the Paddington Reservoir Garden or Walter Read Reserve.

Following the decommissioning of the facility in 1910 it was used by the Sydney Metropolitan Water Sewerage and Drainage Board for the storage of motor vehicles. The ex-reservoir was sold to Paddo Council in 1934 for 3,750 Pounds. The western chamber was leased to a commercial garage operator the same year. During this period the roof was converted for use as a public reserve.

In July 1990 part of the roof collapsed, while still being used as a motor vehicle servo. This caused the closure of the reserve atop and the servo below. In 2006 architects and landscape architects began work to restore and re-use the space which now integrates remains of the original brick, timber and iron structure, with modern elements including an elevator.

The facility reopened in 2008 as a sunken garden including a (small, state of the art) pool of contemplation and rooftop reserve above the preserved eastern chamber. This 'cultural precinct' hosts markets, art and film festivals.

HISTORY OF CENTENNIAL PARK GARDENS:

Originally the area was known as Lachlans Swamp. When the first fleet arrived the area was a swamp and rocky outcrop. Sir Henry Parkes vision was to create a "Peoples' Park". Today it stands as one of the most stunning examples of a Victorian-era park in Australia.

By the 1820s the Tank Stream was polluted. Governor Darling appointed John Busby to locate suitable clean water for the settlement, which Busby reported was Botany Swamps and Lachlans Swamp. In 1827 work was commenced with convict labour to provide fresh water to

a terminal in Hyde Park. This remained Sydney's main water supply from 1837 to 1859.

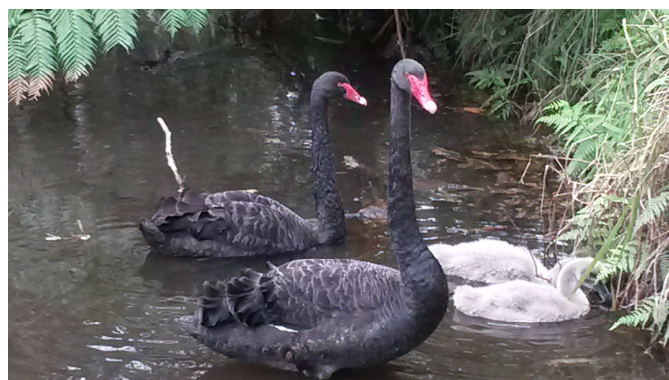
CPG was officially opened on Australia Day 26 January 1888

Sir Henry Parkes was Premier of NSW on five separate occasions from 1872 to 1891. The first statue was removed from the park due to vandalism and the second statue of Sir Henry stands on Parkes Drive on the original sandstone pedestal.

The park is still a "People's Park" and is used for many events including films, exhibitions, charity walks and functions, horse riding, bike riding and walking.

Read more at -

<http://www.cityofsydney.nsw.gov.au/explore/facilities/parks/major-parks>



Change of Details

Don't forget to notify our Treasurer Helen Hindin of any of the following:

- **change in address**
- **email address**
- **phone numbers**

email us at: club@anbwalkers.org.au

To change your details on the website you need to make the alterations yourself.

THE ALL NATIONS PHOTO COMPETITION

***Congratulations
to all our winners!***

These were voted as the best pictures
by our members at the AGM.

Thank you to all who entered.



NATURE - 1st Paul Monaghan
Grand Canyon BMNP



NATURE - 2nd Charbèle Uranie
Fungi - Ku-ring-gai Chase National Park



**Nature - Scribbly gum panel -
Empire Pass BMNP**



**Nature -
Sunbaking skink**

Start snapping that special photo at a club activity to enter the 2016 photo competition...



PEOPLE - 1st Fiona Bachmann
Liam at Kanangra Boyd NP



PEOPLE - 2nd Nick Collins
Freda emerging from burnt-out bushland



OPEN - 1st Paul Monaghan
Koala - Great Otway NP



OPEN - 2nd Jan Steven
Nesting White Terns on Lord Howe Island

THURSDAY SURVEY WALKS IN WINTER 2015

By Freda Moxom

We are a group of five regular walkers (Nick, Charles, Saf, Paul and Freda) who seek out and survey wild or wonderful walks, sometimes discovered by others, especially Bush Club members whose notes we use. We also do our own exploratory walks which set us some exciting challenges. Our chief aim is to have fun but we are also trying to find new walks for the club. Although the Gardens of Stone (GOS) NP is one of our favourite walking areas, there is no fixed pattern to our choice of venue.

We hope more of you may manage to join us in the future. Liam, Suseela and Mei Ha all managed to find a free Thursday last season.

Have you noticed some of our Thursday exploratory outings appearing on the regular program? These included Lincoln's Rock, the Lion Head Goat Track walk and Blackman's Crown.

The Spring programme will invite you to explore the **Bleichert Ropeway, Katoomba BMNP**. The write-up for this walk was in the last newsletter. As well as being of great historical interest, it is a very pretty walk and full of variety. I strongly recommend you join Nick on this walk when he puts it on the Spring programme.

There will also be a walk to **Vertigo Slot, Gardens of Stone NP**, described below, so be sure to book in early.

Future walk programs will invite you to visit other new, interesting and exciting areas we have surveyed that are reasonably easily accessible; so be sure to look out for these and book in.

Gardens of Stone NP (GOSNP) Vertigo Slot (on the spring programme)

Suseela joined me on a recent, impromptu Thursday Survey walk to Vertigo Slot and we both agreed this would be a good one for the programme. The Thursday survey group explored the undercliff on an earlier walk in 2015, but left the top for another day as we had run out of time.

We parked our cars in a clearing off the Castlereagh Highway and walked 4.1km along a firetrail to the point of exploration. We then spent about two hours, and could easily have spent another two, exploring the amazing slots and natural sculptures of this remarkable wonderland.

With a good camera or mobile phone camera you will capture the most amazing images. My camera is a very old (1980) pocket camera so cannot do justice to this sculptured playground.

Many of you have asked me why a National Park needs protecting. Well, although it's called a National Park, there are many levels of protection and Vertigo Slot is not protected from mining. It could be subject to blasting for mining purposes. Conservation groups are trying to make people aware of its beautiful natural architecture and sculptures so that they can become voices helping to preserve this iconic landscape for future generations.

You need to see it while you can. Please pack your picnic and camera and join us in September for the walk of a lifetime. This walk is suitable for the more reluctant walkers as much as for the very keen.

The following link provides further information on this area. <http://www.colongwilderness.org.au/files/pages/short-walks-on-newnes-plateau-15June2009.pdf>



Sleeping monster



Prehistoric bird



A work of art

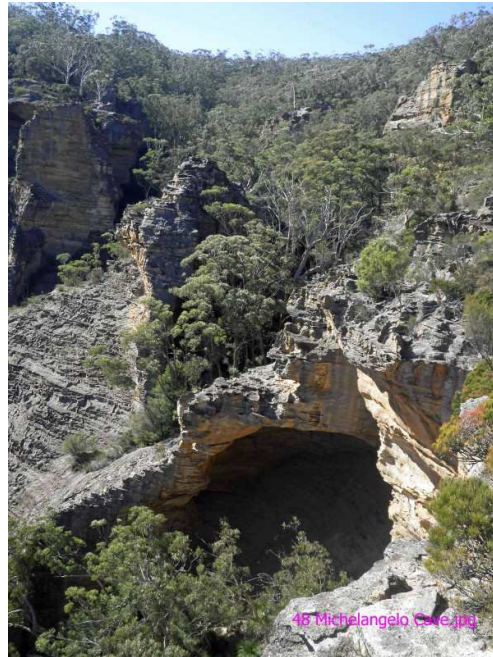
Cliffs, caves and sculptures of Carne Creek (GOSNP)

A visually splendid walk with some magnificent cliffs and exciting caves! Please visit Charles's entry to the photo gallery dated June 30, 2015 for a full collection of our photos of this part of the GOSNP. I have chosen a small selection of those photos for this article.



Sand Cave outlook - photos Charles Bowden

Turning off the Bell Line of Road at Clarence at about 9am, two vehicles with six walkers wound their way down the Glow-worm Tunnel road towards Newnes. Eventually, we found a spot where we could safely park our cars and we headed into the bush.



Michelangelo Cave



Michelangelo Cave ceiling and sloping floor

Working our way under the cliff line, we came across a series of caves and caverns, (each more splendid than the other and culminating in Michelangelo Cave.

In his walk report of Jan 2012,

Michael Keats describes Michelangelo Cave as follows:

"The ceilings are works of art, being a palette of colours with the embedded tracery of complex, three dimensional ironstone banding. As works of art, they rival the Sistine Chapel and the work of Michelangelo."

We then climbed up to the top of the cliffs following a ramp and, for those of us who wished to avoid a hair-raising jump or a balancing act on the cliff edges, there was a

bash through some very thick scrub. Here we explored the top cliffs of the Carne Gorge where we marvelled at the wonderful natural sculptures provided by years of weathering on the sandstone and ironstone pagodas, isolated monoliths and cliff edges.

The trip ended as the sun set on the Western Sandstone cliffs of Carne Gorge and the group looked down on the famous Flying Carpet (see photos) ... an iconic GOS walk which we did in Summer 2015.

As usual, after changing into fresh clothes, we finished off the day with a hot pub meal.

Blue Mountains NP (BMNP) Dicksonia Ravine near Newnes

Leaving the Glow-worm Tunnel Road five of us bumped along an increasingly narrow and winding track until Charles found a neat spot to park his truck. By about 9:15 we were heading into the dense bush looking for a narrow ravine.

This proved to be an exhilarating walk through the most amazing and beautiful rainforest imaginable. The ravine is hidden between huge cliffs and access is not easy if you miss the ramp. We descended with a rope into a wonderland of massive tree ferns that dipped to the ground and rose again as if crawling through the rainforest. They were so lifelike one almost felt an obligation to apologise for one's presence in such a sacred and secret world.

Carpeting the forest were clusters of brilliant red, orange and yellow fungi. Ancient vines twisted their way along



Dicksonia ferns & ravines - photo Nick

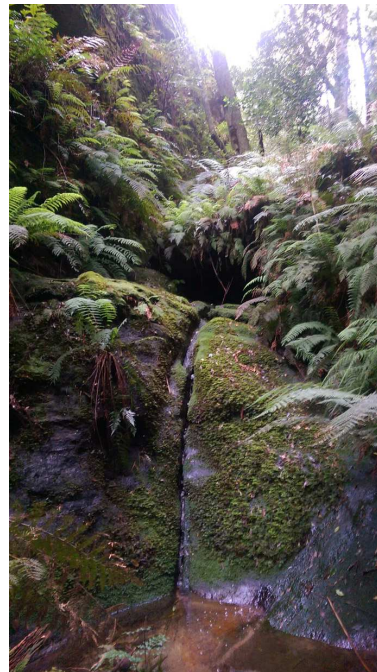


Exploring Dicksonia Ravine - photo Nick

the valley floor and up the cliffs, waterfalls and slots. Some ferns stood straight and tall like umbrellas filtering the sun and protecting the young or ancient ferns below.

Others appeared to 'oh, so slowly' make their way along the ravine floor as if time had stood still.

Reluctantly we left this wondrous place and bashed our way through the densest bush imaginable in an effort to reach the creek below. Beaten by the bush we gave up the idea of reaching the creek and were obliged to make our way to the cliff line and follow the relatively scrub-free ledge around to another amazing ravine which was our exit route.



*A waterfall to ascend -
photo Saf*

Once again we had to descend by rope, this descent a bit trickier than the last one, although we soon realised that had we just gone a little further we would have found a much easier route. But why would you want to find an easy route when there's a harder one to be had!!

This ravine was equally beautiful yet different to the Dicksonia Ravine. We very cautiously followed a fast flowing creek uphill, and climbed a few slippery waterfalls on the way. It was a fairyland with the brook singing to us as we crossed back and forth and slid in and out between ferns, vines and trees.



I don't think this gully is the exit - photo Saf

We were on a high but mighty tired at the end of the day and really enjoyed a change into clean clothes and a good pub dinner.

WALK

Narrabeen Lagoon Circuit Sunday 5 July 2015 Grade 2 Leader: Julie Armstrong

We met at the "Tram Shed" in Pittwater Road, Narrabeen, the historical one of only two remaining on the northern beaches. The Narrabeen one is now used as the main bus stop in the suburb. I had originally thought we could have morning tea before the walk in the adjacent Berry Reserve, but due to winter arriving early (or depending on your school of thought - on time), by majority agreement it was decided to have morning tea in a nearby café.

Thoughtful Anthony had baked us a yummy cake which we devoured while everyone turned up. There were no Meet-up participants again, though Koel, a previous ANB member, returned and joined up together with her partner.

The lagoon-side café was fully booked so we walked to a nearby café on the other side of Pittwater Road, definitely not as flash as the lagoon-side café, but well recommended by Andrea. She was not wrong and the coffee was great.

We walked the 9 km from Berry Reserve anti-clockwise to complete the walk. With Andrea and Virginia seasoned walkers of the area, Andrea was able to lead us on a couple of short side tracks to view two waterfalls. One on either side of the lagoon.

A leisurely lunch was eaten at the new tables at the updated Middle Creek Reserve amenities, which is approximately halfway around the trail. The tables have good coverage from the sun and are situated near the water and next to the water bubbler so we got to talk with fellow walkers and dog walkers.

We finished back where we started and said our farewells.

Thank you to ever reliable "last man" Anthony, Koel, Sandra, Len, Linda, Virginia, Andrea, Margaret and Jan for participating.



A short break - photos Jan

FACTS:

Warringah Council opened the completed circuit on 25 February this year that now provides extensive boardwalks over environmentally sensitive sections of the foreshore and a bridge spanning Deep Creek. It also includes improvements to Middle Creek Reserve with two new steel bridges. Wonderful for walkers, joggers and cyclists to Loop the Loop.

Just 30 minutes from the City, Narrabeen Lagoon has a 55km² catchment area, with a body of water covering 2km². There are 46 species of fish, 16 species of marsupials, nine species of bats, 5 species of reptiles, three species of rodents and approximately seven different frogs. Five creeks feed into the lagoon, the Nareen, Mullet, Deep, Middle and South Creeks.

The characteristics of the catchment are 67% native vegetation / open space, 24% residential (including roads) and 3% industrial / commercial. Despite the large catchment and native bushland coverage, the lagoon and creeks still suffer from the influence of hard surfaces and stormwater run-off. Seagrasses found in the lagoon are particularly valuable as a nursery, providing food and shelter for small animals, birds, fish and invertebrates.

Read more at -

<http://www.warringah.nsw.gov.au/play/walks-trails-and-bike-tracks>



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