



Keeping Track

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



Lake Macquarie 6-hour Rogaine

18 August 2012

Grade 3-5

Co-ordinator: Charles Bowden

This turned out to be the rogaïne that had everything: excitement, drama, relief, jubilation as well as a host of other emotions, some fleeting, others not – and that was just Team 96!

ANB had three teams entered in the 6-hour event; there was also a 12-hour event for the human owls that enjoy night navigation. This was a bush rogaïne set in Sugarloaf SCA with lots of steep climbs and unexpected cliff lines to contend with. Team 97 was yours truly and Freda on her first rogaïne. Team 96 were Liam, Julian and Helen. Team 95 consisted of experienced campaigners Len and Alison.

We arrived at the campground on a private property to discover that a fierce gale had earlier wreaked havoc with tents and marquees, ripping some to shreds and sending others sailing over fences. Emergency shelters were being erected and harried organisers were endeavouring to restart computers and recover gear that had been blown away.



Five of the seven

Conditions were chilly but sunny when we all were given the starter's signal and Team 97

soon started to pick up points. There were no 100 pointers on the course so we bagged the next best thing, worth 90 points, as well as others of lesser value. The course proved taxing as we wended our way up and down deep gullies and steep slopes but we eventually finished with a solid 490 points.

Team 95 arrived back not long after with a surprisingly modest 400 points followed by Sue & Hannah (an independent team pairing to whom we had given a lift from Hornsby) on 470 points. At this stage, Fiona might have been thinking I had been pushing her too hard after all!

Team 96 had not returned yet but we were anticipating a sizeable score from them when, just before 6:00pm (the finishing time), I got a call from Liam to say they were going to be very late, at least an hour! It appeared that they had gone off track and were embedded in the bush, having underestimated the terrain and distance.

After alerting the organisers, we periodically kept in touch with Liam and his team's progress by mobile phone, as it was now getting quite dark. Fortunately they were all equipped with torches, plus plenty of food and water, so they were confident they would make it back unassisted as it was not possible to send a vehicle to the area in which they had gone.

Continued next page

Stop Press: Christmas Picnic - Saturday December 15, 2012 ...



President's Report

Following our October Committee meeting, I am pleased to report a couple of initiatives put forward by members have already been implemented:

- *a Property Register listing items available for loan (plus their respective custodians) has been created on our web-site;*
- *as a result of the personal experience of one of our members, guidelines on how to go about making an insurance claim have also been created.*

*These can both be found in the **Information for Members folder.***

Now that our website is well established, I would encourage all members to make full use of its capabilities:

- *do check it regularly to see whether any changes to Club activities have been made, ie don't rely solely on the printed program as it is inevitable that alterations and cancellations will occur during the season;*
- *do use the **Create content** folder when including a "short notice" walk or activity (ie one that comes to mind after the formal program has been completed) so that it can be approved and loaded onto the Website;*
- *do place images in the Photo Gallery (as many already do) to share your walk experiences with other members;*
- *do feel free to debate issues of interest within the Club in the **Discussion Forum.***

If there are any refinements to the website that you would like to see, please let us know.

As summer is almost upon us and it's been a rather wet spring, there is plenty of fresh new growth in the bush as those of us who have been walking recently will attest. Consequently there is some concern at the increased bushfire risk from all the extra fuel available in the National Parks and State Forests we tend to frequent. We all need to keep an eye on weather forecasts and fire alerts this summer to ensure we minimise risk and keep safe.

I would like to extend a big thank you to all our activity leaders over the past year for contributing so willingly and selflessly to our seasonal programs. An equally big thank you goes to all our members whose participation in and enjoyment of those activities make it all worthwhile.

I look forward to seeing many (if not most) of you at the Club's Christmas party in December and, on behalf of the Committee, I extend to all members our warmest good wishes for the Festive Season and a safe and happy New Year.

Charles Bowden

Settling in for a long wait, we all had dinner and warmed ourselves by the fire, anxiously scouring the night for signs of torchlight. 7:00pm came and went with Liam ringing to say they had found a track and were making better progress.

In the meantime, the organisers started announcing results for the 6-hour event. Scores seemed to be lower than usual, perhaps a reflection of the terrain we had to cover. Still, it was with some amazement when I heard Freda's and my names mentioned: it turned out we had come second in the Mixed Super Veteran category! Freda appeared very chuffed, especially with the tale she could now take back to some sceptical friends and the proof: a glinting medallion. Not to diminish our 2nd place achievement, a more realistic score for Team 97 was 43rd overall out of 90 teams, with Team 95 finishing in 60th place.



The medallion

Team 96 was now 2 hours overdue but the next phone call said that they had emerged from tree cover and could now see lights in the distance. We hoped these were ours! They eventually arrived just before 8:30pm, weary but in good spirits, and eager for some hot food and drink as well as a change of clothes. It was quite a late return back to Sydney and there were some stiff and sore limbs the next morning.

Congratulations to everyone for taking on a challenging course and persevering to the end. Thank you to Liam for helping out with the car pool and special thanks to Sue & Hannah for their patience!

DEADLINE FOR NEXT ISSUE

1 Feb 2013

SEND YOUR CONTRIBUTIONS TO

jcsteven@unwired.com.au

Pictures submitted -

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

WALKS

Coogee to Maroubra Coastal Walk

26 August 2012

Grade 1

Leader: Julie Armstrong

It was on a beautiful sunny day that we met at Coogee Kiosk for our walk. A couple of the walkers were running late so after coffee we set off half an hour later than anticipated. This was not a problem being a short walk.

The first part of the walk we passed by a series of ocean baths all next to each other along the coast of South Coogee. Firstly, adjacent to Grant Reserve, the Ross Jones Memorial Pool that was built in 1947. It is located next to the Surf Life Saving Club building. The SLSC has cultural significance as being one of the oldest in Australia. Next, McIver's Baths (women only). According to the National Trust report on the baths the spot has been used for bathing by women since before 1876. The baths were built in 1886 and the McIver family ran the baths until 1922. It is the last remaining women only baths in Australia. Lastly Wyllies Baths which opened in 1907 and is open 365 days of the year.

Further along and closer to Maroubra is the Ivor Rowe Rock pool which is set within the rock shelf. We walked leisurely past the rock pool and spotted lots of spring flowers along the way. We walked the part with overhanging plants that you would say is similar to "Rivendell" the place of the elves in "Lord of the Rings". Further on past the beautiful mansions by the sea we passed a lap pool at the front of one house and another pool overlooking the ocean in the neighbour's yard across the road. This was where the path and steps leading upward go between two houses that are built on the cliff. One being designed and built by a famous architect, so famous that no-one could remember his name.



Homes of the rich and famous - photo Karina

We were fortunate when we reached Lurline Bay as the tide was out which enabled us to navigate by rock hopping to reach the other side. It was a beautiful calm day with practically flat surf which probably disappointed the surfers.



Rock hopping at Lurline Bay - photo Jan

Rounding the headland at North Maroubra it is a splendid sight looking south along the beach of South Maroubra and be-



The group - photo Karina

yond. There is a green patch with no buildings which belongs to the Rifle Range and looks as a country beach may look.

We finished the walk at lunch at a café overlooking Maroubra Beach. The café is to be recommended for good food and service. I am unable to remember the name of the café but it is the last café along the beach heading south and is painted blue. At this point Karin, Scott and Vivienne left us to walk on to Malabar. A few of us had prior commitments otherwise we may have joined them.

Thank you for the pleasant company on the walk: Karin, Steve, Scott, Jan, Margaret, Vivienne, new member Gina and visitors Lea and my daughter Karina.

WALK

Short, Sharp and Sweet

19 August 2012

Grade 2

Leader: Charles Bowden



Wollongong, Port Kembla & Lake Illawarra – photo Charles

A glorious sunny day saw 15 members turn up at Sutherland for the interesting mixture of natural beauty and historical curiosity that is to be found on this walk up and around Mt Kembla. After managing to get the convoy of four cars safely to the carpark at the foot of Mt Kembla, not without some difficulty owing to some inoperative traffic lights and uncooperative vehicles, we set off for the steep climb up the track to the summit.

The reward for overcoming this challenge was a marvelous view across the coast, from Wollongong past Port Kembla to Lake Illawarra and beyond... and morning tea! Refuelled physically and mentally, we wended our way back down the track, then headed east around the base of the mountain. Here the cabbage tree palms and coachwood grow thickly and we enjoyed the magical interplay of light and shade in the groves.



Amongst the Cabbage Tree Palms & Coachwood

photo Yuko



Morning tea - Mt Kembla lookout - photo Charles

After reaching the main firetrail, we followed it a few hundred meters before turning off to view the adits of the coal mine that operated here in the late 19th century. Since our visit the previous year, the adits have been clad in steel grilles to prevent access but at least we could now peer into the dark chambers which had previously been bricked up.



Adit entrance - photo by Yuko

The clearing in front of the adits which had been bare the previous year was now covered in dense regrowth following the heavy rains over the summer and autumn months. So for lunch we made do with seats on sawn logs above the adit entrances.

We continued along the firetrail to Cordeaux Road and then paused at the Windy Gully memorial cemetery which was established for miners killed in a colliery disaster in 1902. The walk finished with a stroll past the small farm paddocks lining Cordeaux Road until we reached the carpark.

Thank you to everyone who came along and made the day so enjoyable. Special thanks to Janet, Julie and Anthony for helping out with the car pool.

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 us at -

club@anbwalkers.org.au

WALK

Manly Dam Circuit

7 October 2012

Grade 2

Leader: Julie Armstrong



There was some concern in the week preceding the walk that it may have to be cancelled due to an unfavourable weather forecast. On the day we were fortunate as the weather was fantastic for walking. Due to cancellations from three walkers it was not necessary to meet at Gordon so we all met up at the main entrance to the Dam Reservoir. We had morning tea at a table near our meeting place and observed the calm conditions and many ducks and birds enjoying themselves in and around the dam. A family of black swans, Mum, Dad and five cygnets were in residence.

After a comfort stop we set off along the road to join the "Wildflower Walk", a short 0.35km walk which features Australian native wildflowers. Wildflowers were in bloom in many colours of white, yellow, pink and red. This walk leads into the Circuit Track proper and upwards alongside Curl Curl Creek that leads to the waterfall. It is along this part of the track that my son Petar and I saw a red-bellied black snake when we surveyed the walk a month earlier.



Narrowleaf drumstick - photos Sharyn Mattern



Eastern water dragon

Just past the second waterfall we decided to have lunch and stopped to eat sitting on some rocks in the shade overlooking the creek. On the track again we turned right over a rocky ledge and were met by a water dragon that was most accommodating to the photographers. This is

where the walking track becomes a shared track with bike riders for a couple of kilometres. This part of the track is quite steep in parts and a couple of bike riders had to get off their bikes and walk up the ascents. Now we started to pass by lots of flannel flowers along with the other blooming wild flowers.

Leaving the bike riders behind we walked downhill to the shore of the dam where we saw a cormorant diving. As we started to move away from the shore again we passed by more flannel flowers until we came to walk across the dam wall and back to our starting place.



Thank you to Peter, Trevor, Sandie, Virginia, Margaret and Sharyn for making the day memorable.

Aboriginal History: Before European settlement the Guringai people occupied a vast area from Newcastle through to Sydney. Evidence of this can be seen from rock engravings and paintings, shell middens, axe-grinding grooves and occupation sites, such as food remains, stone tools, baked clay, fire-blackened stones and charcoal. These can all be seen in a range of sites in Warringah, including sites at Manly Dam and its surrounding bushland.

European History: In 1892 Curl Curl Creek was dammed to create Manly Reservoir and provide a permanent supply of fresh water for the village of Manly. However, as the population grew the dam wall had to be raised. It was first raised in 1909, then in 1922 and finally in 1935. As the population grew the dam's capacity became insufficient and its water supply was phased out. Water started being piped from the Pymble reservoir in 1930. However, a drought that lasted from 1934 to 1942 was so serious that in January 1942 pumps were reinstalled and Manly Dam was brought back into service until October of the same year.

ANB History: I have it on good authority that ANB Christmas picnics have been held on the shores of Manly Dam.

WALK

Marramarra NP, Mount Shuttle

14 October 2012

Grade 5

Leader: Liam Heery

Following a week of cold (snow) weather and torrential rain it was good to see that the forecast for today's walk was holding out to be true. Clear skies and a moderate temperature of 20 degrees.

Due to most of this walk being off-track, while only 13km, we had an early start at Pennant Hills of 8am so as to make sure we had enough time to complete the whole walk in daylight. We also left our cars at the gate on the Marramarra Ridge track which meant we saved about 6km of tedious firetrail walking that we normally do when parking at the junction with Smugglers track.

With 5 All Nations members, 1 visitor and a member from the Bush Club (this was a joint walk with the Bush Club), 7 eager walkers set off in what was to be a new exploration for everyone there.

It wasn't long until we reached the point where we left Kulpers firetrail and headed off into the bush. Luckily the bush was not as wet as anticipated and with the sun heating up we were already beginning to sweat. A little bit further along this ridge we came across aboriginal carvings of shields and people that seem to denote a clan boundary.



As we were making good time we continued on to a very nice lookout point over Marramarra Creek and Big Bay where we took a very leisurely morning tea break. It was here that the leader (yours truly) realised that he had left his map behind in the car. The whole route had previously been uploaded to the GPS which so far was spot on, and so it was for the rest of the day.

From our morning tea spot we headed downhill on Marramarra Ridge and then onto Sunny Corner Ridge. It was here that we turned right and entered new territory never before explored! The going was fairly hard with a combi-

nation of thick bush interspersed with reasonably cleared ridge tops. We continued down this ridge line and then sidled around the bottom of Mount Shuttle while at the same time creeping up the steep hillside.

On Mount Shuttle itself we found numerous passages through the thick bush and scrambled up and around a number of rock faces. In the process we found a very nice rock overhang that was big enough to take us all. After resting here we made the final climb to the top of the Mount and vectored in on the highest point. Our navigation was spot on and we walked straight on to an old trig point.

Located in the rocks of the trig was a tin container and inside a small note book. The first entry was made in 1969 and the first entry was made by the same person who made the tin box. The last entry was in October 2010, so it would seem that we were in a very rarely visited area. One of the entries in the note book mentioned a great look out directly to the east from the trig, so we decided we would head off there for lunch.



Photos David Cunningham

After a bit of searching we did indeed find a fabulous look-out, where we stayed for a long lunch. We had 180 degree views of Marramarra Creek, Friendly Bay, Kulkah Bay, Hawkesbury River, Milsons Passage, Bar Island, Peats Bite and Berowra Creek.

Taking note that it had taken just over 3.5 hours to do the 6.5km to get here we headed back the way we came and tried to retrace our route back as much as possible. It's amazing how it's so easy not to be able to see where 7 people had only just an hour ago stumbled through the bush. We did follow the general direction but only occasionally on the exact same foot print!

It was getting quite warm in the afternoon which made the push uphill pretty tiring and that necessitated many small breaks until another lookout was reached where we had a long afternoon tea break looking back at our accomplishment.

Time waits for no man, so we had to leave our glorious surroundings and eventually we made it back to the cars at 5.30pm.

Thanks to Nick, Bob, Len, David, visitor David Hou and bush club member Julian Martin for joining me on this adventure.

Notices Notices Notices Notices

Notice to all Walk Leaders

Short notice activities and changes are encouraged, but they must go on the Club website, and be approved by the co-ordinator. This is for reasons of insurance cover, competence vetting, and provision of attendance sheets.

If approved, and if the leader accepts the use of a 3rd party website or other publication medium to advertise an event, the information and description must be the same as our official version.



L-R, Judy Dervin, David Pezaro and Marina, Dora den Hengst, Helen McMaugh, Anne Brown.

In November Judy Dervin, Peter Bonner, (who was unable make it), and myself were invited to join past members from the All Nations Club organised by Helen McMaugh for a reunion lunch at the Darlinghurst Woollahra RSL Club. We spent a very enjoyable couple of hours hearing about the activities and antics that they got up to which makes our current Bushwalkers seem rather unadventurous in more ways than one. It was also nice to meet Helen for the first time who was an invaluable source of information leading up to our Anniversary celebrations in July. Sadly Wal Bray who recently passed away or Ross Siemon who is still in hospital were not with us.

I'm pleased to report that Ross Siemon, an early member of the All Nations Club and the Walkabout Group, is recovering well from recent surgery. Although still in hospital he is now undergoing physiotherapy at Royal North Shore Hospital. Anyone wishing to contact Ross can phone 9926 7000 and ask for William Ross Siemon.

Jan Steven

CLUB KAYAKS FOR HIRE AND EASILY TRANSPORTABLE!

The club's two kayaks can now be borrowed by Club members. 1 single and 1 double kayak is available complete with steering gear, paddles and buoyancy vests.

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 about borrowing kayaks, the transporter system, and all necessary instruction, contact kayak-master Peter Bonner, on 02 9489 5027, 0408 221 488, or peterbobsbonner@gmail.com



My single kayak on top of a Kia Rio using the club's new roof rack carriers

THEATRE

'The Mikado'

2 November 2012

Organiser: Peter Bonner

After the wonderful performance of "My Fair Lady" by The Eastwood Musical Society at their newly renovated and upgraded theatre I was expecting to be overwhelmed for tickets to "The Mikado". Often regarded as the greatest work of Gilbert & Sullivan, and first performed 125 years ago at the Savoy Theatre London, Gilbert wrote the librettos & Sullivan composed the musical scores for many musicals.

Finally I had 18 tickets sold, all good seats. Most of the time I was sick with some awful flu virus that nearly destroyed my brains; couldn't think, sleep, read or do much at all! But somehow I managed to get to the 'Sichuan Kitchen' restaurant to book a round table for 5 theatre goers for our pre-show dinner. My apologies to those who didn't get to join us for dinner. I couldn't remember the name of the restaurant & had lost my mobile phone! Much to my dismay I found that this restaurant had again changed hands and been renovated. However not to worry, good food coupled with good service at reasonable prices had us well fed and across the road to the ECUMS Theatre in time for the curtain raiser "If you want to know who we are" sung by an excellent men's chorus. Other well known songs followed: "A Wand'ring Minstrel I", "Behold the Lord High Executioner", "Three Little Maids from School". For those not familiar with "The Mikado" I reproduce with permission from the programme -

Musical Synopsis

A year earlier, Nanki-Poo, son of the Mikado of Japan, fled his father's palace to escape the prospect of marriage to Katisha, an elderly lady of the Mikado's court. Disguised as a travelling trombone player, he met and fell in love with Yum-Yum, the young ward of Ko-Ko, a cheap tailor in the town of Titipu. Yum-Yum, however, was already betrothed to her guardian, and Nanki-Poo left Titipu in despair and wandered the countryside. Upon hearing that Ko-Ko has been imprisoned for flirting, he returns to Titipu in search of Yum-Yum



Walter Edward Bray

1928 - 2012

TRIBUTE TO THE
LATE WAL BRAY

Wal Bray was Chairman of the All Nations Club Walk-about Group for about a year in the early 1970s. I first met him in the late 1960s when he brought along a huge water-melon to an ANC bushwalk to delight the thirsty walkers.

As Science Master at Fort Street High School, Petersham, he brought excellent organisational skills to the role of our Chairman. He organised bushwalks, barbecues, summer swimming days, boating on the Hawkesbury River, a camp at Cotter Dam in the ACT, and even helped stage a very successful disco party with the Pacesetters' group in the ANC premises. Once when our group was 'temporarily mislaid' out in the mulga, he led us safely out by compass and bush skill. On another occasion he helped in the rescue of two of our members caught in a rip during a camp at Frazer Park.

Wal could be as prickly as a Hakea bush, but mainly helpful, conscientious, and welcoming to newcomers.

However, his most memorable contribution was in his arranging barbecues for us at his Riverwood home. When he acquired a Belgian Shepherd dog from the late Harry van de Jagt, we had the company of canine 'Shannon' as well. It was a pity Wal did not continue to brew his own beer, because it was a great drop. Nobody minded when he discontinued trying to play a guitar, for his singing voice was much better.

One photo taken at a Riverwood Christmas barbecue includes three former Chairpersons (Wal, the late Leon Latham, and myself) and other walk leaders, Dawn Daniels, Joan Sebastian, Barbara Mitchell, Ross and Carmen Siemon, and the late Harry van de Jagt.

After many years absence from our 'oldies' group (we prefer the term 'Antique Beauties'), Wal started attending our reunion lunches in 2010. He seemed to be enjoying reliving all those old ANC memories when sadly he was taken from us too soon and too suddenly. We hope the faithful 'Shannon' is waiting for you in the parallel universe, Wal.

Helen McMaugh.
Nov, 2012.

CANOEING/KAYAKING

50th Anniversary Canoe/Kayak Paddle Day Narrabeen Lakes

20 October 2012

Grade 2

Leader: Peter Bonner

HOW MANY CLUB MEMBERS WOULD BOOK ? I had no idea, but with the club's one double plus one single kayak and with the loan of a small flotilla of another two doubles and a further four singles courtesy of Paul Goessling & Dave Cambourne plus my own single we had places for 12-14 paddlers. Unfortunately a bad weather forecast of strong winds and possible rain kept paddlers off the water, the phone rang but only with cancellations. Finally it was crunch time: go or not go. Then Dave turned up at my house with Roy and Dean and spare kayaks so it was go! go! Load up my 4WD with the club double and my single and off to the Narrabeen Lakes. Turning off down the Deep Creek Reserve Road we parked close to a vacant picnic table with a good launch spot, unloaded our kayaks on to the grassy bank and enjoyed morning tea at the table whilst watching three windsurfers on the far side of the lakes take on the strong breeze that was blowing to race across the water at high speed leaving foam wakes worthy of a speeding motorboat. Not surprisingly there were no other craft on the lake.

After an hour's tricky paddling against the wind and broaching waves we made it to more picnic tables and parking spots on the north side of the lake at the Bilarong Reserve having abandoned the cross lake trip to Pipeclay Point as the waves were now cresting with white water from the strong wind from the east. Lunch was taken at the picnic tables from where we had excellent views of the lake and our shore line where the three windsurfers, unable to make any headway against the east wind, were wading and dragging their windsurfers all the way back to their launch point on a distant East Playground Beach.

Lunch over and here I have to say that I was assisted out of my kayak by a strong muscular picnicker who held me whilst the waves were bouncing my kayak about: thanks mate! If I had gone over my kayak would have filled up with sand and water.

After consultation with Dave I decided the sensible way was to go back to Deep Creek Reserve and explore the calm waters of the creek as far as we could go until natural obstacles, ie fallen and partly submerged trees, forced us to turn around. This was a good decision as there were lots of birds to observe, strange rock faces and the odd surfacing of fish and water birds plus the nest of a sea eagle in an almost dead tree. Unfortunately due to the rough conditions on the lake we had left our cameras in the security of our parked cars. Back at our launch spot we reloaded the kayaks making sure they were securely tied down, arriving back at my house just in time for afternoon tea. My 4WD was unloaded and the kayak washed down and placed on the racks in my garage. Now we

could take a photo of the tea setting in my garden and Dave with Roy and Dean picking mulberries with juice-stained fingers to take home to Mum Lynette for dessert at dinnertime.

Thanks Dave for your support. It was a tiring day on the lake but there were no capsizes and no damaged kayaks- definitely worth going. An interesting day "just messing about in boats". Now what could be better than that!



Enjoying a cuppa in Peter and Catherine's garden

The Importance of Walking

*I like long walks,
especially when they are taken
by people who annoy me.*

*The only reason I would take up walking
is so that I could hear heavy breathing again.*

*I have to walk early in the morning,
before my brain figures out what I'm doing..*

WALK

Bents Basin State Conservation Area and Gulguer Nature Reserve

28 October 2012

Grade 2

Leader: Charles Bowden

It was good to see fourteen walkers turn up at Bents Basin, a large natural lake created by the Nepean River after it sidles through a gorge next to Gulguer Nature Reserve. Gulguer is an Aboriginal word which can mean swirling around to form a big hole, believed to refer to water activity in the basin itself when it floods.



Bents Basin

We initially shook off our morning lethargy with a climb to Caley's Lookout with view over the lake and further east across neighbouring farmlands. We then skirted around the lake's western shore, successfully negotiating (ie no-one fell in!) a rocky crossing of the Nepean before starting up the fire trail that is the Gulguer Trail. The trail runs through the centre of a tear-drop shaped plateau consisting of extensive groves of casuarinas (she-oaks) before descending steeply to the river again.

About a third of the way along, a detour west to Gulguer Lookout enabled us to catch glimpses of the Nepean in the gorge below, mostly obscured now by renewed eucalyptus growth on the lower banks. We walked through the casuarinas back to the main trail before again detouring along an old farm track



Prickly pear



Campbell's Ford



In the drivers seat

until we re-emerged on the main trail for the southern descent to the river.

After lunch in a partially cleared area on the riverbank, subject to invading nettles, we then edged east along the shore, observing a serious infestation of prickly pear cacti, including ma-

ture fruiting specimens, before reaching the reserve boundary with a neighbouring farm. Here you could see the sharp bend in the river where a ford known as Campbell's Crossing used to exist. It looks much too deep to cross now.

We then climbed back up the fire trail before disappearing into the bush to examine the remains of an old abandoned (possibly pre-WWII?) truck-mounted davit that appeared to have been used for digging wells. A little further on we came upon the sad memorial to two young lives lost in a helicopter crash ten years before.

We then retraced our steps and descended to the Bents Basin kiosk for a welcome drink or icecream before heading our separate ways. The day was too cool for anyone to take up the option of a swim in the lake.

Thank you to all who came and enjoyed a relaxing day with special thanks to Nick for sharing the carpool driving.

SOCIAL

Sculpture by the Sea

Bondi to Tamarama

28 October 2012

For those who missed Sculpture by the Sea this year, here are some of the winning exhibits. Of great interest in Mark's Park was a huge marquee exhibiting a vast number of miniature sculpture models, many of which we saw reproduced to actual size on our walk.

Mark this event in your diaries for next year as this is something not to be missed. It gets better every time.

Five ANB members spent a really enjoyable morning walk looking at the exhibits before continuing on to Bronte Beach for a pleasant lunch at the Salina Café.

Jan Steven



***repose* by R.M.(Ron) Gomboc**



***sea's nest* by Zang Yangen**



Winner - *mengenang (memory)* by Cave Urban

A reflection on 222 lives lost in the Bali bombings



***emblematic 2010* by Geoffrey Ricardo**



***salacia* by James Rogers - photo Margaret Weiss**

CYCLING

Secrets of the Northern Suburbs

21 October 2012

Grade 4

Leader: Nick Collins

It was all thrills, spills, and secret places again, as we completed my favourite northern suburbs bike ride once more. The ride starts and finishes at Pennant Hills, and takes in the old Westleigh Tip (with its nearby secret unofficial mountain bike track), the Wahroonga to North Turramurra fire trail, the excellent (if unsightly) new BMX/mountain bike track at Golden Jubilee Fields, Whale Rock, and part of the Great North Walk. There are all types of terrain: streets, parks, fire trails, bush tracks, and even the odd off-track scramble. And yes, several of us managed to come off our bikes fairly spectacularly! Can't wait to do it again!



Jacqui's new bike



Bespoke bikers



No country for old bikes



Mountain bikers' fun park at Golden Jubilee Fields



The intrepid group - Alison, Bob, Nick, Peter, Jacqui, Liam, David.

Photos by Bob Seibright

SOCIAL

Manly Quarantine Ghost Tour

2 November 2012

Co-ordinator: Steve Bamford

Rain threatening clouds and a chill wind greeted the eight people in our party when we arrived for the long awaited 'Ghost Tour'. At the tour starting point, just as the sun was disappearing over the horizon plunging us into near darkness, we waited in anticipation for the last tour of the evening to commence. Agile bandicoots were darting silhouettes around us as we began our adventure into the phenomena of the unexplained.

After a brief history talk about the Quarantine Station, our very knowledgeable tour guide Bob set the evening rolling. He divided us into 2 groups and locked us into separate pitch black rooms for a few minutes to see if any of us could sense if anyone was trying to 'make contact'.

Next was the fumigation room where all clothing and belongings went into 2 huge chambers for cleansing.

Then the tour really got going, and with 4 hurricane lanterns between 19 people to light our way, we made a strenuous climb upwards to the hospital (where you can enjoy a sleepover), and the most haunted buildings on the station.

Bob regaled us with stories of unexplained happenings; warnings of children trying to hold hands, hair touching, people feeling hands trying to push them over cliffs, shadowy figures in photos, and tragic endings that befell many of the staff and early immigrants. Other buildings we visited were the Gravediggers Cottage (Martin is the resident ghost), accommodation quarters, the huge kitchen underneath the dining area, complete with dumb waiters, the morgue, and the shower block which was reminiscent of a concentration camp. They did have hot and cold water but mixed with it was carbolic to kill the bugs and 3 days later your skin peeled off !

Thanks to Steve for organising such an interesting evening. The station is well worth a visit day or night.

Jan Steven

From the 1830s to 1984 migrant ships arriving in Sydney with suspected contagious disease stopped inside North Head and off-loaded passengers and crew into quarantine to protect local residents from becoming sick.

After an average time of 40 days, most passengers were released to settle as Australian residents. Their experiences of quarantine varied. Some passengers experienced a first class resort, making new friends and sharing dreams of a bright new future. For others it was a far more frightening experience of disempowerment, disease and death. Regardless of the type of quarantine experience the spirit forged by the people at the former Quarantine Station helped to shape our nation.

Courtesy - www.qstation.com.au. Read more on the website.



The haunted hospital ward



The fumigation tunnel



Caught in the act! A naughty bandicoot at work in the office - photo Margaret Weiss

Welcome to 13 New Members

Helena Markowski
 Koel Ghorai
 Galina Barrett
 Abigail Gray
 Daphne Uranie
 Karen Beattie
 Navodit Narain
 Nataliya Vuillemin
 Gina Hoffman
 Francine Masselos
 David Xiang Hou
 Julia Hamilton-Bate
 James Libby



See you in the bush



SOCIALGAIN

11 November 2012

Grade 2-4

Co-ordinator: Charles Bowden

We had two teams of 3 contestants each entered in the Socialgaine this year. The event was held at Umina Beach, a place familiar to many of us who have walked along the coast to Patonga or along the Great North Walk across Wondabyne peak, both of which were included among the controls available.

While the course featured many controls along the coast, past several cafés and watering holes, to their credit both ANB teams elected to pursue more challenging routes encompassing some of the bushland in Brisbane Water National Park. In retrospect, this may have been an error of judgment on my part as my team seemed to encounter the densest and prickliest bush every time we ventured offtrack for a particularly tempting score. I was wearing shorts (no gaiters) and light shirt (no sleeves): over a week later and I can still feel the scabs – there's a lesson or two there!

The low point of the day for us was when we tried to skirt around the Woy Woy rubbish tip. The road we were following came to an abrupt end, belying the large trail marked on our map, and we found ourselves descending a steep, rocky and overgrown slope worthy of a Grade 5+ walk.

Fortunately we had the urban and coastal section of the course afterwards to allow us to recuperate from these exertions, plus restorative drinks and icecreams just before the finish.

While we (Team 47) managed a creditable 670 points, the 'other' team (Team 46) bagged both 100-point controls on their way to a highly commendable 800 points. For the statistically minded, Team 46 came 52nd overall out of 116 teams and 13th out of 25 in the Mixed Veteran category. Team 47 managed 70th and 19th in the same categories.

Team 46



Team 47 ↑

Both teams ↓



Many thanks to Nick, Alison & Fiona (Team 46) and John & Janet (2/3 of Team 47) for contributing enthusiasm and energy to an enjoyable day.

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

PHOTO ALBUM

Mt Kembla, Illawarra SCA

19 August 2012

photos - Yuko Imai



Group photo



Mine adit interior



Windy Gully Memorial Cemetery

Manly Dam Circuit

7 October 2012

photos - Sharyn Mattern



Mountain devil



Flannel flowers



The group

Secrets of the Northern Suburbs

21 October 2012

photos - Bob Seibright



Secret mountain bike track in Westleigh

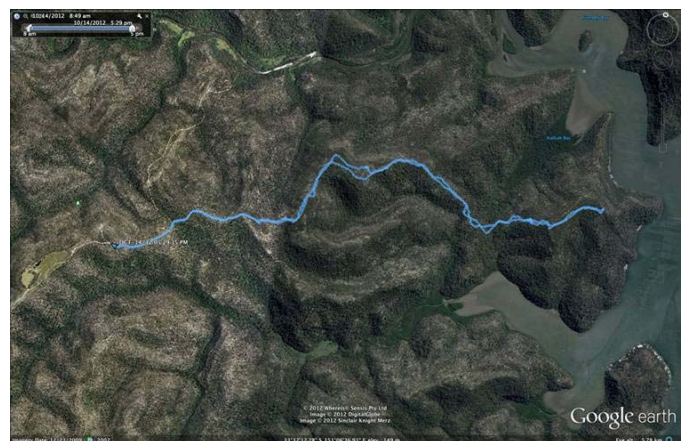


Hitch-hiking leech!

Marramarra Mt Shuttle

14 October 2012

photos - David Cunningham



Bents Basin SCA and Gulguer Nature Reserve

28 October 2012

photos - Charles Bowden



Gulguer Trail



Riverbank lunch



Well-drilling truck plaque



Well-drilling truck wreck

Sculpture by the Sea

28 October 2012

photos - Margaret Weiss & Jan Steven



Miniature model

