



all nations
BUSHWALKERS INC

Spring Newsletter

September 2020

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 IT'S SPRING AGAIN....

As we have passed the longest day, it's a pleasure to see that days are getting longer. Spring is well and truly here. Whilst generally we think of spring starting on the 1st September, technically speaking, if you follow the astronomical calendar, spring starts around the 21st September, the spring equinox.

The aboriginal calendar is different again and it is specific for each region across Australia. In Sydney, we fall under the D'harawal Country which extends from the southern shores of Port Jackson (Sydney Harbour) to the northern shores of the Shoalhaven River, and from the eastern shores of the Wollondilly River system to the eastern seaboard. The time of Ngoonungi, falls in September and October. This is the time of the gathering of the flying foxes. Around sunset in the evening, they awaken and head out to their feeding grounds. For anyone living near a colony, the squawking will be a familiar sound. It is also the time we first see the beautiful red waratah, which became the official floral emblem of New South Wales on 24 October 1962.



It's a great time to get out in the bush. As it warms up, we start to see the beautiful spring flowers and fresh shoots on ferns and trees. Birds are active and reptiles start to waken from their hibernation. There has been a bit of activity at the club since the winter edition. Our long serving president, Helen, stepped aside and Leah has taken the helm. On a personal level, I would like to thank Helen for her support and encouragement in my role as newsletter editor and I look forward to working with Leah, our new President, in the future. Check out the program, there are some interesting new walks scheduled and short notice walks being added all the time. Walks are filling up and often booked out, so get in early to make sure you get a spot. And don't forget to check out our Facebook page and check the website for walk photos.

Hope to see you all soon in the great outdoors!

Yours in Keeping Track, Dee McCallum, Editor



President's Soapbox

Dear members

At our AGM held in June, I was elected to the position of President and I am very excited to take on this coveted role following in the footsteps of Helen Hindin who did an outstanding job whilst in the position and has left big shoes to fill. I hope I can step up to the challenge.

With our program back up and running and in full swing, I would like to take this opportunity to thank all our Walk Leaders for organising our much needed bushwalks and social activities to ensure our members get out and about to enjoy the serenity of the bush, the birdlife and the fresh air! As we all know, there is nothing better for your health and wellbeing than being in the great outdoors with your ANB family taking the time to 'smell the roses' whilst having fun along the way.

Good news for the Club is we have seen an increase in new membership over the past few months and I would like to personally welcome all our new members and we look forward to having you as part of our ANB family.

I would also like to encourage members who haven't been active for a while to dust off their 'hiking boots and/or walking shoes' and reconnect with your ANB family. As you know, the program offers a range of activities to suit everyone - from bush bashing to easy/moderate fire trails; to round table luncheons and history walks; to meandering around the harbour and the list goes on! Hopefully we will see some of you back soon!

Leah Taylor

Welcome to New Members

Karen Beattie
Blaise Beach
Sylvie Beach
Alice Messerer
Elizabeth Guthrie
Larissa Naumova
Kaori Ochiai
Bronwyn Dingwall
Mel Razmjoo
Maryam Aghdaee
Adrean Ramritu
Yining Wen

Welcome all and see you in the bush soon...

ANB ANNUAL GENERAL MEETING

28 JUNE 2020

Sadly the AGM was held via Zoom, so no get together and no morning tea! On a positive note, it did mean that the club could deal with business matters quickly and efficiently.

After 11 years as President, Helen had indicated her desire to step aside, lucky we had Leah very keen to fill the position. To see the current committee [click here](#).

BUSHWALKING NSW ANNUAL GENERAL MEETING

18 AUGUST 2020

Bushwalking NSW also held their AGM via Zoom. Leah and Dee attended virtually. Their feature speaker was Linda Groom, who gave an update on the impact of feral horses on Kosciuszko National Park. Linda continues to work on the Reclaim Kosci campaign. The President, Bill Boyd was appointed mid year and gave a summary of the meeting [here](#). The Annual Report is worth a look so you can see what Bushwalking NSW does for us and the bushwalking community as a whole. You can read it [here](#)

WALK REPORT

Mount Murray Anderson Loop Ku-Ring-Gai National Park

12 July 2020

Leah Taylor

Liam's Grade 5 Off Track proved to be very challenging! Our hike was a 15k loop starting at Duffys Forest (back of Terrey Hills) initially following the Perimeter Trail until we then veered off track to hike our way up to Mt Murray Anderson. After fighting through the dense bush, crossing rivers, climbing mossy rocks, climbing big boulders, sliding on your backside, getting caught in the vines, tripping over tree roots, it was all worth it when we reached the summit - offering magnificent views over Smiths Creek and beyond. From here we then followed a completely off track section passing Stingray Bay and then up hill to join the Long Trail fire trail back to our starting point. By this time the storm clouds were gathering so it was a mad dash to the end but the rain caught up with us so it was a wet and soggy finish to our cars!

However, the trek proved to be a great workout for every muscle in your body and muscles you didn't know you had!

Joining Liam on the off track was Leah, Nick and from the Bush Club Nick, Warwick, Dale and Sun Lin.



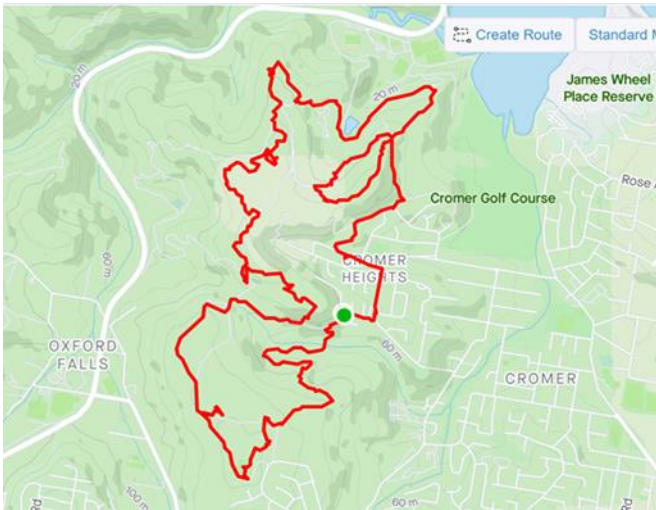
WALK REPORT

Cromer Heights and Red Hill

21 June 2020

DEE MCCALLUM

It's always exciting setting out on a new walk, a park or region you have never been to and the Northern Beaches is that for me. It always seems so far away and I have not spent the time to find out about the parks and walks there. Lucky for the club, we have local resident Andrea McDonnell who has the wonderful parks on her doorstep. As I was to discover, Andrea really has the local insider knowledge. There is no way I could have found my way around without her expert guidance. I had Strava on to map the walk but I am still not sure I could find my way around again! Check out the route!



Our small group set out on a rainy morning, which had put a few walkers off. But as often happens, after we donned raincoats for 10 minutes, the light rain stopped and we had the rest of the day on our 16km walk, under beautiful sunshine. The Red Hill Bushland Reserve has many important aboriginal sites and you can see why— with views out to sea and all around, it was a magical spot. The birdlife was amazing, Lorikeets everywhere buzzing past and we even saw an unusual Rufus Honeyeater and black cockatoos. Thanks to Andrea for leading and for anyone who has not explored the area, get on one of Andrea's walks, you wont regret it!



WALK REPORT

Hornsby to Thornleigh via lots of other places

2 August 2020

NICK COLLINS

One more variation of this classic. Why just do the standard Great North Walk version, when there are dozens of others to try? I live in Westleigh myself, and in my neighbourly wanderings I keep coming across previously undiscovered tracks and fire trails in this part of the Berowra Valley National Park.

The other places this time included Westleigh and Cherrybrook. We explored some of Berowra Valley NP's lesser known fire trails, bush tracks, and secret rock formations, as well as bits of the Great North Walk. I can't reveal too much about the secret rock formations, because they're secret.



I had 35 enquiries about this one, but because of COVID restrictions, had to limit it to about half this. To improve the physical distancing situation, we divided into two groups. I led the first, and Liam the second. We met up successfully a few times for our breaks, but at times the rear group mysteriously became the front group. I suspect some unauthorised short-cuts might have been involved!

Thanks all for a great day out, and thanks Bryan, Mollie, and Liam for your photos.



RECIPES

Jacqui strikes again with the perfect scone recipe!

BUTTERMILK SCONES

INGREDIENTS

3 cups self-raising flour
1 tsp baking powder
2 tblsp plain yoghurt
60g cold butter, diced
1 egg, beaten
250ml (1 cup) milk

METHOD

1. Preheat oven to 220C (200C fan-forced). Line a baking tray with baking paper and set aside.
 2. Sift the flour, baking powder into a large bowl. Make a well in the centre, add the cold butter to the well, and lightly rub the butter into the flour between your thumbs and fingertips until it is no longer bitsy, lifting the mixture above the bowl to get air into it.
 3. In a small bowl or jug, whisk the egg & yoghurt into the milk, and set aside 2 tblsp for glazing. Pour the remaining mixture into the flour, mixing lightly with a spatula or table knife until a soft, slightly sticky dough just comes together. Turn onto a floured bench. Flour your hands and form the dough into a rough ball, then gently press out or roll out to a 2-3cm layer.
 4. Flour the inside of a 6cm-wide pastry cutter or the rim of a small glass, and cut out as many scones as you can, arranging them quite close together on the lined tray. Bring the offcuts together, press out again and cut out remaining scones – you should get about 13 in total.
 5. Brush the tops with the reserved buttermilk mixture and bake for 13-15 minutes until puffed, golden and firm when pressed in the middle.
 6. Remove from oven and wrap in a clean tea towel to keep warm. Serve with butter or jam and cream.
- Tip: You know you're rubbing the butter into the flour properly when the floury mess stops at the first knuckles of your hand.

ADDED FLAVOURS

- * Freshly chopped dates / currants/ sultanas / dried apricots
- * Spices - 1 tsp. cinnamon/ nutmeg/ ginger/ cardamom
- * Orange/ lemon/ lime zest
- * 1 cup mashed pumpkin
- * 1 punnet blueberries
- * 1 cup grated cheddar or parmesan cheese / chives/ thyme/ bacon
- * Yoghurt/ sour cream/ cream fraiche/ mascarpone

FUNNIES



ANB WALK GRADES UPDATE

The committee got together recently to review the walk grades, something that has happened in the past and will probably happen again in the future.

Grading walks is not easy. Any reference book or website you read, any other club website you look at, all have their own ideas and they all take various factors into consideration. Some are very descriptive; other merely advise a half day outing or a full day outing!

We are all different and our perception of what is hard or not depends on our fitness. Being fit is also hard to judge, you might be able to deadlift 100kg and train like a demon in the gym, but this probably won't serve you well on a rocky climb up a cliff or a 15km pounding on a fire trail. So anyone signing onto a walk really needs to understand the grades and what to expect on a walk, taking into account their relevant bush walking experience.

Whilst it is a minefield to be tiptoed through carefully, there are several components that most guides use – trip distance, elevation (the ascents and descents) and then the track terrain. At ANB, we have a very handy tool, available to walk leaders that helps grade walks. This tool basically asks for the distance on each track type – fire trail, off track, road etc and then the elevation. So with a few clicks of a mouse, the walk will be graded into one of the 5 categories.

So what did we do at our review? Nick kindly lead the charge and we all did our homework testing the Excel tool grading walks we were familiar with. Some of us reviewed grades from various walk books and used Apps such as [AllTrails](#) and [Strava](#). Others also used [Mapometer](#) and [Six Maps](#). And believe it or not, someone even used old topographic maps! Whilst the data threw up some anomalies (Strava is good at adding on distance when your phone is wriggling around in your backpack!), there were gladly consistencies across the data we obtained.

We all agreed to make some subtle changes to the grading which primarily impacts on walks between Grade 2 and Grade 3.

If you haven't been out for a while or might be new to the club, you should check the grade descriptions on the [web-site](#). Feel free to call the leader and discuss if you need more information. And don't be alarmed if a walk leader calls to ask your experience—if they have not met you or know your background. After all, we all want to enjoy the bush and a day out with a group of walkers of the right blend of skills and experience.

Grade 1

Easy terrain & gradients, typically up to about 7km per day on good tracks, fire trails, or paved surfaces.

Example: Iron Cove Bay Run Circuit

Grade 2

As above, but may typically involve slightly more difficult terrain, or total ascents/descents up to about 200m, or distances up to about 13km, or a combination of these.

Example: Manly to the Spit (one way)

Grade 3

May involve more difficult terrain, e.g. rock-hopping in creeks, or total ascents/descents up to about 400m, or distances up to about 20km, or a combination of these.

Example: Berowra to Cowan via Great North Walk

Grade 4

As above, but may involve a bigger proportion of more difficult terrain, or total ascents/descents up to about 700m, or distances up to about 25km, or a combination of these.

Example: Martins Lookout and Sassafras Gully

Grade 5

May involve walking largely off track in difficult terrain, or total ascents/descents over 700m, or distances over 25km, or a combination of these.

Example: The Coast Walk—Bundeena to Otford

Grade 5+

Exceptionally arduous walk, likely to involve unusually challenging distances or terrain or ascents/descents, or a combination of these. Suitable for very experienced bushwalkers only.

Example: Berowra to Eastwood via Cherrybrook

Unsurveyed

The leader has not surveyed the walk. This is an additional designation to the numerical gradings above, and it can apply to any of them.



TRIP REPORT

NSW Road Trip

August 2020

ANDREA MCDONNELL

What do you do when you can't go on your nine week world trip? Andrea and her husband Brendan did the next best thing – a NSW road trip for just over two weeks in July 2020. Our trip involved crossing over the Blue Mountains, travelling north to Tenterfield before heading to the Byron coast. Many Sydneysiders obviously had a similar idea with Katoomba and Byron both overrun with people to the extent that trying to eat out was difficult. However, everywhere else was free from crowds.

It was sad to see burnt trees covering hundreds of kilometres but everywhere there was new



green life (many furry looking trees). Several walks and lookouts were closed due to the damage caused and risk of unstable trees.



For those of you thinking of getting out on the road, some of the key highlights were :

- Cowra with its beautiful Japanese gardens and prisoner of war camp history
- Hill End and its mining history (many old buildings remain and there is lots of interesting information scattered across this almost ghost town
- Appsley Falls and Waterfall Way
- Glen Innes's Celtic attractions, such as the Australian Standing Stones
- Tenterfield and its surrounding National Parks



Top of the list was Bald Rock. Just over half an hour from Tenterfield, Bald Rock National Park has several signposted walks and a camp ground (we chose one of the many motels in town). The walk we selected would likely be classified as an ANB grade 2 walk. A ten year old we met along the way told us it was his third trip up the Rock for the day! (maybe a budding ANB member?). It was a circular track, with a side track to the top of Bald Rock, Australia's largest granite rock from which there are great views in every direction. There were many warning signs as it would have been possible to slip a long way down. We could have walked a few extra kilometres into Queensland without the Queenslanders knowing! Initially, the path meandered slowly up through the bush and between many giant boulders.



The vegetation gradually thinned out but not sparse enough to prevent bush fires burning bushes at the top of the rock. An optional quicker route down involved a steep journey down the rock, which looked like you were walking over the edge. Brendan was brave and did it (hard on the knees) whilst Andrea decided the extra distance was preferable.

TRIP REPORT cont
NSW Road Trip
August 2020
ANDREA MCDONNELL

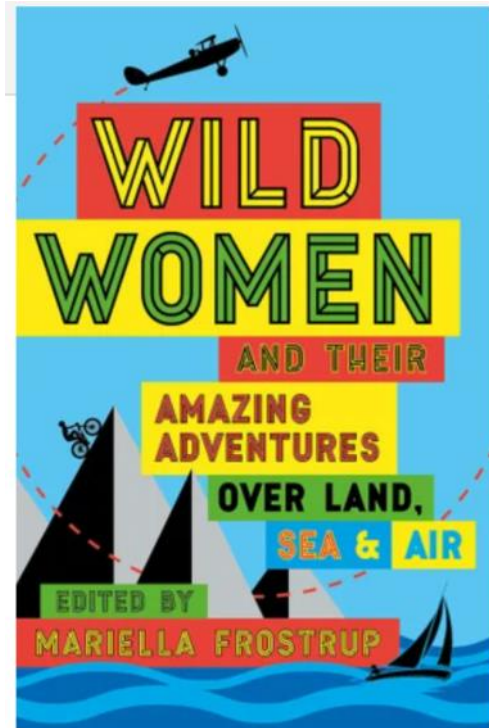
**ARMCHAIR
 ADVENTURER**

Not far away is Boonoo Boonoo falls which would be a great spot to visit in summer for swimming opportunities.

Another fabulous area surrounds Armidale (Australia’s highest town – which makes it very cold in July!). It is a good spot for exploring the many national parks, gorges, waterfalls and lookouts which were all spectacular despite the clouds and occasional rain (needed for impressive waterfalls). Waterfall Way is well named. Andrea’s favourite, amongst several scenic spots was Point Lookout – well worth the 10 km or so rough road (Camry survived but we were sliding about in parts). On a good day we would have been able to see to the coast, many kilometres away.



Overall we got a taste of some of NSW’s delights. It has what our appetite for more trips (who needs to go overseas?).



What’s not to love about a book of adventurers! And....female adventurers at that!
 This is a wonderful ensemble of stories of famous female adventurers. Edited by leading UK journalist Mariella Frostrup, the book has a delightful selection of wanderers and voyagers going back to the 1700’s until present time. The book is neatly sectioned into continents and being extracts from the original books, allows one to dip into another world for a short time—perfect for bedtime reading. The variety of tales is inspiring. Particularly reading about those brave and fearless ladies setting out in foreign countries at a time when it was difficult enough for men. It seems unfair to select a few but for me the highlights are the tales of yesteryear, when these intrepid souls explored countries that were just as dangerous and difficult to negotiate as today. To name a few:
 Gertrude Bell—b. 1868, she became highly influential to British imperial policy-making due to her knowledge and contacts, built up through extensive travels in the Middle East
 Vita Sackville-West—travelled extensively around Iran, Egypt and India where her husband was a diplomat.
 Lady Hester Stanhope—B. 1776, AKA the Queen of the Desert, was famous for her archaeological work in the Holy Land
 Jean Batten—b.1909 made the first ever direct flight from England to NZ
 Sadly, not enough space to mention many more but trust me, you will be amazed and inspired by all of them.

NOTICES AND BITS AND BOBS

Fun Photos COVIDMANIA

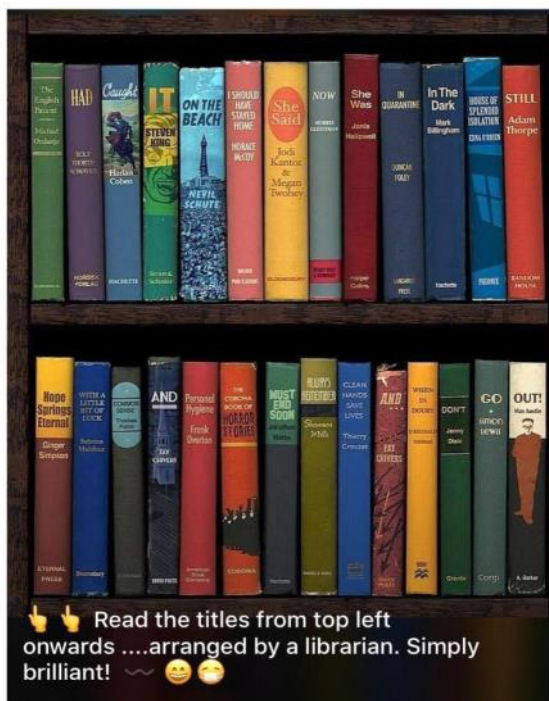
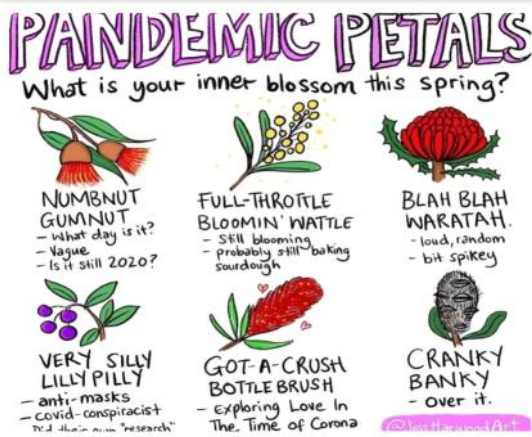


Photo Competition

As we could not hold the photo competition at the AGM as we usually do, we hope to postpone this until the Christmas Party.

Photos must have been taken in the last 12 months and should depict scenes of nature or in the bush.

Categories are:

- PEOPLE
- SCENES
- FLORA FAUNA
- NATURE'S WONDERS

We need 4 entries per category to run a viable competition, so make sure you have your photographers eye out over the next few months.



Thank you!

As always, a thank you to all our contributors.

We are lucky to have a number of members that happily write a few words about club walks they have done. Personally I always enjoy seeing the photos and stories of our club outings.

Always happy to have more! So please, if you have been on a wonderful walk and want to share your tales, we would love to hear from you!