



all nations
BUSHWALKERS INC

Spring Newsletter

September 2019

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

WHEN ITS SPRING AGAIN....

Welcome to the Spring edition of Keeping Track. The last quarter has been a particularly busy one with lots of news and updates to report. The Club had the AGM which was well attended. All current positions were unchanged except the formal appointment of the Newsletter Editor – Me!

NSW Bushwalkers have also had their AGM, again well attended. Helen, John and myself attended what was an interesting evening, the main topic was the continuing debate over the large club cap for affiliation fees.

Our club continues to put on plenty of activities and new members are joining all the time. So lets welcome them all on their upcoming walks and outings with the club.

The Spring Program has been released and there are some great walks coming for all grades and plenty of social activities too. The bush is looking wonderful right now, full of spring flowers. If you have never been to Muogammara, Len has this on the walk program. It is a wonderful place with an abundance of flowers. It is only open for 6 weeks a year and is definitely worth a visit. If you miss out, Bobbin Head fire



trail currently has an abundance of flowers out, looking very pretty. You will see a few new sections in the magazine which we hope you find interesting and entertaining and will contribute to in the future. Don't forget that the club has a great website where photos and walk reports are also published.

<https://anbwalkers.org.au/photos>

For those of you on social media, there is also a Facebook Page. Find us under All Nations Bushwalkers inc.

Yours in Keeping Track.
Dee McCallum

President's Soapbox

To the date of writing, this winter has been dry and sunny and I hope everyone has been on some enjoyable walks from the excellent winter program. Don't forget if you don't get organised in time to submit an activity for the set up of the quarterly program by the Program Co-ordinator, you can always submit a 'short notice' activity.

This doesn't have to be a walk, it can be a cycle ride or a social event such as an outing to a favourite restaurant or to see a film. All ideas for activities are welcome in order to maintain a busy and varied program. Simply login to the website www.anbwalkers.org.au then 'Create Content' in the 'For Members' section of the menu. Don't forget that there will be a prize draw every six months for those that submit a walk to the program. Talking of social activities, the ANB Christmas Party is in the diary for Saturday 30th November. I've already had one volunteer to source and collect the salads but I still need others to help with tasks such as contacting the venue shortly before to check that we will have access to electricity and the toilets, buying the bread rolls and condiments and generally helping to set up and clear away on the day. Anyone interested in helping should contact me at president@anbwalkers.org.au Looking forward to seeing you on a walk soon

Helen Hindin
President

Welcome to New Members

Miran Cho
Robert Hartwell
Maureen Fitzpatrick
Rex di Bona
Karen Tan
Kassandra di Bona
Katherine di Bona

See you in the bush.....

ANB ANNUAL GENERAL MEETING

29 JUNE 2019

There was a great turnout at the ANB AGM with around 20 attendees. The main business to be discussed was the adoption of a new constitution, put simply, the rules of the club. The AGM is also the time the financial results for the year are approved and the committee is appointed. All standing committee members were re-elected with the appointment of a new Newsletter editor.

The highlight of the meeting had to be morning tea! Congratulations to Susan for the best savoury dish (a magnificent bacon and egg pie) and Helen for the best sweet dish, a lovely date slice.

Steve Bamford won the photograph competition with Leah a close second with a cheeky shot of Nick. The committee members below (L-R Liam, Dee, Richard, Sarah, Paul and Helen. Absent Michelle)



WALK REPORT

Mill Creek, Dharug NP

4 August 2019

Liam Heery

The Mill Creek circuit walk is well known and adjoins a favourite camping spot for tourists. However not very many people are aware that an extensive aboriginal engraving site is located not far off the circuit. This walk was to link the Mill Creek circuit with the Eastern Commission Trail via the aboriginal engraving site. Leaving Pennant Hills we car pooled with 14 intrepid walkers in 4 cars and met up with two others (visitors) just before crossing the river on the Wisemans Ferry. From here it was a short drive to the camping ground where we dropped off passengers and relocated cars for the required car shuffle.

In a brisk morning air, we headed up the circuit until we reached the unmarked track leading to the Aboriginal engraving site. This track is not maintained but easily followed and not that badly overgrown. It wasn't long until



we reached the site, where we entered our details in the visitors book and began a long and early lunch, in glorious sunshine.

We explored the engravings which included Emu's, Emu tracks, kangaroos, shields, people and Baiame's. Following lunch we headed off to find the footpath that would lead us to the Eastern Commission Track. This track is even less used than the one we entered on, but is still easy to follow and doesn't take long until you emerge onto the fire trail.

From here it was a fire trail walk, with great views over the Hawkesbury River close to the end of the trail. Here we encountered a local who proceeded to tell us that we were on private land. It seems that the last few hundred meters of this track does in fact run through private property, what a shame!

To finish off we completed our car shuffle and said goodbyes to most people, with a few of us retiring to the Pennant Hills pub for an enjoyable meal and one or two drinks!

Thanks to: Jacqui, Diane, Leah, Len, Annette, Daniel, Nick, Sarah, Paul, Helen, Miran, Suseela, Susan and visitors Karen & Rex for joining me on this very enjoyable outing.

WALK REPORT

SMUGGLERS RIDGE

25 AUGUST 2019

LEAH TAYLOR

Well what a beautiful day for hiking! Having done this walk last Saturday night it was a pleasure to experience it today in brilliant sunshine. A big thank you to Dee our Group Leader and all of us who joined in the hike today including Leah, Michele, Len, Miran, Rex, Karen, Andrea, Connie, Francoise and Ann.

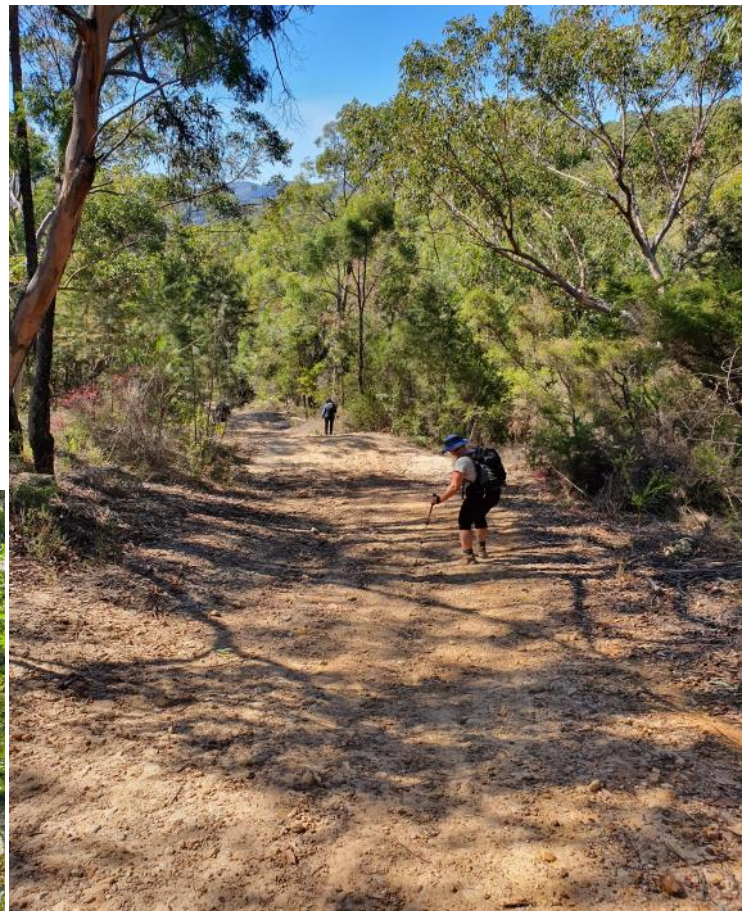
After slipping and a sliding down the long fire trail, we all made it safely to the bottom and then set up lunch in the picnic area together with a fire pit!

And with our master chef Karen on hand - she made sure we all enjoyed toasted marshmallows and her famous smores! Connie and Len were not quite sure how to tackle the smore but in the end they did a splendid job and by the photos enjoyed the delicious morsel immensely!

There was a surprise at lunch time when a group of other hiker's appeared at our picnic spot and they were from The Bush Club - so after exchanging a few pleasantries they disappeared back into the bush!

As always when you hike down a mountain you must then hike back up! So after lunch with our bellies full of marshmallows we headed up the mountain - thank goodness for the 'sugar fix' as I'm sure that assisted with our energy spurt to get us back up to the top!

It was a busy day on Smugglers Ridge as we also bumped into a group of scouts who had been camping for a few days down at the river. It was then onto the fire trail for the walk back to the cars - with Len, Rex and I deciding to do a rubbish pick up along the way! Beggars belief that there are people out there really do not care about our environment but thank goodness we do! Hope you enjoy the photos.



WALK REPORT

THE 5 LANDS WALK CENTRAL COAST

22 JUNE 2019

LEAH TAYLOR

A big thanks to Andrea for organising this interesting and informative walk! Despite the weather forecast predicting rain, the sun gods had other ideas and we were able to enjoy a memorable walk in the sunshine, slightly chilly on some occasions but overall a pleasant day for experiencing the 5 Lands Walk. This walk connects people to people and people to place and we were entertained along the way with art exhibits and singers.

The walk encompasses 5 beach walks starting at McMasters followed by Copacabana followed by a long hike up to the Captains Cook Lookout to see the whales (sadly no whales were on show). We then headed to Avoca Beach followed by North Avoca with the final stretch along the sand to Terrigal (with a few hill climbs along the way). All in all a fabulous day and highly recommended for next year.



Walkers included myself, Andrea, Tricia, Judy and Eija.

For more photos, please go to the Photo Gallery on the ANB website.

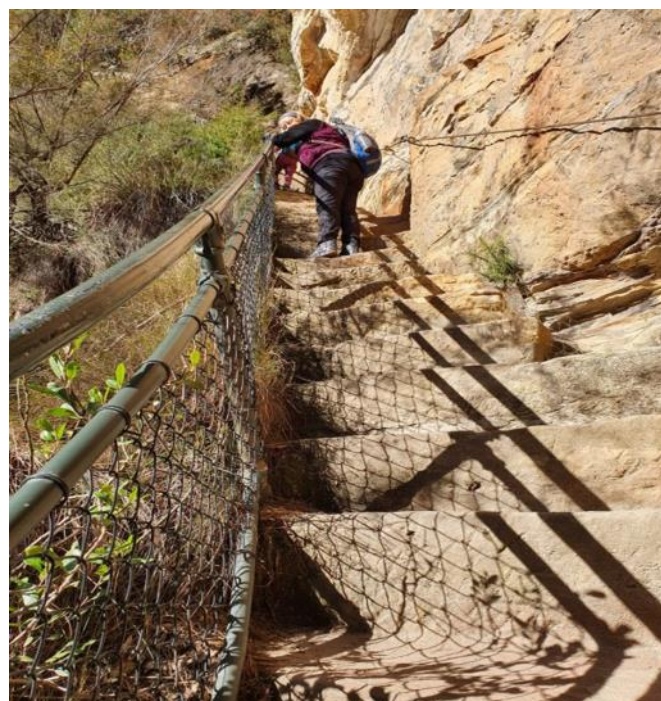
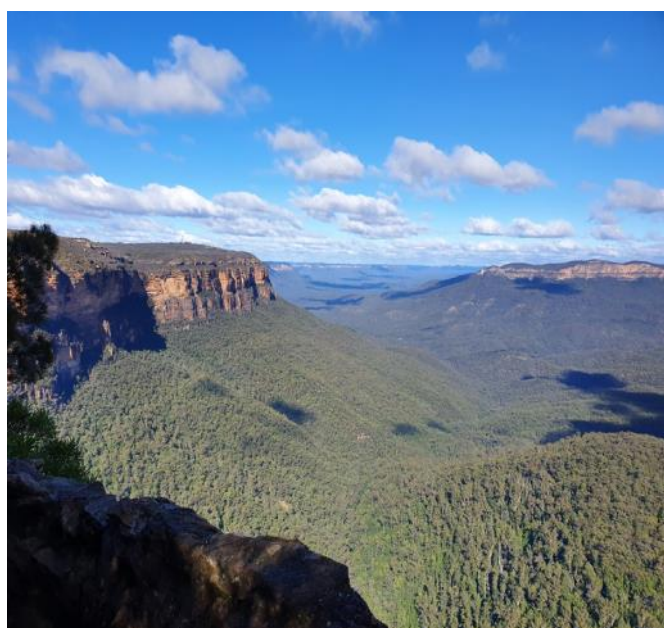
WALK REPORT

DARWIN WALK & WENTWORTH PASS

30 JUNE 2019

LEAH TAYLOR

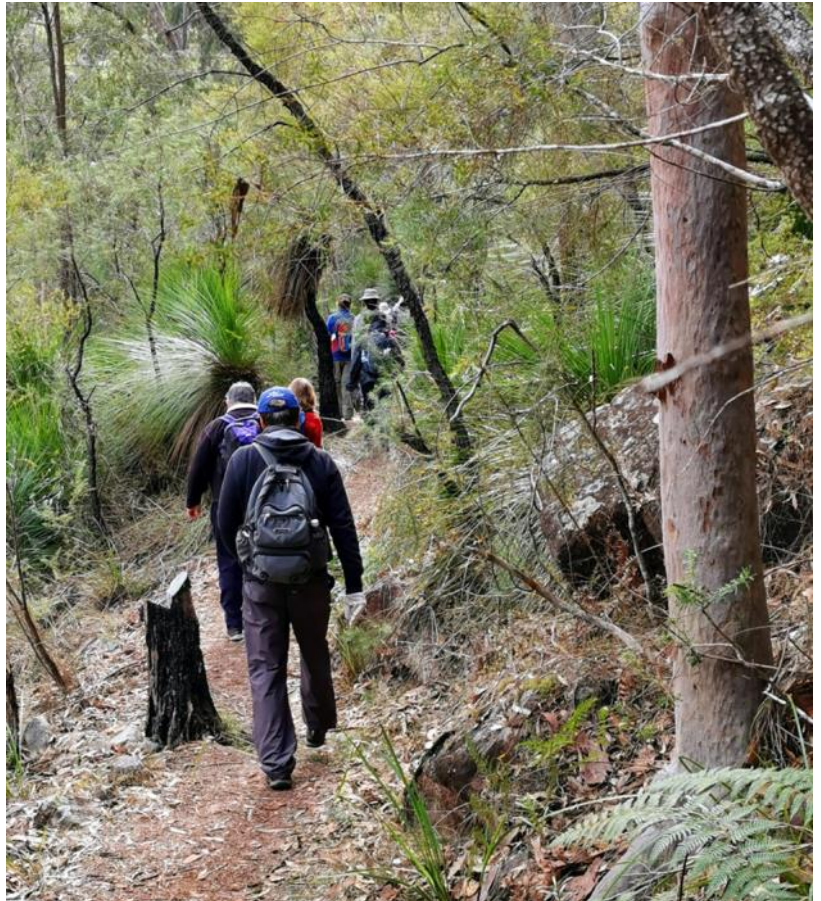
A big thank you to Freda for organising this fantastic walk (challenging at times) but overall the views were absolutely stunning and the waterfalls (there were lots of them) were spectacular. It was amazing to walk this track where Charles Darwin had walked this exact track way back in 1836 and a big thank you to our pioneers who worked very hard under incredible conditions to carve out this walk for everyone to experience and enjoy.



TIPS AND TRICKS AND WALK ETIQUETTE

So you have committed to come on a walk with the group. You have seen something of interest so have replied to the walk leader expressing your interest. What happens next?

1. **The walk leader will confirm details of the walk, including meeting time and location.** They will usually recommend the train to catch and if there is carpooling required, the walk leader will determine the cost per head. The website has a handy calculator to help them, but basically the cost is dependent on the distance, number of cars and passengers. Please try and have change to make it easy for the driver.
2. **Check the Walk Grade.** Its pretty simple, the higher the number, the tougher the walk will be. If you are not sure of your fitness, don't like heights or scrambling over rocks, you might want to reconsider that number 5! If uncertain, check with the walk leader who will be happy to discuss the walk in more detail.
3. **Please be on time!** If you are running late, get sick all of a sudden, please let the walk leader know as soon as possible. There might be a wait list for the walk, or your lateness might compromise the walk schedule.
4. **Pack your Pack!** Half the fun of being out in the bush is stopping for snacks and lunch, after all, you deserve the treats with all the calories you are burning! Bring your favourite food and don't forget to take your rubbish with you. You should always take enough water, very few walks have access to drinkable water.
5. **Bring a Raincoat, Hat and Sunscreen.** The weather can change quickly and the sun is strong all year round. Be Prepared.
6. **Check your socks and boots.** Most walks are best in proper hiking boots. Having spare socks is a good idea if its wet or the walk crosses water.
7. **Bring a First Aid Kit.** Yes, everyone should be carrying their own first aid kit. It is not the walk leaders responsibility to take a kit for everyone. We will have further articles about first aid kits in the next newsletter.
8. **Respect the Leader.** They will know the track and will keep the group together. Best not to pass them, in case there are junctions or deviations. If you are in the middle of the pack, don't forget to look behind you, make sure no one is getting too far behind. Tail End Charlie should bring up the rear! Don't get behind them! Again, for safety, ensure you are always in sight of the group. If you require a technical break, let someone know, so they can wait.
9. **Have fun!** Share stories, have a laugh, that's what it is all about. And above all, be kind and look after each other.



MEET YOUR WALK LEADER DEIDRE (DEE) MCCALLUM

NAME? Deidre (Dee) McCallum

HOW LONG HAVE YOU BEEN A MEMBER OF THE CLUB? About 3 years.

WHEN DID YOU START BUSHWALKING? Back in NZ where I was born. Our family had a bach (beach house) on the edge of the Waitakere Ranges in Auckland that was full of great tracks. Our high school also had an active tramping club and we were lucky to go on many day trips and weekends away with our teachers.

WHAT SORT OF WALKS DO YOU LEAD FOR ANB? Mostly Grade 3 and 4, I have a few favourites I always put on— Gibberagong, Marley Beach and Sassafras Gully in the Blue Mountains.

WHATS YOUR FAVOURITE WALK IN SYDNEY? Tough question! If I was taking an overseas guest, I would go to the Blue Mountains and do Charles Darwin and the National Pass or thereabouts. I think the Blue Mountains show the iconic views that people associate with Australia. I also love the Gibberagong track at Bobbin Head — great combination of creeks and river views, a couple of climbs to get the heart rate up but mostly nice and undulating and shady. The flowers on the fire trail in spring are spectacular. Its not too far to drive to and a decent 3-4 hours walk.

YOUR FAVOURITE PLACE TO WALK ANYWHERE IN THE WORLD? The next place I am going to! I have been lucky enough to walk in the Himalayas, Patagonia, NZ, England and Turkey. Cappadocia in Turkey was the most unique landscape and had some stunning old churches dating to the 1500's. You can't not be in awe of Mount Everest, the surrounding region is just spectacular and quite spiritual.

WHAT IS YOUR NEXT BIG ADVENTURE? Planning something perhaps in the Stans - Turkmenistan, Tajikistan in 2020. I always like something to look forward to and love dreaming about trips abroad, even if they don't actually happen!



Above: taken in July 2019 in the lava fields in Iceland on a photography trip

WHAT DO YOU ALWAYS HAVE IN YOUR PACK? Jelly-beans! Great as a little pick me up on a longer walk and seems to boost everyone for the final push home. And of course, a first aid kit and raincoat (they live there!).

FAVOURITE FOOD TO EAT ON THE TRACK? I'm fan of wraps now that I have found a brand that don't fall apart! They are easy to prepare and can be filled with anything. Usually some fruit, mandarins when in season and apples and scroggin of some sort.

FUNNIEST THING YOU HAVE SEEN OUT BUSHWALKING? My first snake sighting was in fact 2 snakes mating on a track in the Royal National Park. They twist around each other, was fascinating to watch.

ANY TIPS FOR NEW BUSHWALKERS? Relax! Get good equipment—boots, pack and raincoat are important. Go to a proper outdoor store and get boots fitted and ask for advice. Start easy and get used to walking on uneven terrain with a pack. Bushwalking uses a lot of muscles you are not used to using! Above all, have fun and enjoy being in touch with nature. Always stop and take in the views and appreciate the trees and other flora and fauna.

**Looking forward to meeting our next Walk Leader!
Who will it be?**

OVERSEAS TRAVEL

Nick Collins has shared a few snaps of his recent trip in the UK and Jordan.

On my recent trip to England, I stopped over in Jordan, and spent a couple of days exploring the ancient



city of Petra. It's a magnificent, unique place, and a bushwalker could happily spend several days there, exploring the various walks, nooks, and crannies. Here's a picture of the spectacular 'Treasury' facade.

Exploring the Moseley Bog, in suburban Birmingham. Author JRR Tolkien grew up near here, and the



bog is said to have been his inspiration for some of the locations in 'Lord of the Rings' and 'The Hobbit'. Not New Zealand, though I can understand why they filmed the movies there instead.

I walked the toe path of the 'Tardebigge' Locks section of the Birmingham & Worcester Canal. This is the bit of the English canal system with the greatest number of locks in a short section. Users have to pass through 30 locks, and lose 67m altitude over 3.6km. It's hard work negotiating them, I was told.

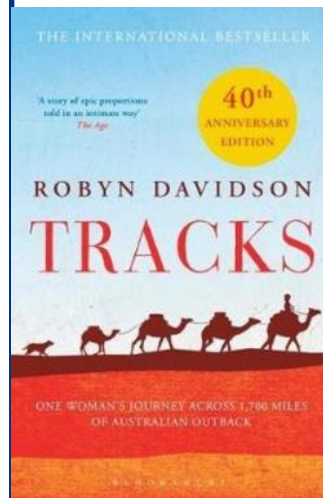
ARMCHAIR ADVENTURER

When the timing is not right to get out for a bushwalk, the outlook is wet and dreary (or way too hot!), it is sometimes rather nice to sit in a comfy chair with a cup of tea or glass of wine and read a book about a place you would rather be.

Armchair travel certainly takes away the physical pain and can be inspiring, entertaining and effortless. You just need to find a book that fits the bill and time to become absorbed in someone else's journey.

In this new section, I hope you will join me in sharing tales of adventure than might just inspire someone else's' next escape. So here we go! Book number one!

TRACKS BY ROBYN DAVIDSON



I could not believe that this book was written 40 years ago and what a read. In 1975, Robyn embarked on a stupendous journey from Alice Springs to the West Coast of Australia. On foot, using camels to carry the load that she had to spend months training for the job. Ultimately Nat Geo took on the story and their photographer accompanied her on a few sections of the walk, very begrudgingly!

But what she craved was the solitude and beauty of the desert. Understandably, the walk was not easy. Robyn writes beautifully. You feel like you are there, you feel her joy and pain. At the end, you feel total admiration that a young girl undertook this journey.

The book has never been out of production.

A movie was made in 2013 starring Mia Wasikowska.

FUNNY PHOTOS

As seen in Japan.

Thank you Jan Steven for sharing.



Editor's Note

If you have any Funny Photos to submit for the next edition send them to: editor@anbwalkers.org.au

They should be unedited real sightings, preferably on a walk or travelling, but anywhere, and in good taste that everyone can enjoy!

NOTICES

Calling all socialites and potential event planners.

The **2019 ANB Christmas Party** will be on 30 November.

Here is your chance to be involved.
The date is set, the venue booked and start made.

It would be really great to have members involved. This year we thought it would be good to have a theme to the party. Any ideas?

To get involved please contact ANB President Helen or any committee member.
president@anbwalkers.org.au
Or club@anbwalkers.com.au

**NEXT ANB COMMITTEE MEETING
24TH SEPTEMBER 2019 AT 6:30PM**

SURRY HILLS

*All members are welcome ...
Come along and have your say*

*To book in or ask questions please contact webmaster
Paul Monaghan
Or email club@anbwalkers.org.au*

**DEADLINE FOR NEXT ISSUE OF
KEEPING TRACK**

9 November 2019
SEND YOUR CONTRIBUTIONS TO
editor@anbwalkers.org.au

Please provide clearly labelled photos separately to the story text in high resolution to achieve good production .

NOTICES AND BITS AND BOBS

Not surprisingly given the drought conditions, fire bans have been imposed in many National Parks.



If you are going out camping and overnighting, be fully aware of fire bans and what is allowed. Check the New South Wales Fire Service for fire danger ratings and bans. On the link below:

<http://www.rfs.nsw.gov.au/fire-information/fdr-and-tobans>

Also check the National Parks for closures.

Did you know that there was a register of large trees? Check out this beauty below!



Check out the website for more amazing images.
<https://www.nationalregisterofbigtrees.com.au/index.php>

One of our more intrepid club members Paul Ma, has also been documenting all sort of wondrous things around Australia. Check out his blog below:

List of named peaks above 2000 meters in Australia
<http://mntviews.blogspot.com/p/paul-mas-a2k-peaks.html>

Some pictures of lost cities in Australia
<http://onemanadreaming.blogspot.com/2019/06/lost-cities-in-australia-1.html>



Pictures of Tessellated Pavement in Blue Mountains
<http://onemanadreaming.blogspot.com/2019/07/tessellated-pavements-1.html>



Paul also has some fascinating detailed walk reports :

Pyramid Rocks and caves above Carne Creek, Gardens of Stone National Park
<http://mntviews.blogspot.com/2019/01/pyramid-rocks-and-caves-above-carne.html>

Burra Korain Head to Hanging Rock circuit, crossing Crayfish Creek, Blue Mountains
<http://mntviews.blogspot.com/2018/09/burra-korain-head-to-hanging-rock.html>