



all nations
BUSHWALKERS INC

Summer Newsletter

December 2020

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

Keeping Track

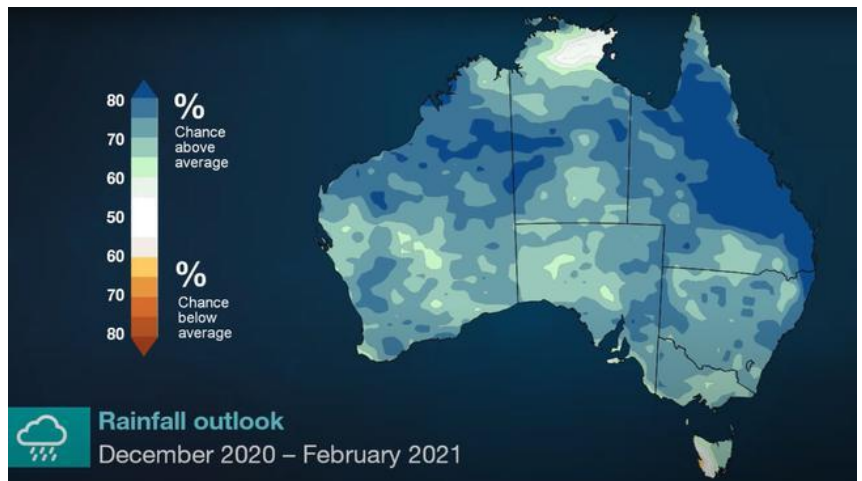
NEWSLETTER OF ALL NATIONS BUSHWALKERS INC • FORMERLY ANC BUSHWALKERS INC & ALL NATIONS CLUB WALKABOUT GROUP • FOUNDED 1964 • INCORPORATED 1992

SUMMERTIME...AND THE LIVIN' IS EASY...

Well I don't know about you, but whenever I think of summer, the first tune and words that come to mind are from the song Summertime, especially the slow languid version by Ella Fitzgerald. Or the raspy gut wrenching Janis Joplin version with her heartfelt style. It's a song that's been covered thousands of times since it was composed by George Gershwin in 1934.

As we come into summer, the Bureau of Meteorology (BOM) and other climatologists, are now confident that we are heading into a La Nina phase. In simple terms, this occurs when the sea surface temperatures in the Pacific and Indian Oceans are cooling. This effectively means a wetter than average time over the next few months.

Whilst we expect more rain, we have also been experiencing some very hot days. One thing's for sure, we will all be checking the weather



forecasts before we head out on our bushwalks.

A few weeks ago, we had temperatures in the mid 30's. I was out on a walk with a friend, doing a recce for a club walk. The forecast was around 30°, not too bad we thought, however, it was very humid. I packed my usual 3 litres of water (I always drink a lot!) but in the heat and humidity, it just wasn't enough. We both almost ran out, with an hour's uphill walk still to go. We were very lucky to pass a couple of young girls, who hadn't even broken into a sweat, who kindly topped up our water. Absolute angels. It was a sober reminder to know your body and be prepared for the conditions as you will also see in Denise's walk report.

On that note, we will shortly have the summer program up on the website, as always, there will be a good range of walks for all abilities and interests.

Thanks as always to our contributors, we have a full and interesting read this quarter.

Wishing you all a wonderful Christmas and hope to see you all soon in the great outdoors!

Yours in Keeping Track, Dee McCallum, Editor



President's Soapbox

Dear members

Well what a year 2020 has been and challenging in all respects. Thankfully we continued through those challenges with full weekends of activities from bushwalking to history walks to cooking classes to social get togethers.

I would like to thank all our Walk Leaders for their dedication in ensuring all our members had the opportunity to get out and about and enjoy the beautiful bushwalks we have right on our doorstep. There is nothing better for the mind and soul than spending a day out in the bush getting back to nature whilst in good company.



I look forward to leading us into 2021 with a full program of activities to keep you active and entertained!

As the festive season draws near I wish everyone a safe and happy Christmas and look forward to seeing you all in 2021.

Leah Taylor
President

Welcome to New Members

Robert Orr
Shaun Ringrose
Mike Ticher
Mikhail Pereiaslavski
Joanna Celewicz

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

ANB QUARTERLY COMMITTEE MEETING

The committee has been lucky with Leah able to allow us to use her workplace boardroom. A great venue with plenty of space for everyone. Most of the meeting was spent in discussion of the Christmas Party and the photo competition and how that would unfold given COVID. Our Webmaster Paul continues with web updates and Michele has the busy job up keeping up memberships. Richard also keeps busy sending us updates on walks on a regular basis —check your inbox and don't forget to sign up on walks as soon as you can. Our program is popular and some walks do book up quickly.

BUSHWALKING NSW

If you haven't already, it is worth signing up for the Bushwalking NSW newsletter. It is always full of interesting snippets, including news from other clubs, upcoming events and other tips for bushwalking. You can sign up for the newsletter [here](#).

WALK REPORT

FAULCONBRIDGE TO SPRINGWOOD WATERFALLS

27 SEPTEMBER 2020

Dee McCallum

Having completed a recce of this wonderful walk a few weeks prior, I was hoping that we would again see all the waterfalls flowing. Of course mother nature is always in control and it sadly wasn't quite to be!

Thankfully, everyone was on the right train and for those that drove, we boarded at Springwood for the one stop to Faulconbridge.

A short stroll on the narrow road past the station, led us to the start of the walk along the Victory track. The area is famous for Sir Henry Parkes, the father of Federation. Whilst we didn't stop, both Sir Henry and his wife are buried at a small cemetery near the station—must remember to stop next time!

The track takes us down a damp shady pathway amongst many beautiful large turpentine trees until we reach our first waterfall—Clarinda Falls.

Sadly a small flow only today, but worth it to get close into the dark mossy base of the falls.

After a short stop for photos we headed back onto the main track until our next waterfall, Numantia Falls. The side track is quite narrow and uneven, and takes about 20-



30 minutes to arrive. The creek beds have little water, a sign that again we are not going to get the strong flowing waterfall we would like. Our morning tea break here is however very welcome, even if the falls are a mere trickle.

We backtrack and as is often the case, the return trip is so much easier and quicker. Shortly after, we join the Sassafras track at a junction where there is significant damage from the storms back in February. There are signs of landslides, plenty of trees fallen and the creek beds awash with debris. It would have been an amazing but frightening sight.

One of the benefits of being leader, is being the first to sight any wildlife (unless it is a snake!). For the first time, I saw a beautiful crimson rosella, bathing in the water.

It seemed oblivious to us and we got quite close. What a treat. It was having a lot of fun!



We soon got our own taste of the recent effect of stormy weather when we came across a patch of fallen trees just before our lunch spot at Perch Ponds. We had no option but to bush bash our way through.



After our excitement, we stopped for lunch at Perch Ponds. And after a nice flat undulating walk, we now had the mostly uphill slog back to the station. We passed Martins Falls, which again didn't have a flow. However, it is a pretty walk, criss crossing the Magdala Creek,

about 11 times. A very pleasant and shady walk which I will put on again this summer.



WALK REPORT

THORNLEIGH TO HORNSBY

1 NOVEMBER 2020

DENISE KRUSE

One of the most difficult issues for a walk leader is deciding whether to postpone a walk because of bad weather. Cancel and sometimes the day turns out to be nice and sunny. Our walk was an example of the difficulties of making that decision.

Sydney had been hit with rain, thunderstorms and hail in the week leading up to the walk so Ed and I were considering postponing the walk. In the end we decided to still run it, aware that the creeks may be flooded. The weather forecast for the day of the walk was showers which suggested only a little bit of rain.

So after 2 members dropping out, we had 10 (including Ed and I) meet at Thornleigh train station. Unfortunately Stephen's rail bus had been delayed but he eventually made it. We walked the streets to the start of the walk which is part of the Great North Walk. The walk is well marked however, after about 30 minutes it showered and it continued showering/ raining for the rest of the walk.



We followed the Benowie walking track down Zig Zag and Berowra Creeks and then followed the Blue Gum Walk around to Ginger Meggs playground for an under cover late lunch, then onto Rosemead Road picnic area and the dreaded stairs leading up to the road. We then walked to Hornsby Station finishing wet at about 3pm.

As anticipated the creeks were flooded – and although most of the creeks crossings weren't a problem with bridges, one was an issue which involved a jump from a rock over the creek. A woman in the group ahead of us slipped on the rocks but we made it without issues. I must admit that I took one look at the woman slipping and I waded across the creek. But the rest of the group successfully did the rock jump.



Because of the flooded creeks we elected not to go down to the Fishponds (which is where all the creeks converge) but as a result we had to do some unsurveyed walking and last minute navigation to get onto the Blue Gum walk. Thanks to Elaine, Ed, Leah and Stephen for your help in navigating.

Thanks to those who braved the wet weather to do this great walk - Leah, Tricia, Richard, Francoise, Jane, Candace, Stephen, Elaine.

Ready for the next rainy day?

WALK REPORT

SPHINX TRACK TO BOBBIN HEAD AND RETURN VIA GIBBERAGONG AND BOBBIN HEAD TRACK

22 NOVEMBER 2020

DENISE KRUSE

Although initially we had 9 for the walk by the day of the walk that number had dropped down to 7. Not bad for a walk on a hot day.

We met at Turramurra Station for a car pool to the start of the walk. I must admit we were initially going to walk from the station but decided against it given distance and weather.



We then followed the Sphinx Track past the Sphinx Memorial down to Cowan Creek for morning tea. It was getting hot by this time and we were grateful for the water views and the occasional breeze. We spotted a huge goanna “hiding” on a tree trunk and continued to dream about swimming in the very tempting creek.

We then followed the sandy track along Cowan Creek to the first Bobbin Head café for a toilet stop and then on to lunch at the Bobbin Head picnic ground. The second café proved very tempting for a few and we took advantage of milkshakes and cold drinks.

After lunch the group split into 2 groups with Denise, Lynn and Annette returning to the cars via Bobbin Head Track. Along the way we bumped into a group who we had met earlier in the day going the opposite direction. By this time they had run out of water and were looking desperate. We gave up some of our water so they could return to Bobbin Head safely. Our good deed for the day over, we arrived back at the cars just before 3pm.

In the meantime Ed led the second group of Francoise, Bryan and Adrean along Gibberagong Track following Cockle Creek. After an afternoon spent leaping over boulders, they finished just as the rain was starting and were collected by Denise.

Thanks to those who braved the hot weather to enjoy the walk and each other’s company.

With summer fast approaching don’t forget to pack plenty of water and sunscreen.



WALK REPORT
HORNSBY HEIGHTS AND
CROSSLANDS LOOP WALK
15 NOVEMBER 2020
NICK COLLINS

I get a lot of satisfaction from pioneering a new bush-walking route. More satisfaction if it's a circuit that links different places I've enjoyed before. And even more if I can lure a group of bushwalkers into following me round it, and they all get back in one piece and seem to have enjoyed the experience!

The Hornsby Heights/Crosslands loop walk was one



such example. It linked the streets and fire trails of the Hornsby Heights plateau with the Berowra Creek and the Great North Walk below. It involved short sections of somewhat wild off-track bush-bash tests, which every member of the party passed with honours.



And some of us celebrated in style in the Hornsby Inn afterwards.

WALK REPORT
BONDI TO WATSONS BAY
4 OCTOBER 2020
DENISE KRUSE

We decided to welcome daylight saving with a coastal walk. The walk is a good one to do when the weather is hot (as we had on the day).

8 people met Ed and I at Bondi Junction bus exchange for a bus to Bondi Beach. After a heart stopping moment where I thought I had lost my phone (which I found), we alighted and walked along the Bondi Beach footpath.

We then followed the streets to the start of the Federation Cliff Walk. The walk along the road can be dreary but is brightened by views of the posh houses.



At Raleigh Reserve (which is the start of the Federation Cliff Walk), we stopped for morning tea and then set off again. We went briefly back on the road and then turned down Lancaster Street and onto Eastern Reserve. We watched some archery and then walked down staircases and around to Diamond Bay Reserve with a whale glimpse. We stopped at Clarke Reserve for lunch. We then walked onto Watsons Bay Gap and then around to South Head Lighthouse before returning to Watsons Bay for the trip home.

Nearly all of us caught the ferry back to Circular Quay.

Thanks to those who attended – Adrean, Bryan, Richard, Jane, Karin, Stephen, Maryam.

ANB CHRISTMAS PARTY

5 DECEMBER 2020

SARAH BURKE

Another successful Club Christmas Party was held at Rhodes Park, though different to previous years with everyone having to BYO everything. 21 attendees in all, who ignored the forecast rain and storms to join the happy bunch. It was wonderful to meet some new members and see old friends. A few managed a walk beforehand along the river.

The most exciting part of the evening was announcing the winners of the activity leader incentive program and photo competition. The activity leader incentive draw would normally have been done at the AGM.

As this didn't happen at the AGM this year, there were four programs worth of activities to include in the draw, and two winners. Winners were Denise and Leah, congratulations to both and thanks to all activity leaders who make the club happen.



The photographic competition was a little different this year, with the theme being a destination in Australia and NZ visited in the last three years, thanks to a great idea by Julian. The aim of the competition was to inspire some travel ideas given current restrictions. Also different this year was that submission of photos and voting all had to be done online. Congratulations to the winners Fiona, Bryan, Eirlys and Jacqui. Julian made beautiful certificates for the winners.

Thanks to many for another successful party. Michele for making the booking, Denise for picking up the key, all involved in the photo competition (Julian, Len, Nick, Paul), Steve for bringing extra plates etc and cleaning up, Richard for providing the activity leader competition data.



ANB PEOPLE **JULIE ARMSTRONG** BY JAN STEVEN

Remembering Julia Armstrong 1947—2020

Julie joined the All Nations Bushwalkers 28 April, 2007 and enthusiastically took part in many walks before becoming a walk leader herself 3 years later. Prior to 2010 she had learnt the ropes as a joint walk leader. Julie's first walk in April 2010 was quite an ambitious one - starting with a guided tour of Elizabeth Farm then on to a circuit walk around Lake Parramatta.

Any new walks were always conscientiously surveyed, sometimes with one of her children or another club member before submitting a walk to the program.

Julie's walks covered many areas from Barrenjoey Lighthouse to the Lower Blue Mountains and many places in between. To name a few - Lake Narrabeen, the Balmain Peninsula, sections along the Parramatta River, The 5 Bridges, Iron Cove Bay Run, The Sydney Botanic Gardens, The Justice and Police Museum and Dangar Island. The walks were suited for the less competitive walkers amongst us, and often included places of historic interest to visit that most people

would never have known of.

Julie also initiated the Wednesday walks which have continued on the program to this day and her contribution she gave to our club we recognise and thank her for.

As a keen theatregoer she regularly attended Len's theatre

nights at The Genesian and other regional theatres.

In mid-July Julie was diagnosed with cancer and sadly passed away 6 September 2020.



ANB PEOPLE **SALLY ARNOLD** BY NICK COLLINS

Long lost Club luminary back among us

I stumbled upon a long lost All Nations luminary on the streets of Broken Hill the other week. She has fond memories of her times with us 15-20 years ago.

There I was, wandering the streets of Broken Hill, en route to a South Australian bushwalking holiday, when I bumped into Sally Arnold, no less, one of our Club's most productive contributors of 15 to 20 years ago.



Sally was the graphic designer who gave us our logo, and the basic designs for all our forms and our newsletter. The logo, by the way, derives from the Sydney Olympic 2000 logo, with five rings, but as a more dishevelled, bushwalkerly version [is that even a word!?! Ed.]. At least, that's my understanding of it.

Sally left the Club, and graphic design, to live in Indonesia, where she worked as a tour guide for Intrepid Travel, and as a professional writer for Travelfish. She recently returned to Australia for family reasons, as well as the collapse of the travel industry, and is living in the town of Orange. She sends her regards to any bushwalkers who remember her.

SUMMER WALKING HEAT, LEECHES TICKS AND OTHER NASTIES

DEE MCCALLUM



Walking in summer presents all manner of challenges, the searing heat and humidity for a start. Not surprisingly, the better you cope with the heat, the more you are likely to be happy hiking under the midday sun. There are a few basic tips to ensure a more pleasant walk, mostly common sense:

1. Check the weather forecast and know your own limits. Look at temperature *and* humidity.
2. Dress appropriately—long sleeves are usually better, but make sure it is a breathable “sports” fabric.
3. Wear a wide brimmed hat.
4. Start early—avoid the hottest part of the day from 11am—3pm if possible.
5. Bring plenty of water and an electrolyte supplement is also good to have (I like to freeze a few small bottles of coconut water or Powerade). How much is up to you. Many sources use a guide of 1 Litre per hour of exercise.
6. Hydrate before you start walking!
7. Don't push yourself. Rest more often and when you need it, in a shady spot.
8. Cool down where you can. If you cross any creeks, splash yourself down and wet your hat.
9. If you are driving, keep a small esky in the car with some frozen bottles of water.
10. Look after each other, keep an eye out for signs of heat stress.

This article published by Sports Medicine Australia is a very good guideline. [Click Here](#). NSW Health also publish a good document about heat related illness such as heatstroke. [Read it here](#).

Summer brings out all the nasties! And no one likes 'em! As it gets warmer, there is an increased chance of an encounter with leeches or ticks.

Leeches are more likely in the damper part of the bush, they cause us less harm and can be easily removed. Insect repellent can help or just wearing long pants that they find hard to grip onto. Much as we don't like them, they have proven their worth in medicine. [Click here](#) if you are not squeamish to read an interesting article from the Sydney Morning Herald where they were used to help a man who had severed his fingers!



Ticks are however more concerning and need go be treated carefully. Again, insect repellent containing DEET can be a good deterrent.



[This article](#) provides a good summary of what to do if you encounter a tick on the track.

[As does this](#) article by Caro Ryan..

I used to be terrified of snakes. I tippy toed along the track, my eyes darting everywhere waiting for one to strike out at me. It was a long time and lots of walks before I saw my first snake and it was a beautiful carpet python. I stood well back as a few braver souls got close to take photos. I think that put me at ease, as the snake didn't lash out or chase them down the track! I can now add a red belly black, another carpet python and a brown. I am still very cautious but have realised for the most part, they will not attack and overall, we really don't see them too often.

There are plenty of websites to go to for information such as [HealthDirect](#) and the [Royal Flying Doctors](#).



PHOTOGRAPHY COMPETITION 2020

BY JULIAN RANDOM

Congratulations to the winners and runners up of the Inaugural ANB online Photographic Competition. For those who missed a great night hosted so elegantly by Sarah and Michelle and the announced winners... here they are again, along with the photos—in print!

Also a big thankyou to the behind the scenes people who made the competition possible . The committee who gave oxygen to my idea of an online destination competition to inspire travel around Australia and NZ .

Len Sharp for providing templates for winners certificates and Nick Collins for technical advice on optimal pixels and megabyte sizes required for photographs for the library.

Paul Monaghan our webmaster guru who had the enormous job of setting up the albums, loading competition entries on line, compiling voting into a neat little package and numerous other trouble shooting jobs that are an inevitable part of launching something completely new- gold star award to Paul!.

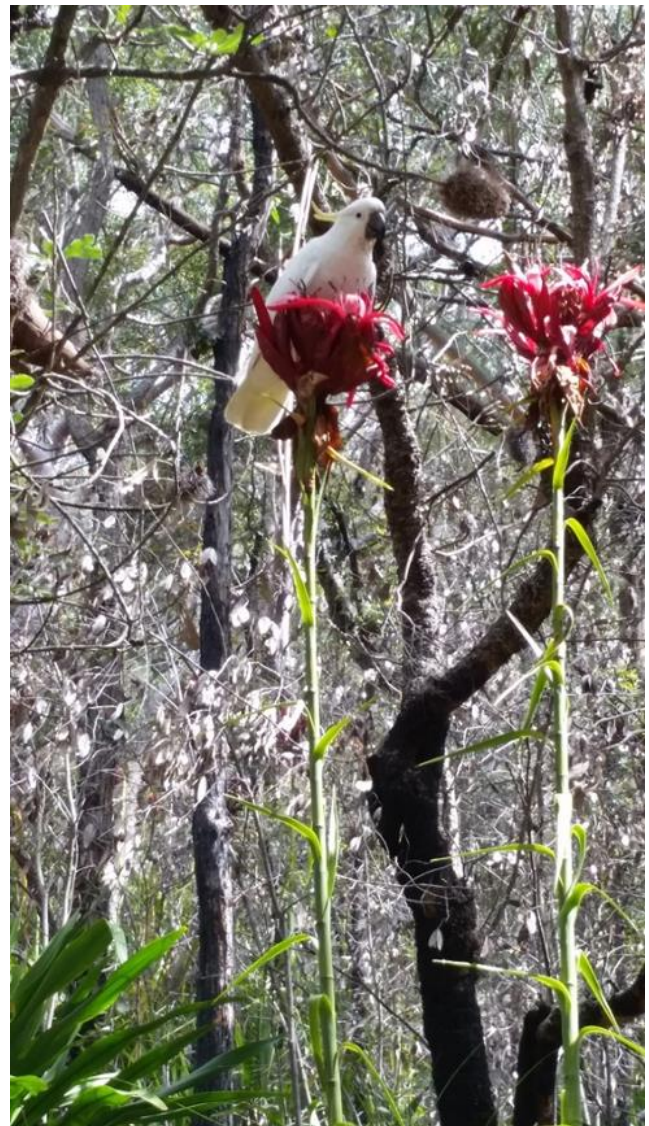
And last but not least those that took the trouble to enter into the competition. Without you it would not have been one.

Flora and Fauna

Winner (\$50) - Eirlys Vaughan (Beautiful water dragon near Lane Cove river) F104



Runner-up (\$25) - Sarah Burke (In a forest of Gynea



PHOTOGRAPHY COMPETITION 2020

BY JULIAN RANDOM

People Scenes

Winner (\$50) - Fiona Bachmann (Three little bushwalkers sitting on a wall - around the Gardens of Stone area Blue Mountains - July 2018) P206



Destination – Australia and NZ

Winner (\$50) – Fiona Bachmann (Reflection - hike at Sugarloaf Reservoir Park, Yarra Valley Victoria - June 2020) A010



Runner-up (\$25) - Jacqui Joseph (Liam) P207

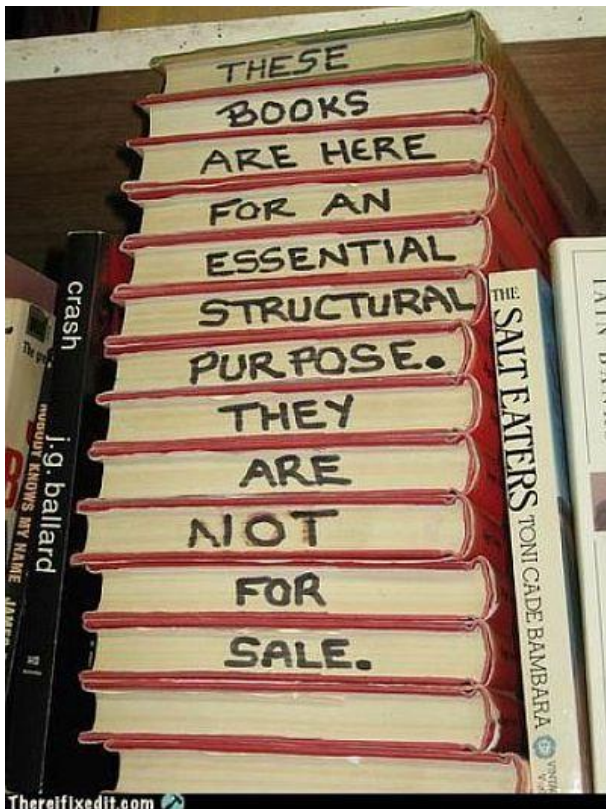
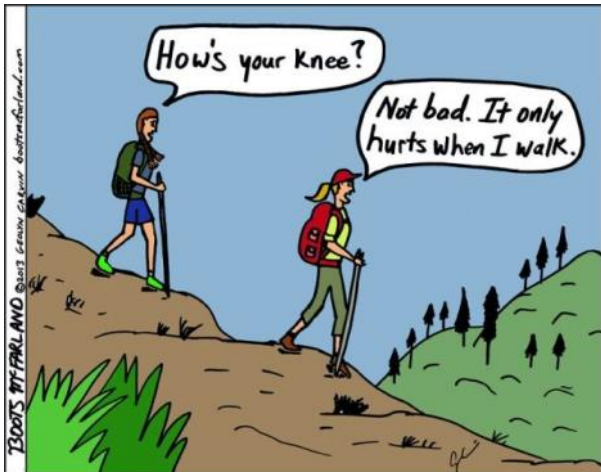


Runner-up (\$25) – Bryan Smith (Ramshead Range) A017



NOTICES AND BITS AND BOBS

Fun Photos



If you find any funny or interesting pictures in your travels, send them in!

Club Matters

- ☺ Next club meeting is 12th January 2021. Any issues you would like raised or discussed, please contact the club President Leah.
- ☺ Any newsletter contributions are always welcome. When sending photos, please try and send as high a resolution as possible. If you are not sure what that means, when you go to send your photos by email —once you click to send, you are usually prompted to send a certain size—Small, Medium Large or Actual size. The bigger the better!
- ☺ Interested in leading a walk? Or have an idea of a walk you would like to do but not confident to lead? Check out our website where we have a number of walk leaders happy to mentor. You will have to login and look under "Activity mentors" to find them.
- ☺ Remember, many walks are posted at short notice. Make sure you are on the mailing list and getting regular emails with upcoming activities.
- ☺ All photos from the photo competition are saved on the website, if you want to check them all out.

Thank you!

As always, a thank you to all our contributors.

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

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