



all nations
BUSHWALKERS INC



Summer Newsletter
December 2016

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



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

WALK

Wolli Creek Valley and Cooks River 28 August 2016 Grade 2

Leader: Jan Steven

After a week of intermittent rain the day dawned clear and sunny. We met in the Bexley North Station car park and set out shortly after 10am. Sixteen of us plus one dog. Many of the walkers joining me on this walk, were from Meetup .

We entered the bush at the Bexley Road Bridge which was built in the 1930s and subject to flooding in heavy rain. It had been closed as recently as June this year. The path winds through the Paperbark Creek bush area, which has some lovely mature trees, across 2 small reserves, a creek, and emerges through the Bray Avenue wetland, where there is regeneration currently taking place. Arriving at Girrahween Park we met up with another club member, and paused for morning tea in the shady park.

The next segment was perhaps the most interesting with great sandstone bluffs and creeks, more varieties of mature trees, native flowers, and the recently returned Grey headed flying-fox (GHFF) camp at Turrella. This year the flying-foxes moved out in May to Bateman's Bay where there was a mass flowering of Spotted Gums around the area. Over 100,000 GHFF have been reported feeding and roosting there.

Emerging from the bush at Turrella Reserve we crossed to the other side and climbed the steep track to view Jackson Place's historic stone cottages, built in the 1920s into an old quarry. Then re-entered the last stretch of bushland to take us to Wolli Bluff. The more agile walkers in our group climbed up the overgrown path to catch the 360° panorama of Sydney.



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Grey Headed Flying Foxes - photo Richard Milnes

We paused for lunch at Gough Whitlam Park which seems to have taken on a new lease of life since the expansion of the children's playground, a takeaway/restaurant cafe and BBQ facilities. Lunch over we commenced the final leg of our walk up the Cooks Riv-



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Cooks River — photo Richard Milnes

er to Steel Park, Illawarra Road, crossed the bridge and continued back down the other side of the river to Tempe Station.

We had to cross the pedestrian rail bridge as the under bridge walk/bike path is currently being reconstructed. (Many cyclists will be aware that this underpass floods at high tide).

The path then continued alongside the Cooks River through pleasant parkland to the Princes Highway. Crossing Cooks River again we entered the gates to Tempe House pausing to view the beautiful historic house built in 1836 before continuing on to Wollsi Station. Although the parkland in front of the house and



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Wollsi Creek walk group — photo Richard Milnes

old church have been preserved down to the river sadly it is now dwarfed by a series of high apartment

President's Soapbox

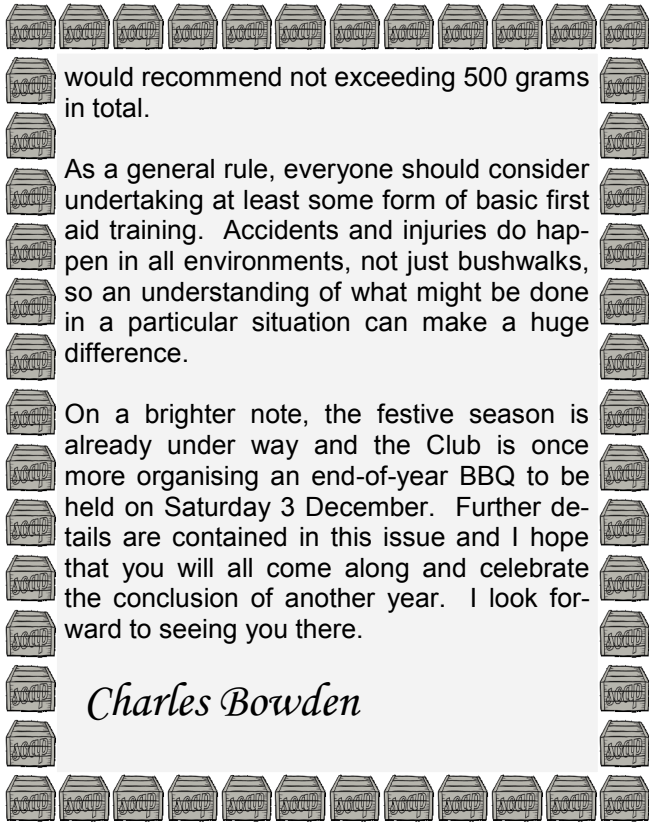
By the time you are reading this, I will have completed renewal of my first aid certification (via the BWRS-St John's courses designed specifically for bushwalkers - see www.bwrs.org.au). You will also see elsewhere in this issue a reminder that the Club will reimburse ANB walk leaders for the cost of obtaining or renewing first aid certificates. I would encourage our walk leaders to take up this offer.

One of the important issues that is stressed by BWRS is that ALL bushwalkers must take personal responsibility for their own health while walking. They should not expect walk leaders to supply first aid materials or medication. Aside from the associated expense and weight of materials, it is illegal to administer medication of any kind (including Panadol, aspirin etc.) to another person without suitable medical training. First aid does not constitute medical training; as the name implies, it is the provision of initial assistance to prevent as much as is possible in the circumstances further deterioration following an injury or illness.

To this end, the importance of each individual carrying a personal first aid kit can't be emphasised enough. A personal first aid kit should contain - as a minimum - an emergency foil blanket, a heavy duty 10cm x 2.3m crepe bandage (also known as a compression bandage), a triangular bandage (as used for slings) and a waterproof 8cm x 10cm dressing. The kit should also contain any personal and/or emergency medication, for example if you suffer from asthma, diabetes, life threatening allergies or heart conditions, to name but a few.

From personal experience, I would add to this kit, a couple of antiseptic swabs, adhesive strips or roll, a non-adherent dressing (for grazes or burns) and waterproof tape, plus scissors.

In total, a kit would of this kind would weigh around 300 grams. You can of course add other items to such a kit, but I



would recommend not exceeding 500 grams in total.

As a general rule, everyone should consider undertaking at least some form of basic first aid training. Accidents and injuries do happen in all environments, not just bushwalks, so an understanding of what might be done in a particular situation can make a huge difference.

On a brighter note, the festive season is already under way and the Club is once more organising an end-of-year BBQ to be held on Saturday 3 December. Further details are contained in this issue and I hope that you will all come along and celebrate the conclusion of another year. I look forward to seeing you there.

Charles Bowden

Thinking about leading a walk?

It is a good idea to have a first aid certificate.

ANB will reimburse members for successfully completed first aid courses up to the value of \$200.



The ANB Committee recommends the Bushwalkers Wilderness Rescue Squad website

<http://www.bwrs.org.au>

Welcome to 6 New Members

Catherine Angelski
Jane Stephens
Francoise Munoz
Molly Huang
Angie Knott
Stuart Lowes

See you in the bush



**Next ANB committee meeting
Tuesday 31st January 2016 at 6:30pm**

Woodstock Community Centre

Burwood

22 Church Street Burwood

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

ROGAINE

Paddy Palin Rogaine 19 June 2016 Grade 3-5 Co-ordinator: Charles Bowden

This year's event took place at Catherine Hill Bay which would normally have been a case of rejoicing for its scenic qualities. Unfortunately the weather was against us and it rained heavily all day, intensifying in the afternoon so that tracks, already muddy and slippery, became streams, and watercourses became torrents. At several points along the sandy shoreline, water from normally dry creeks could be seen cutting trenches through the sand to reach the sea.

It was so wet that I didn't bother with a camera so there are no photos to punctuate this brief report. Suffice to say that ANB had two teams entered: the Dairy Devils (Alison, Chris & Andrew) and B&H (Charles & Liam). The latter was both a play on initials and a reference to the cigarette company notorious for its slogan "when only the best will do".

Ironically, B&H's best was not quite good enough with the Dairy Devils taking the bragging rights by just 20 points, 650 to 630. Dairy Devils came 86th overall (181 teams) and 17th in the Mixed Veteran category while B&H came 88th overall and 5th in the Men's Super veteran category.

At least we were all able to appreciate and enjoy the proximity and hospitality of the Catherine Hill Bay Bowling Club after finishing. Thank you to Liam, Alison, Chris and Andrew for persisting in spite of the appalling weather.

Did you know ANB has Kayaks available for members use?

1 two seater kayak

3 one seater kayaks

Life jackets and paddles for each

A soft roof rack for transport of 1-2 kayaks

**These are stored in the Mt Colah area.
If you would like to utilise these please contact
Peter Bonner on (02) 9482 1928/0408 221 488**

PHOTOS

By Bob Seibright
Bundeena



WALK

Historic Blue Mountains Crossing 7 August 2016 Grade 3 Leader: Charles Bowden

It had been quite some years since I last came to Mt York, and the remnants of roads constructed in the early 19th century in attempts to provide effective crossings of the Blue Mountains.

Consequently, I was surprised to see the number of changes that have taken place since my last visit. A large sign on the Mt York Road now announces entry into the Mt York Nature Reserve. The car park at the summit has been improved and expanded with the various monuments, such as the obelisk and rotunda, restored and renovated. Bright blue track signage has been installed on each of the three historic trails as well as metal information plaques on poles at various stages along each trail.

Lookout fencing has also been installed at the more popular points, while sandstone seating has been placed at the various abseiling sites.

The historic trails have been cleared of obstructions, but still retain their charm as they wend their way through the trees to and from Hartley Vale. A link track has been created between Lockyers Road and Lawsons Long Alley but a shortcut exit from Lockyers to Mt York Road is now blocked by newly installed fencing for a private property. In fact, several new houses now straddle Mt York Road within the reserve.



Mt York — photo Charles Bowden

We had a pleasant walk on a cloudy winter's day with only one light sprinkling of rain mid-afternoon which soon ceased. One novelty feature that we discovered on Lawsons Long Alley, near a rural dwelling, was a homemade pink wishing well featuring a bucket for the well and complete with Buddhist bell and tin can prayer wheel. It was looking rather dilapidated, but you had to admire the enterprising individual/s seeking to profit from passing bushwalkers!

Thank you to Bryan, Meiha, Lis, Bob and Sarah for sharing good karma with me on the day!

WANTED: WALK LEADERS

Your Club needs more walk leaders

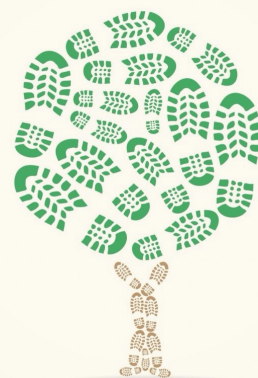
For a range of reasons such as, injury, retirement, work commitments or relocation, the Club's pool of walk leaders has diminished significantly over the past 12 months. This has placed increasing pressure on remaining walk leaders to put on more activities. Unfortunately, this is not a sustainable situation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

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

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

You can add an activity by logging into the ANB website. Go to the 'For members' section and select 'Create Content', then 'Activity' and input all the activity details.

Or once logged on try;
<http://www.anbwalkers.org.au/node/add/activity>



WALK

Brisbane Waters National Park 3 July, 3 & 30 October 2016 Exploration Leader: Liam Heery

Sometimes going back to the same places can get a bit boring, so I'm always on the lookout for new areas.

One such area that appealed (after attending a Rogaine) was in the Brisbane Waters National Park (NP). Access is easy, just off the M1 (Gosford exit), where parking and track access is accessible from the Girrakool picnic area.

There is a nice loop around Piles creek which can be done in a couple of hours, but the real beauty is its connection to the Great North Walk (GNW). From here you can head south towards Wondabyne, and north towards Somersby.

I identified four areas on and off the Great North Walk that offered "new" exploration areas with the possibility of enjoying a good walk and also good views.

The first walk was to explore the "Peaks and Creeks" to the south. Starting from Girrakool we took the southern track along Piles Creek, of Rat Gully, to join up with the GNW just after the aptly names rat gully. However today there were no rats!

From here we walked to just below Leochares Peak and left the GNW to contour around and connect onto Kariong Ridge. The bush was pretty rough until we reached the ridge when it cleared and we were then able to make our ascent of Mount Kariong. Half way up we came upon a large rock platform where we were able to identify numerous Aboriginal carvings. From here there were also magnificent views from the Ocean at Broken Bay to the Blue Mountains on the horizon.

Continuing on we finally reached the summit marked by an old and decaying trig. Standing atop the trig mound became hazardous when we noticed we had disturbed a huge ant nest, and it wasn't long until we were jumping around in that well known ants in your pants dance!

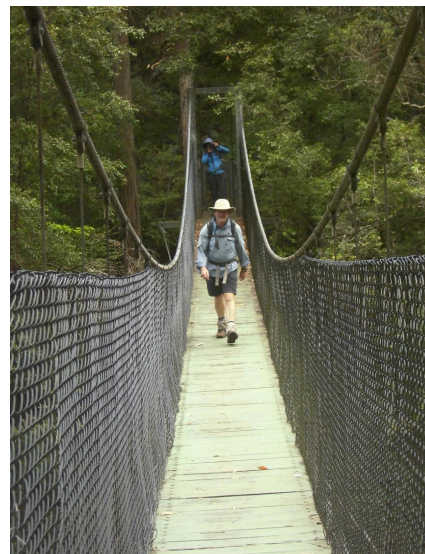
Following this we headed off to overlook the Kariong rifle range to see if any of the sharp shooters could

help eliminate the ants.

We then retraced our steps to the Kariong Ridge and from there up and over Leochares Peak, which turned out to be uneventful and without views, as it was completely overgrown.

From here we joined up again with the GNW and headed on to Scopas Peak. Originally we thought we could continue from here and explore the other side of the track, however time (and a locked gate at 5pm) convinced us to leave that for another day and we returned to Girrakool, this time via the northern track along Piles Creek, to get back to the cars just on 5pm!

Our next visit to this area was to explore that area between the GNW and Mooney Mooney Creek. It looked as if there were a few great lookouts along the cliff



tops and the aerial maps indicated numerous "cleared" areas along the ridge tops.

Again parking at and leaving from Girrakool on this occasion we headed out on the northern loop track and crossed over the Phil Houghton swing bridge which is part of the GNW.

Crossing Phil Houghton Swing Bridge — photo Nick Collins

Heading back to just below Leochares Peak we headed off track,

unfortunately however a little too early as the undergrowth was very overgrown making our headway very slow. Once on the ridge top it opened up, but only marginally.

Having to break for lunch and a rest we re-evaluated where we were and decided to make for a cliff line not too much further, rather than the intended spot which would have overlooked Two Dollar Bay.

It didn't take long before we reached the cliffs and here we had a great view of the Mooney Mooney Creek over Native Dog Bay and from the M1 Mooney Mooney Bridge down to Two Dollar Bay.

The skies looked a bit threatening and a few drops of rain convinced us to leave so that we wouldn't get caught off track in what looked likely to be a huge



Nick rock scrambling — photo supplied by Nick Collins

thunderstorm. Luckily though it never eventuated and it wasn't long before we were back on the GNW, having found an easier return route and heading back to Girrakool this time on the southern loop track. Again our timing was exemplary, reaching the cars just on the 5pm gate shut out time.

The third section of this trilogy was to be a straight forward stroll again from Girrakool following the GNW to Somersby.

This time though a car shuffle was required and cars were parked outside of the picnic area so that we didn't have to contend with the early 5pm lock out.

Setting off on the top loop we visited the Andamira Falls at Leask Creek and then continued on the northern loop track following Piles Creek down to Mooney Mooney Creek (MMC) and joining up with the GNW.

From here the track follows the creek edge until it crosses over MMC via the old Pacific Highway Bridge. A short section of road takes us underneath the im-



Liam smelling the roses by any other name - photo Nick Collins

pressive M1 Mooney Mooney Bridge and then back onto a bush track that is both the GNW and the Hawkesbury Track.

Following the creek we reached our lunch spot at a large clearing where there is a small waterfall and a large pool that in warmer weather would make for a great swimming hole. It was also here that our inventiveness was required to "save" a sitting mat that was blown from the top of the waterfall into the pool.

Seat rescued and the rest of us refreshed we headed off and had a quick break at the lower Mooney Mooney dam. Here we noticed some tape on trees heading up the steep hill beside us. An analysis of the maps followed and we surmised this might be a "new"



Brisbane Waters National Park off track — photo Nick Collins

track up to the Belmont Estate trail which would lead onto Somersby Falls. A nice diversion, but one we decided to keep for another time (yet another walk in the making).

From here there was a bit of an uphill slog which ends at Reservoir Road. This road leads down to the upper Mooney Mooney dam and as I hadn't seen it before decided to make a side trip that was hopefully going to end in an area that would be nice for afternoon tea.

Wrong Liam! Don't ever bother to do this again!! Well not all diversions work out.

The last leg from here to Robinson Road was uneventful other than a race to beat a late incoming thunder storm. Luckily those who donned coats kept the rain away, and we arrived at the cars still dry.

Brisbane Waters NP continues to hold many unexplored areas and one of those will be coming up in December when we explore the area around Pindar cave.

Thanks you to Charles, Nick, Bob, Françoise, Linda, Paul, Helen, Sarah, Bob, Michelle, Len, Julian and Jacqui who helped share some of these walks.

WALK

Cape Solander to Cronulla 4 September 2016 Grade 3 Leader: Bob Seibright Walk Report: Jan Brownlie

To join Bob Seibright's Cape Solander to Cronulla walk, I arriving at the designated bus stop hoping that I'd be able to find him. I'm new to All Nations, and had no idea what he looked like.

To my surprise and delight, the first person I did see was Kerri Ainsworth, an old friend I hadn't seen since we travelled to Africa together in 2008. Our lives took different directions when we got back and despite recent efforts of mutual friends, we hadn't managed to re-connect. What a delightful way to start a walk.

What followed was a glorious and interesting wander along the cliffs of Cape Solander looking for whales, catching up with Kerri, and negotiating mud, puddles and feral shrubbery. The bush bashing was because Bob took a very interesting detour to walk along an almost invisible trail through the undergrowth, missing a steep sandy climb. It was fun.



Dragon Lizard photo — Bob Seibright

Bob had ordered up some beautiful weather for us which stayed for the whole day making it perfect for walking with a light breeze to help us

keep cool. When we emerged at Boat Harbour, Cronulla looked a very long way away. That final stretch along the beach seemed to last forever as we had to dodge the incoming tide, legs burning from walking on soft sand. We also spotted a creature out at sea which we thought was a whale. It was moving too quickly. Even with binoculars we couldn't work out what it was, so it will for ever remain a mystery of the walk.

By the time we reached Cronulla Surf Club we were ready for a treat. Coffee and cake to finish topped off a stunning day in one of the prettiest parts of Sydney. By the way, what happened to all the male members of the club? The whole group were women. You don't know what you missed out on guys. Thank you Bob for a great day out.

PHOTOS

By Nick Collins
Tasmania



Hobart's Female Factory, one of five convict women's prisons in Van Diemens Land, is now a World Heritage site. It seems to have been part of a big industry supplying wives and domestic servants to the settlers.



The summit of Kunanyi (Mt Wellington) offers fabulous views across all of Hobart and much of southern Tasmania. The strangely shaped lookout shelter reminds Nick of an Alpine chairlift or cable car turnaround station. There have been lots of controversial attempts over the years to get a chairlift or cable car built. Is this more than just coincidence?

PHOTOS



The Meander River, in the picturesque northern Tasmanian town of Deloraine.



The summit of Mt Roland in Tasmania's north west. It's a satisfying climb, involving a steady 800m ascent, and the top provides a view across most of northern and central Tasmania.



A big and fierce looking snake standing its ground on a bush track. It's either a tiger snake or a copperhead. Both are deadly. They can be hard to distinguish. Nick's shown the picture to several alleged snake experts, and there have been votes for each. Any further views on this?

WALK

Macquarie to Epping 25 September 2016 Grade 2 Leader: Denise Kruse

For a fleeting minute I had a nice number (11) booked onto the walk, but by the time we met on the day it had whittled down to seven. A few cancelled because of the threat of rain, which was a little unfortunate, as we had no rain, and it ended up being a very pleasant morning for the walk.



Five of us met at Macquarie Train Station, and after greetings we followed Lane Cove Road past Eden Gardens, where we picked up the remaining two of our group and walked over De Burghs Bridge. We then joined the Great North Walk under the bridge following the Lane Cove Valley. Because we were doing great time, we extended the walk, by agreement, by following Devlins Creek past Whale Rock to Epping, finishing by 12.30pm at Epping train station.

At that point two left but the remainder finished the day with lunch at the Epping Hotel and a train back to our cars.

Thanks to those who attended – Francoise, Bryan, Lynn, Len, Faye and Ed.



FUNNY PHOTOS

Can you guess where these photos are?

These are real photos taken without editing or alteration.



One is locally in Sydney.

One is far away.

Can you guess where they are?



Send your answers to editor@anwalkers.org.au by the next newsletter deadline.

Last editions photos where of the Governor Macquarie Statue in Hyde Park in Sydney city.



The second photo was taken in Iguazu National Park, Argentina.



Editor's Note

If you have any submissions of Funny Photos for the next edition send them to; editor@anwalkers.org.au

They should be unedited real sightings, preferably on a walk or travelling, but anywhere, and in good taste anyone joy! Such busker in Park ney... that even can enjoy as this spotted Hyde Syd-



TRAVEL ITALY

BY FIONA BACHMANN

I got woken up at around 5.30am by the night attendant putting the light on in the kitchen next to my room. :(Not my idea of fun on a leave day.

It had been a good trip, walking through southern France, and wandering home through Bologna, Milan, and Venice. However I'd had enough of Venice Mestre (dry land poor cousin to the Venice surrounded by water), and just wanted to get to the airport and out. Travel days can be tedious. I knew I had a two hour stop in Rome airport, once arriving from Venice, but wasn't fully prepared for my final day in Italy.

I had looked up the airport bus times and rates, and kept ten euro aside for the eight euro advertised price. I went to the bus station. The ticket window was closed. I asked an attendant in the yard which bus, and how to get a ticket. He sold me a ticket for eight euro, and said something like 2nd stop/ bus. Italians aren't very forthcoming, and I found it hard to understand their English underneath the Italian accent. There was a bus waiting labelled C2. The bus driver wasn't there yet, and I asked another passenger at the front if this was going to Marco Polo airport, the one I needed. They confirmed going to Marco Polo. So I got on and waited. I was a bit worried about ending up at the other airport Treviso. I tried to validate my ticket, I wasn't sure if it had, but I had a paid ticket, and everything else fitted, so I waited. Italy has a ticket validation tap system kind of like Melbourne's. It's about as user friendly as Melbourne's too, i.e. really hard for visitors, hard to know how to get tickets, yet little assistance and understanding given. Only some buses have ticket machines, that don't give change. This bus had no ticket machine either. The trip wound out of the city through market garden areas. Just before reaching the airport a group of inspectors got on, and checked tickets, and one said mine was invalid. Apparently there are two bus companies servicing the airport,, using the same depot, and I got on the wrong one. Right location, wrong bus to get there. So my ticket wasn't valid.

I was stunned, and thought the inspector would let me off, because I had clearly made an effort and actually paid for a ticket. I said sorry, I didn't know, and didn't do it on purpose. He was polite, and spoke fairly good English, but no excuses. I got fined the ticket price plus sixty euro, a total of sixty eight euro. They took my passport details, and ad-

dress. I gave my work address. If I understood correctly, I had five days to pay, and could do so at a post office before leaving Italy. Otherwise there were payment details, which could be completed in Australia, at an extra cost. I was quick thinking enough to opt for the deferred payment option, wondering if I could dispute this. I was not the only one I saw getting paperwork written for. I think the three inspectors made a killing, or would have if this revenue was followed up.

I also found out after shopping at Ducati in Bologna, that non EU citizens can get Value Added Tax back for purchases over 154 Euro. Unfortunately one has to get a specific form from the retailer at the time of purchase, not just cash register dockets. The customs officer was nice, but no refund on the dockets I had. So a forty euro saving I could have had, lost. >:

I had just a few euro dollars left after the bus, not worth changing to another currency. So, I bought a present for my neighbour, who had been feeding my fish.

I then had 0.16 euro cash left, and looked for a charity donation point, hoping that wasn't an insultingly small donation. That was Italy. I was tired and hungry, and just wanted to get on the flight so they'd feed me. The moral of the story being be very careful, and aware of your surroundings. I still haven't paid the fine, and I have avoided being deported so far. Fingers crossed!



Italian bus ticket & fine — photo Fiona Bachmann

FOR THE DIARY

Annual Xmas Party & BBQ

Come and join us

Saturday 3rd December 2016

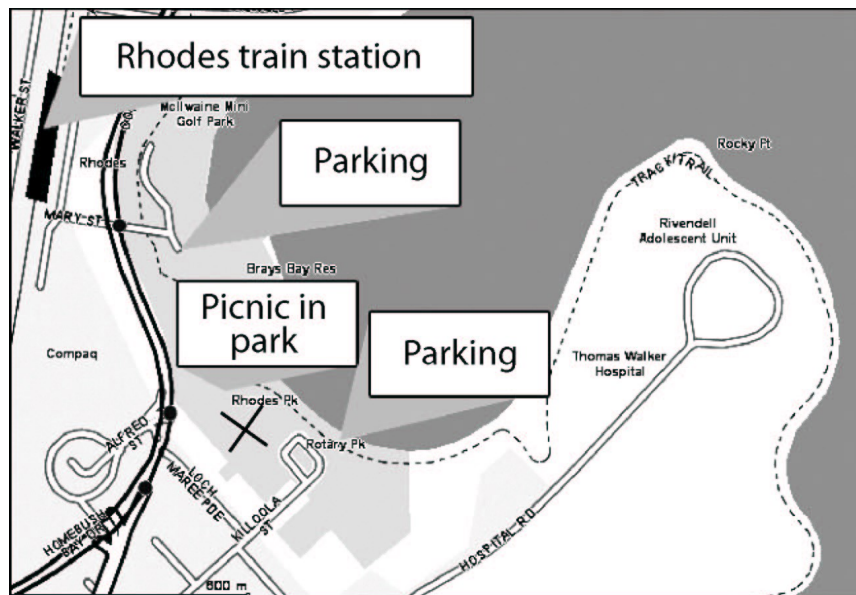
4:00pm to 9:00pm

Where: BBQ Area at
Rhodes Memorial Park, Rhodes
(Next to the Kokoda Café)

Covered BBQ facilities and amenities available.

Bring: Your own meat for BBQ and preferred celebratory tippie.

Salads, bread rolls and soft drinks will be provided.



Change of Details

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

- change in address
- email address
- phone numbers

email us at: club@anwalkers.org.au

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

DEADLINE FOR NEXT ISSUE -

1st February 2017

SEND YOUR CONTRIBUTIONS TO
editor@anwalkers.org.au

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

A quote "The value of experience is not in seeing much, but in seeing wisely." William Osler (1849-1919)