



all nations
BUSHWALKERS INC



Summer Newsletter
December 2011

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Sydney NSW 1230
www.bushwalkng.org.au/~allnations



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



WALK

The Coledale Slot

28 August 2011

Grade 5

Leader: Charles Bowden

Just six walkers set out from Stanwell Park along the narrow Wodi Wodi track on a fine sunny Spring day. Although the previous week had been dry, the heavy rains earlier in the month were still evident in the muddy condition of the track and the higher water levels of the creeks we crossed. We saw cascades where none had previously been known and even minor rivulets were still flowing.

We visited the towering railway viaduct on Stanwell Creek, the tallest in Australia, before branching onto the Forest Walk track that leads up to the top of the escarpment. Here we stopped for morning tea and enjoyed great views over Stanwell Park town and beach with hang gliders launching from Stanwell Tops in the distance.



Stanwell creek Viaduct

We encountered several walkers along the Forest Walk and plenty of wildflowers including waratahs, gymea lilies, dusky coral peas and several orchids. Birdlife was also in evidence, notably a couple of crimson rosellas. At lunchtime, near the end of the Forest Walk, we perched above the cliffs with stunning views along the coast south towards Wollongong.



Newly constructed boardwalk

After lunch, we encountered our first major surprise. A new track has been recently created, running from the end of the Forest Walk, near Treverrow trig, all the way to Austinmer. Where in the past I had navigated across trackless bushland using a compass, a broad trail complete with duckboards and aluminium bridge has been installed. It is therefore possible to walk now from Austinmer to Stanwell Park along the escarpment. This new track considerably reduced our travelling time and we soon arrived at the rocky bluff overlooking Coledale.

Continued on page 2

Stop Press: Christmas Picnic - Saturday December 17, 2011 ...



President's Report

Welcome to the Summer edition of 'Keeping Track'. As 2011 draws to a close I would like to highlight some exciting events coming up next year.

In 2012 we will be celebrating the 50th Anniversary of All Nations Club. Fenella Walter has written an interesting article about the history of the All Nations, which appears in this newsletter. A special sub-committee comprising Fenella, Catharina and Peter Bonner has been established to plan events to celebrate this important anniversary. If you have any interesting information about the history of the Club or ideas on how to celebrate, please contact any of the sub-committee members.

Next year we also hope to launch a new-look website for the Club. A trial website is currently being developed and tested by a sub-committee. Watch this space for more developments.

I hope you enjoy the range of activities we have on the summer program, including snorkelling, camping, full pack walks, cycle rides, social events, as well as day walks. Don't forget the Christmas picnic on Saturday 17th December at Lane Cove National Park. The picnic is a great way to socialise with other members in a relaxed way.

On behalf of the Committee, I would like to wish all members and their families a Merry Christmas and best wishes for a happy and healthy 2012. Thank you to our walk leaders and the Committee for their generous contributions and hard work during the year. Thanks also to you, the members, for participating so enthusiastically in our activities.

Suseela Durvasula - President



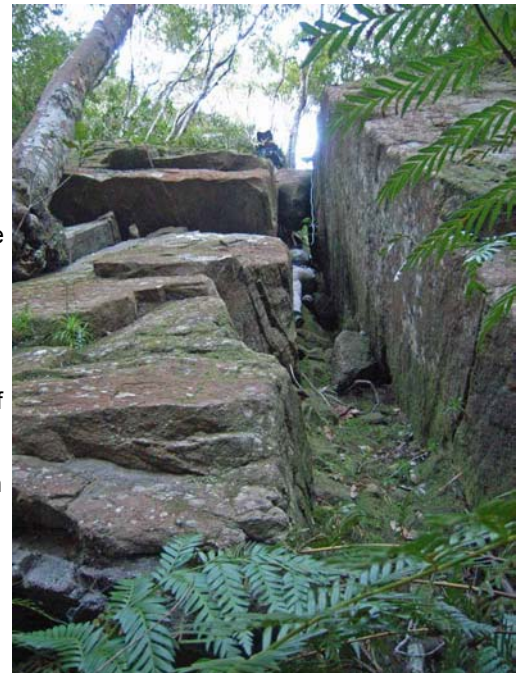
At the finish



Coledale panorama

After admiring the view, we descended into the gloom of the narrow overgrown fissure that leads down the cliff face. Water was still trickling down in abundance which was a concern, making the going a bit slippery while thick shrubbery obscured the faint track.

We soon reached the capstone above the slot, a vertical 3-sided shaft gouged into the cliff. While most of us slowly negotiated the slot one at time, observing the "three points of contact" rule, the intrepid mountaineer in our group found an alternative route down, at times using ropes that had been left by previous walkers or climbers.



The Slot

We all made it down safely and then spent the next half-hour bush-bashing down the rocky, tyre-strewn slope, contending with lawyer vines, ferns and cabbage tree palms. We eventually reached the "lawn" at the back of Coledale, a grassy strip of land kept clear for use by electricity maintenance crews, where we paused in the late afternoon light to take in the view back up to the escarpment.

Trying to find our way out into Coledale, we discovered that the former exit road was now a paved concrete driveway leading to a new building in the distance. At the street entrance, an array of solar panels had been erected and the driveway was blocked by a large barrier. Fortunately nobody challenged us for being on what appeared now to be private property but I shall have to survey the area to determine what public access might remain for future reference.

Thank you to Liam, Jacqui, Stephen, Alex and Rajiv for cheerful resolve and good-natured banter during the walk, and also to Rajiv for helping out with the car shuffle.

WALKS

Bay Run Drummoyne Walk

18 September 2011

Grade 1

Leader: Julie Armstrong

Setting off on a late start due to a couple of walkers losing their way, we actually met one of the latecomers sitting on a bench enjoying the view while waiting for us. We met up with another at the entrance to Rodd Park.



Group photo at Rodd Point - photo Sharyn Mattern

It was an extremely hot, still day but on sitting down to morning tea in Rodd Park a cool southerly came up and nearly blew us away. The wind whipped the water up and it was not until we reached the sheltered Leichardt/ Rozelle section of the walk that we were out of the wind. Although by then we did have the wind behind us which made for easier walking.

We elected to walk over the old Iron Cove Bridge which now caters to traffic into the City while the new Iron Cove Bridge caters to traffic going out of the City. That put us in a good position on the side of Victoria Road closest to Birkenhead Point. After trying 3 cafes we managed to all get seated together and had an enjoyable lunch.

Thanks for sharing a memorable day to Jan, Sharyn, Carol, Elaine, Steve, Suzanne, Christine and Margaret.

DID YOU KNOW?

The original Iron Cove Bridge was constructed of wrought iron lattice girders and opened in 1882 after four years of construction. All that remains of the original bridge are the sandstone abutments situated on both sides of the cove south of the current bridge. A replacement bridge was commenced in 1947 and opened 30 July 1955.

Mt. Victoria to Blackheath Blue Mountains NP

11 September 2011

Grade 1

Leader: Judy Dervin

Track work affected the mountain trains and the weather looked unpromising, but 5 of us braved the icy wind and occasional rain flurry to do this walk, which will reward further investigation of rock climbers' tracks leading to the cliffs overlooking Kanimbla Valley.

A good day for walking and we found sheltered spots for morning tea and lunch.

I will put this walk on again.

Thanks to Peter, Paul, Margaret and Jan who joined me.



Wattles in full bloom



Horne's Point from track to Blackheath



Conical Rock and views of Kanimbla Valley

photos Jan Steven

WALK

Wet and Wetter

25 September 2011

Grade 3

Leader: Charles Bowden

Originally 28 people signed up for the scenic walk to Mt Banks and Banks Walls in the Blue Mountains but the heavy rain overnight and continuing early morning drizzle was enough for 16 to cancel by the appointed time. Somewhat surprisingly, 12 hardy optimists still turned up prepared to battle the elements and so four cars made the long trip to the starting point at George Caley's monument.

The rain got progressively heavier during the morning so that, after reaching the trig point at the summit of Mt Banks, having negotiated a slippery track which resembled a creek at times, we stopped for an early lunch at the old picnic tables and water tank that were used for horse & cart outings early last century. In spite of the tree canopy there was little shelter from the water and we soon moved on towards the lookouts overlooking the Grose Valley in the vain hope of some views.

The cloud cover was so thick that we couldn't see Blue Gum Forest below us nor Mt Hay across the valley. Only the occasional thinning of the cloud enabled us to see watery glimpses of the Grose River and shadowy outlines of prominent nearby outcrops such as Lockley's Pylon and Perry's Lookdown.

After a chilly and windy view of the crevasse walls at the farthest lookout, we beat a hasty retreat back to the cars,



11 hardy walkers

following the fire trail. At least the wildflowers were doing their best to bring us some cheer including large bushes of purple Australian Indigo, individual stems of fading red waratahs, bright yellow wedge-peas, blue dampieras and white heath flowers.

The walk provided a genuine test of everyone's wet weather gear, most of which was found wanting. The benefits of bringing a towel and dry change of clothes was also underscored when we reached the cars.

High commendations go to visitors Susan and Pan, and members Zvonko, Pamela, Roger, Anthony (also many thanks for helping with the driving & backmarking), Terry, Hugh, Alex, Sarah and Nick for venturing out on one of the wettest days of the year (so far) according to the press.

CLUB TRAINING NIGHT

Woodstock Community Centre

23 September 2011

Presented by Liam Heery



Following a number of requests it was decided to put on a training night and due to overwhelming interest, the topic for this night was "Full Pack Walks".

Liam had a presentation that took into account the equipment required, preparation for the walk, food, clothing, first aid and other incidentals.

About 12 club members attended ranging from very experienced full pack walkers to those who had never carried a full pack but were interested in finding out what was involved.

By all accounts the night was well received, with plenty of questions and also good advice being given from the other experienced members. Having a mix of ideas worked well and showed that there is not one right answer!

If you're interested you can take a look at the presentation on the group web site at <http://groups.yahoo.com/group/anbwalkers/files/Advice%20%26%20Training/>

photo Sharyn Mattern

WALK

Two Valleys Trail - Campsie to Bexley North Stations via the Cooks River and Wollie Creek

3 October 2011

Grade 2

Leader: Jan Steven

What a great start to Daylight Saving! Teeming rain, which had started around 6:30am, and the phone running hot with 11 walkers cancelling.

With the number of walkers reduced to 6, we optimistically set off from Campsie Station for the Cooks River in mild rain.

The river was a dirty gushing torrent and a timely reminder that every bottle, can and piece of paper dropped in our streets finishes up in a waterway or canal like the Cooks River.

With the rain continuing we decided to halt for an early morning tea stop at Croydon Park where there was shelter. We watched as the rain sheeted down with increased vigour and got to know one and other. Finally the rain eased and we were on our way again although a little damp; past the Canterbury Racecourse, then stopping at the old Sugar Mill built 1840-42, to read the history of this beautiful sandstone building. It is now converted into luxury apartments (in 2002) and known as Sugar House. With brightening skies we crossed the river to walk through the pleasantly wooded area down to Steel Park. Unfortunately the Chocolate Shop is not open on Sundays so we continued on to "The Gardens of the World" at Whitlam Park where we had lunch. Lunch over we crossed the large parkland area adjacent to the picnic site to begin the second part of the walk up Wollie Creek.



On the track - photo Elaine Sultan

We entered the bush at Wollie Bluff and found it to be relatively dry and pleasant walking. Emerging at the historic Jackson Cottages built into the old quarry, Judy Finlason, the resident historian of the cottages and local area, was not home to give us an impromptu update on happenings in the valley as she has previously and so we moved on to Turrella Reserve to view the fish race at the creek crossing in full flow. One of the locals who crosses the bridge

daily walking his dog was keen to chat and told us that the water only flows right across the race about 6 times a year. We didn't spot any fish fighting their way upstream though.



The recently built fish race - photo Elaine Sultan

Plunging back into the bush we continued on to Girraheen Park. Here there has been extensive bush regeneration and plantings of native plants propagated from existing plants in the area as well as clearing of weeds and scrub such as privet. The high sandstone cliffs in the valley are now more visible but unfortunately the 'cliff face climb up the chains' has been replaced by a sturdy metal staircase as has a new footbridge across the Paperbark Creek. Nevertheless, with the recent rain we still had some rock hopping.

The final section of bush track brought us to Bexley Road Bridge where the Wollie Creek frequently floods over in heavy continuous rain.

A short bus ride took us all back to Campsie where we made for the nearest coffee shop to enjoy hot drinks and cake before heading home.

My thanks to those who shared this walk with me - Anthony, Elaine, Judy, Len and Sharyn - which started in rather adverse conditions but ended as a very pleasant day's walking.



Our little group - photo Jan Steven

CLUB KAYAKS NOW FREE AND EASILY TRANSPORTABLE!!

The club's two kayaks can now be borrowed free of charge by Club members, following a recent decision to drop the hiring fee. What's more, the age-old problem of transporting them has been solved! We've purchased a universal foam pad roof rack system, such that any car without a roof rack can be instantly turned into a kayak transporter.



For more information on borrowing of kayaks and transporter system, and all necessary instruction, contact kayak master Peter Bonner, on 02 9489 5027, 0408 221 488, or peterbobsbonner@gmail.com

Super Simple Christmas Cake

Ingredients

- 1 kg dried fruit
- 250 g chopped apricots
- 250 g butter
- 1 cup brown sugar
- ½ cup brandy or orange juice
- ½ cup cold tea or water
- 4 tsp finely grated orange rind
- 2-3 tsp finely grated lemon rind
- 1 tbsp treacle
- 5 large eggs
- 2 cups high-grade flour
- 1 tsp baking powder
- ½ tsp baking soda
- whole blanched almonds
- extra brandy

Method

Line a deep 23 cm round or 20 cm square cake tin with three layers of paper, bringing the paper 5 cm above the edge of the cake tin.

Combine all the dried fruits in a large pot. Add the butter, sugar, brandy/orange juice and cold tea/water. Stir over heat until butter is melted and sugar is dissolved. Simmer, covered, 10 minutes. Cool to room temperature.

Stir in orange and lemon rind. Add treacle and eggs. Sift and add dry ingredients. Mix in with gentle folding movements.

Spread mixture evenly into the prepared tin and decorate the top with almonds.

Bake in a slow 150°C oven for 2 ½-3 hours. When the cake comes out of the oven, splash a little extra brandy over the top.

Cover hot cake with a few clean tea towels and leave to cool in the pan, preferably overnight.

Use high-grade flour which helps prevent the fruit from sinking to the bottom of the cake.



We turn 50!

By Fenella Walter

As we gear up to celebrate our 50th anniversary next year, it's worth taking a look back to where it all began.

All Nations started off as a social club in Kings Cross, set up to help post-war immigrants settle into their new lives in Sydney. It was started by a German immigrant called Bernhard Hammerman, a furrier, who came to Sydney in 1937. It was his idea to "build a bridge between 'old' and 'new' Australians", by providing a place where people could meet, make new friends and participate in a range of cultural and sporting activities.

However, Bernhard Hammerman was not alone in wanting to build bridges between 'old' and 'new'. It seems that the club's Memorandum of Association, drawn up in 1952, was signed by such luminaries as Sir Robert Garran, Justice Maxwell of the Supreme Court of NSW and Dr H.C. Coombs. Clearly, the club had caught the imagination of community leaders and politicians and it opened, not coincidentally, on Anzac Day 1952.

By all accounts it succeeded in all its aims. Club membership peaked at 1300. Its premises in Bayswater Road had a bar, restaurant, café and function rooms. Prime Ministers and other prominent people gave talks, and government departments sponsored immigration themed art events. Members had the opportunity not only to drink and eat, but to paint, learn languages, play music, participate in debates, perform plays as well as do sports such as fencing, golf, billiards and table tennis. Every week, the club placed an ad in the Sydney Morning Herald, announcing the week's activities and forthcoming events. It was a lively, well-known local entity that people to this day remember well.

Ten years after the club began, bushwalking was added to the club's list of activities. Out of this came the 'Walkabout Group' and in the mid-seventies membership was around 200. Our very own Peter Bonner was President. Former member Pam Organ is quoted as saying, "it was a great time for walking", and Peter was "a top leader". He has been a part of All Nations and All Nations has been a part of him for a very long time.

No-one knows exactly when the All Nations Club of Kings Cross came to a close, but it's interesting that the only surviving remnant is the bushwalker's club. Some might say that's no surprise at all.

A sub-committee is planning an event or two to commemorate this very important milestone in 2012. Contact Peter Bonner on peterbobsbonner@gmail.com or Fenella Walter on fenellawalter@hotmail.com if you've got any ideas for the 50th Anniversary celebration.

ALL NATIONS CLUB

50 BAYSWATER ROAD, KING'S CROSS

MAIN EVENTS FOR THE COMING WEEK (April 21-27)

TONIGHT: DANCING – Music by "THE SOMBREROS"

SUNDAY: FILMS – Relatives (Hungary), plus Swedish Cinema Classics (Sweden).

WEDNESDAY: DANCING – Sid English's Continental Players

EVERY EVENING FROM 5 – Informal Club Cocktail Hour

FORTHCOMING EVENTS: April 28, "Gala Night in Rio"; May 3, Theatre Party to "Phillip Revue"; May 6, South Coast Coach Tour. May 7, International Colour Slide Exhibition. May 8, Sydney Cartoonists, "Sketch & Talk"; May 17, Talk "Rites & Beliefs of the Aboriginals". May 18, Cocktails, Cabaret & Dancing. May 29, Guest of Honour, Professor Thorp.

Theatre Workshop, Painting, Languages and Dancing Tuition, Debating, Bridge, Music, Tennis, Golf, Squash, Fencing, Table Tennis, Photography, Billiards, TV, Snack Bar, Club Restaurant.

MEMBERS AND THEIR GUESTS ONLY

For all enquiries contact Secretary, FA0954

Notice: Sydney Morning Herald April 21, 1962

WALK

Berowra to Mt Kuring-gai Stations via Cowan Creek Ku-ring-gai Chase National Park

9 October 2011

Grade 2

Leader: Peter Bonner

Fifteen walkers booked in and 13 made it to Berowra Station in time to commence the walk at 10:15am. Having dealt with the paperwork and appointed a volunteer last person, thank you Terry Redmond, and explained the last person duties we set off at a leisurely pace.

My laminated map with track & times notes was passed around so that everyone had a clear idea of where they were going and the expected arrival times.

Whilst this walk was well known to me, I surveyed it in the company of Paul Goessling two weeks earlier noting all the points of interest and the times of arrival, so I was able to check the group's progress as we reached each marker, ie water speed sign, rock ledge for lunch spot, large wooden platform for fishing, water viewing, spot for group photos, green navigation light etc.

This was a very interesting walk - everyone we met was going in the conventional south to north direction. We saw lots of different wild flowers including my favourite Boronia, some water dragons, waterfalls and rocky outcrops of weird shapes. There were also plenty of photographic opportunities along the whole walk.

Two visitors enjoyed themselves so much they joined our Club.



Group photo taken on the fishing/observation platform

We arrived as a group at the Mt Kuring-gai Track to commence the long haul up to Mt Kuring-gai Station. At the 'Stairway to the Stars', a series of very steep steps cut in a vertical rock face, I told the main group to go ahead as they could not possibly get lost, while I stayed behind to



Stairway to the stars

assist, with Terry's help, two walkers who were finding the going a bit tough. Just as we arrived on the last flat track section, both walking shoes of one of the ladies chose this moment to disintegrate completely into uppers, inners and outer soles, ie 3 separate pieces. These were duly photographed, but as I got out my special tough nylon cord I always carry for boot and shoe repairs, she announced she had a pair of thongs in her pack. These proved to be flimsy but adequate for the short distance to the station.

My thanks to Lan Tran who not only passed my message on to the main group to go for the earlier train but who then waited for us and drove Terry and myself to Hornsby as my right knee was giving me a lot of pain. How or why I don't know - I didn't twist it, fall or jump on it but it sure hurt. Have to see what the x-rays show up.



Taking a break at Waratah Bay -

Windybank's rusty burnt out boatshed on right

Windybank's paradise

In 1886-87 Edward Clarke Windybank decided to make his home here when he first glimpsed the blue waters of Cowan Creek. He first lived in a cave on the edge of the bay which he named 'Waratah Bay' after the multitudes of waratahs growing there. His first house was built beside a spring, then his second home with a boatshed named 'Fairylane' next to the water. A boat builder by trade, above the entrance to his boatshed he had written "Man made the city, but God made the bush". By 1894 he had 30 boats for hire and later owned 60 row boats and 13 houseboats.

Edward Windybank died in 1928 and the boatshed was taken over by his sons. The family ran the business until they sold it in 1959. Many generations had enjoyed Windybank's paradise, but without regular maintenance the houseboats sank and the boatshed burnt down in a bushfire in 1972.

WALK

Let the Sleeping Dog Lie? Not This Time!

23 October 2011

Grade 5

Leader: Charles Bowden



Lake Yarrunga panorama

We made an early start from Sydney in order to reach Meryla Pass at a reasonable hour given the 140km distance by road to the beginning of the walk. Fortunately the weather favoured us with clear sunny skies and little traffic so we were able to set off at 9:30am.



Stone paddock wall

From Meryla Pass we headed down Griffin Trail before branching off onto the now disused Timealong Trail which leads down to Lake Yarrunga. Timealong Trail was the original road into Kangaroo Valley, named after an aboriginal who in 1818 guided explorer Charles Throsby down the pass. Much of the road was swallowed by Lake Yarrunga when the Tal-

lowa Dam built in 1970 and what remains is being allowed to revert to nature. In some ways this is a pity as extensive hand-hewn stonework reinforcements built in the 1880s along its valley edge can still be seen. It also still provides a northern access to the lake.



Relaxing swim in the lake

After about 1km we located the start of a very old disused farm track (once called Sleeping Dog Trail, I believe), heavily overgrown and last used by vehicles in the 1960s. Following this we soon reached the site of the old farm on a saddle behind Wombat Hill. Now taken over by giant stinging trees and blue convolvulus, remnants of the original hand built drystone walls used to fence off paddocks can still be seen.



A shady lunch spot

On two previous attempts, I had reached the farm but had subsequently lost the trail to the lake. With the benefit of GPS, compass, maps and observant walkers, this time we were able to retrace the old trail down to the water's edge. Here we were greeted by the unusual vista of the drowned trees in Lake Yarrunga among which we enjoyed a refreshing swim in the warm sunshine.

Following the Timealong Trail back to the cars, lots of wildflowers could be seen plus views across the valley to Mounts Carrialoo and Moolattoo and, near the top of Meryla Pass, a coal seam exposed by the road cutting was a source of interest.

A thorough inspection for leeches and ticks (not a walk for the squeamish!) then ensued before heading off to Mittagong for dinner and the Rugby World Cup final.

Many thanks to Liam, Len and Bob for ably assisting with track scouting, Nick for GPS correlation and Jacqui for imprecations to keep us on our toes when we encountered particularly dense and tangled sections of bush!

SOCIAL EVENT



28 October 2011
Organiser: Peter Bonner

Andrew Lloyd Webber & Tim Rice's first hit musical retells the Biblical story of Joseph, a young man with prophetic dreams. Sold by his brothers and taken to Egypt as a slave, Joseph's integrity, faith and ability to interpret dreams sees him thrown into gaol and then rise to power.

Staged by the Eastwood Uniting Church Musical Society in the renovated hall/theatre, 11 members were entranced by an evening of lively music, witty lyrics, and great dance routines. Wonderful value at \$22 for Adults, \$16 Pensioners, \$12 Children. The pre-show dinner was eaten at an Asian restaurant across the road from the theatre so it was an easy walk after an excellent meal to be seated by 7:50pm as the show started bang on time at 8:00pm. We had very good seating due to early preference booking which is why I need your money early!!

Congratulations to Stephen Bamford who drove all the way from Blacktown to join us for a very enjoyable meal and show.

Next Show is "My Fair Lady" in May 2012, stay in touch!

The Importance of Walking

*Walking can add minutes to your life.
This enables you at 85 years old
to spend an additional 5 months
in a nursing home at \$7000 per month.*

DEADLINE FOR NEXT ISSUE

1 Feb 2012

SEND YOUR CONTRIBUTIONS TO

jcsteven@unwired.com.au

Pictures submitted -

**At least 300DPI resolution preferred
to achieve good reproduction quality**

CYCLING

Bloodwood Road, Coba Ridge

Marramarra National Park

29 October 2011

by Peter Bonner

Not far as cycling goes but 16-20km on rocky and sandy tracks would have given us an enjoyable ride with the possibility of a cool off in Denny's Pool just below the rocky plateau, but it was not to be. The adverse weather forecast of thunder and rainstorm kept all other cyclists away with the exception of Paul Goessling on his new red lightweight mountain bike. So we had a less strenuous ride more suitable for Paul who is making an excellent recovery from his major heart surgery almost 2 years ago.



Paul with his new cycle

We only rode about half the planned route. No cool-off swim at Denny's Pool. At one stage Paul rested on his bike cross-bar (whilst I was making a minor adjustment to my front brake) forgetting the new bike had an angled cross-bar. Result: his bike slid away from him and Paul finished up sitting on the rear wheel which was slightly buckled. He received a scratched shin in the process, but all's well that ends well: we took lunch on a rocky plateau with some views of Coba Bay & Donnybrook Bay. A bearded dragon caught our attention as did several coloured butterflies active over many different hues of wildflowers. We had the whole area to ourselves, not another cyclist or bushwalker to be seen. In the end, the rain came long after we were back at Paul's home enjoying buttered raisin toast washed down with a cuppa tea.

We will go again, as there is much to be seen from a bicycle saddle.

WALK

Bridge to Bridge Nepean River

30 October 2011

Grade 1

Leader: Judy Dervin

A little bit of history, a little bit of flora and fauna, and the good company of the ten walkers who turned up were the principal elements of the day. Rain threatened, but we took shelter at Lewers Art Gallery for coffee during a brief shower, then continued on.

The jacarandas were not at their very best, but we noticed many native plants including a pretty hibiscus, provisionally identified in Burnam Burnam's "Wild Things Around Sydney", as *Hibiscus heterophyllus*.

A grove of ancient mulberry trees by the river, a remnant of an early orchard, occupied us for a while as we tried to gather the ripe fruit.



Hibiscus heterophyllus?



On the Emu Plains track

Other photos by Charles Bowden

We saw many water birds as we walked beneath the sighing River Sheoaks down to the weir before crossing the Victoria Bridge.

And beers at the Irish pub, complete with Gaelic signage, was a good finish to a relaxing day.



Tench Reserve & Penrith Valley Bridge



Victoria Bridge - NE side



Regatta Park Jacarandas



Thanks to those who came along:
Caroline,
Charles,
Christine,
Helen,
Margaret,
Jan, Julie,
Kerry and
Sharyn.

*Charles up a
Mulberry tree.
photo Jan Steven*

Welcome to 13 New Members

Patrick Cloran
Ann Vouden
Virginia Darley
Elaine Sultan
Tom McLoughlin
Amanda Miller
Maria FitzPatrick
Tom Fitzpatrick
Susan Kim
Pan Siu
Nelum Cowell
Abby Tang
Rosetta Lee



See you in the bush



Change of Details

**Don't forget to notify
Treasurer Helen Hindin
of any of the following -**

- change in address,
- email address,
- phone numbers.

**Phone: 02 9331 1921
or email Helen at
helen.hindin@googlemail.com**

We had two teams entered in this year's Lake Macquarie rogain: Team 79 comprising Andrew McRae and Alison Lyon and Team 78 consisting of Len Sharp and myself.

The event was held in sunny conditions in the Heaton and Awaba State Forests, bordering on the Watagans, near Freeman's Waterhole. The course was in a setting of steep escarpments, rainforest, creeks and farms, and riddled with a network of tracks and dirt roads. The latter proved in some measure to be the Achilles heel of both teams.

At the outset, Team 78 found the roads so confusing that at one point we unwittingly did a three-sixty (as in degrees) and discovered we were heading for a control we had already reached a half-hour earlier.

Coupled with a lengthy and initially fruitless search for what was supposed to be an "easy" control first-up, needless to say this had a disastrous effect on our original route plan. Ironically our off-track navigation later proved to be spot on which helped us to reach a face-saving score of 500 points.

Team 79 did rather better at the outset and were soon gobbling up controls and keeping to schedule. However the mesmerising nature of the dirt roads meant that they walked right past a couple of controls without realising until too late. Nonetheless, they easily outpointed the Team 78 and achieved a respectable score of 670 points.

Highlights of the course included the Lookout control (worth 100 points) with fabulous views of the plains out to Lake Macquarie and beyond, and the Tea and Damper control (also serving cordial, coffee, biscuits, cakes, chocolates etc!) midway along the escarpment.

For the statistically minded, Team 79 came 40th overall (out of 78 teams), 22nd (out of 51) in the Mixed category, 14th (out of 27) in Veteran and 7th (out of 12) in the Mixed Veteran. Team 78 came 55th overall, 18th (out of 21) in the Men's category, 20th in Veteran and 9th (out of 10) in Men's Veteran. And yes, team numbers don't correspond to number of teams: just as confusing as the actual course!

Many thanks to Alison, Len and Andrew for taking part and making the most of the day.



Holding up our certificates of participation

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

PHOTO ALBUM

The Coledale Slot

26 August photos - Charles Bowden



Acacia ulicifolia -
Prickly Moses



Scree boulders & Liam



Dracophyllum secundum - pink flowers



Gompholobium grandiflorum - Large Wedge Pea.



Group & escarpment



Caladenia catenata - Lady's Fingers

Two Valley Trail

2 October photos - Elaine Sultan



Sugar House in 2011



Wollli Creek



On the TVT track

Meryla Pass to Lake Yarrunga via Wombat Hill

23 October photos - Charles Bowden



Prostanthera askania - Tranquility Mintbush



Exposed coal seam



Timealong Trail

Bridge to Bridge

30 October photos - Charles Bowden



Thistle flower & ball



Nepean River - NE panorama



Victoria Bridge - SW side



Nepean reflections



Darter



Visitor Helen and Julie at Lewers Gallery



Lewers Gallery succulent garden



Nepean River wildlife

photos Jan Steven