



**all nations**  
BUSHWALKERS INC



**Winter Newsletter**

**June 2019**

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 REPORT**

### **BERRIMA HISTORIC DAY**

**24 MARCH 2019 GRADE 1**

**LEAH TAYLOR**

Our Berrima historic day out proved to be very popular with 20 of our members joining Susan and I on the day.

We started with a delicious morning tea at the Bread & Bowls Cafe and from there, with 20 in tow, we headed over to the Berrima Museum for the start of our walk where we discovered and experienced the quiet charm and romance that comes from the features of this historic village which has remained frozen in time and so wonderfully portrays the earlier settler times.

One of the most interesting parts of the walk was taking a side track to explore the River Walk which was the location of a German Intern Camp during World War 1. This was fascinating as not many of us knew that this had existed. Conveniently located on the path were the history sign posts (with photos) telling you all about what was located on the very spot you were standing or down by the river or up in the bush. The Germans had set up a unique village of their own where all the locals were invited to join in and experience the German culture.

Following our history walk and exploring the 31 points of interest we then headed back to the Bread & Bowls Cafe for lunch outside in the courtyard. After lunch everyone was free to head off and explore the village with its antique and art galleries, craft shops, gift shops, clothing stores and specialist retailers and the very popular Lolly Shop!

Thank you to all our members who came along for the day and I know that everyone had a very enjoyable day out!

Due to the popularity of our Berrima Historic Day Out – Susan and I will schedule this walk again in the Spring.

Yours in historic days out!  
Leah & Susan



## President's Soapbox

There's a lot of talk about mindfulness and wellbeing where I work and one of the things we've been trying to do is get the staff to look after their own health. What could be better for wellbeing than gentle, or depending on the grade of the walk, strenuous exercise. Mindfulness, despite the chatter of your walking companions, can be achieved by appreciating the beauty of the countryside/mountains/coastline or the sound of the birds along the way.

I've persuaded my work newsletter to profile me later in the year in order to promote the ANB. If you think your colleagues at your workplace could benefit from some outdoor exercise why not recommend the club to them? Anyone can come once free as a visitor before they need to decide whether they want to join.

By the time you read this you should have received the notice of the Special Resolution and AGM on Saturday 29th June to be held in Burwood. The Special Resolution is to confirm the updated club constitution required by recent legislation. I would encourage as many people as possible to come along and even consider being nominated for a committee position, which all come up for election at the AGM. Arguably, the highlight of the morning will be the judging of the home-made food and photographs that members have brought.

*Helen Hindin*  
President

## Welcome to New Members

Candace Carter  
Anastasia Stankovski  
Ivone Gomes  
Susan Dunphy  
Garry McDonald

See you in the bush.....

## WINTER IS COMING

With winter well and truly here at last, some will be relieved to be out of the heat and summer sun! But winter presents it's own challenges and now is the time to test your gear.

Who doesn't have a raincoat buried in the bottom of their pack or tucked away in the back of the cupboard, that has not been used for months!? Well now it might be time to check it out! Does the zipper work? Are the seams still intact and the hood attached?

Do you need to think about gaiters? Are your boots waterproof?

Do you have a 'raincoat' for your daypack? Or waterproof pants?

If you feel the cold, do you need to bring a beanie or gloves?

Whilst you warm up whilst walking, it can get cold when sitting still over lunch, so having a warm thermal or fleece to put on is also a bonus.

A hot drink can also be very welcomed, instead of sandwiches or wraps, a thermos of hot soup is a great warming and nourishing option.

Plenty of online outlets and stores are having sales so it might be time to splash out and get some new equipment.

As always, the weather can change very quickly so always be prepared.

# **WALK REPORT**

## **COCKATOO ISLAND**

**20 APRIL 2019      GRADE 2**

**LEAH TAYLOR**

Thank you to Michele, Len, Bryan, Garry and Pan who joined me for an interesting day out exploring Cockatoo Island.

I know we have all been to Cockatoo Island but no matter how many times you visit you always find and learn something new each time.

We started with morning tea at the Societe Overboard Cafe enjoying the view of the harbour and then started our walk around the island exploring and learning as we went. The highlight of the day was attending the steam crane demonstration where we got to see a 1918 steam crane in action which had been lovingly restored (over four years) by the dedicated group of volunteers who offer their time to ensure the history is not lost to us and generations to come.

I must say the boys were very intrigued and spent a great deal of time talking with the volunteers who were happy to share their stories of the time and effort that went in to restoring the steam crane.

We then headed to the Marina Bar & Cafe for a delightful lunch by the water. From there we spent the afternoon walking, learning and taking in the sights of the stunning views of the harbour.

Another of the of the day's highlights was exploring the Shipyard Stories located in Biloela House on the upper plateau. This exhibition of archival imagery is a celebration of the island's storied maritime history. We could have spent the whole day in Biloela House as there was so much to see and read – that's for next time!



# WALK REPORT

## BLUE GUM SWAMP WINMALEE

26 MAY 2019 GRADE 3-4

DEE MCALLUM

Not far from the shopping centre at Winmalee, this lovely walk takes you through one of the last remaining stands of blue gum trees in the Blue Mountains.

We set off from Strathfield, a small group of five with a sprinkling of rain having us worried about a wet walk. As we got closer to the distinct deep blue haze of the Blue Mountains, the spits of rain stopped and the blue sky opened. Sarah met us at the track start and we were off on our way shortly thereafter. The weather was perfect and after half an hour we all stripped off a layer over a brief morning tea. The Shaw Ridge track is all fire trail so easy walking and a very gentle gradient, before dropping into the valley of majestic blue gums. We guessed they were mostly about sixty metres tall, surrounded by layers of bracken ferns. Such a magnificent stretch of bush, there were many stops to admire the beauty of these trees. After an easy start, on the undulating track, the climb began as we headed up the Bees Nest Hill to the Grose Head South lookout. The perfect spot for lunch. We mostly had it to ourselves but came upon a couple of groups on mountain bikes. Good to hear they also struggled up the hill, a couple having to push their bikes.

The final stretch of track after the slippery descent, was back into the heart of the Blue Gum Forest on the Springwood Track, along side the creek and swamp. More majestic gum trees, kept the track shady. We were lucky to be followed by many blue wrens flitting between trees and following us along the path. Not to be outdone, a decent sized diamond python was making its way across our path. He checked us out and slowly made his way back into the undergrowth. As we strolled back to the finish.

A great day out, thanks to the team—Jane, Leah, Linda, Bryan and Sarah.



## WALK GRADES

How do you decide if a walk is for you? When walks are published, the walk leader will use the grading system below to determine the difficulty or ease of the walk. This information is published on the website if you need further guidance. However it is best to check with the leader first. They will generally have surveyed the walk and can answer any specific questions you may have.

Members can log in to the All Nations website and access the walk *Grading Calculator* under the *For Members* section.

There is a walk for everyone!...

### Grade 1

Easy terrain & gradients, typically up to about 9km per day on good tracks, fire trails, or paved surfaces.

### Grade 2

As above, but may involve slightly more difficult terrain, or total ascents/descents up to about 200m, or distances up to about 14km, or a combination of these.

### Grade 3

May involve more difficult terrain, e.g. rock-hopping in creeks, or total ascents/descents up to about 400m, or distances up to about 19km, or a combination of these.

### Grade 4

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

### Grade 5

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

### Grade 5+

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

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

## MENTORING FOR NEW ACTIVITY LEADERS

If you'd like to organise an activity for the club but feel that you don't have the inspiration to choose what to do, the experience to plan it, or the confidence to lead it, then this might provide the help you need.

The members listed below have offered to help you select, plan, survey and lead activities. Contact one of them and they will provide assistance and advice where possible.

Name	Contact details
Richard Barnett	<a href="mailto:richard.barnett@pobox.com">richard.barnett@pobox.com</a>
Nick Collins	<a href="mailto:nick_collins_2000@yahoo.com">nick_collins_2000@yahoo.com</a>
Suseela Durvasula	<a href="mailto:suseela_durvasula@yahoo.com.au">suseela_durvasula@yahoo.com.au</a>
Liam Heery	<a href="mailto:liamheery@gmail.com">liamheery@gmail.com</a>
Helen Hindin	<a href="mailto:helen.hindin@gmail.com">helen.hindin@gmail.com</a>
Linda Kelen	<a href="mailto:kuring7@gmail.com">kuring7@gmail.com</a>
Deidre McCallum	<a href="mailto:DmcCallum@agririsk.com.au">DmcCallum@agririsk.com.au</a>
Andrea McDonnell	<a href="mailto:andreamcdonnell@optusnet.com.au">andreamcdonnell@optusnet.com.au</a>
Freda Moxom (Blue Mountains, up to Grade 3)	up to <a href="mailto:fmoxom@gmail.com">fmoxom@gmail.com</a>
Len Sharp	<a href="mailto:sharplen@hotmail.com">sharplen@hotmail.com</a>
John Renzenbrink	<a href="mailto:Renzenjo11@gmail.com">Renzenjo11@gmail.com</a>

The committee hopes that this proves useful and encourages more members to lead activities. "Activity mentors" in the "For Members" section of the Club website has the list of mentors too. We'll keep it up to date, and each issue of Keeping Track will contain the current list of mentors



# WHAT MAKES A GOOD SCROGGIN?

DEE MCCALLUM



What is Scroggin and where did the name come from? The Oxford dictionary refers to the word as coming into language in the 1940's, from NZ and Australia but the origin unknown.

I have read stories that the term derives from a famous old bushwalker called "Scrogs" who used to live on scraps kept in an old sack he threw over his shoulder. But no one seems to be able to confirm this.

It is a likely acronym for all the things we put in our Trail Mix. -Sultanas, Chocolate, Raisins, orange Peel, Ginger, Glucose, Imagination and Nuts. It is probably easier to swap the Glucose and Imagination and run with Sultanas, Chocolate, Raisins and Other Goody-Goodies Including Nuts.

The Americans call it GORP (Good old raisins and Peanuts) and that might just sum it up best!

It's a personal thing and largely driven by your taste and what is in the cupboard. I, for one, if I have time and I am thinking specifically about making scroggin, go for luxury! A combination of the nuts I don't usually have at home – Macadamias and Pecans. Brazil nuts and almonds are also good. Then I like to add dates, dried apricots, and other interesting things like figs and cranberries. Whilst I love ginger it has a tendency to overpower, so I leave it out. Orange peel is good too but not always easy to find, so one way I get a taste of orange is to include a chocolate orange, such as the Terry's Chocolate range. There are other fancy ones as well, just chop them up and add them in for a citrus kick!

I'm not a big fan of seeds, they are too small and tend to get stuck in my teeth so I usually leave them out. If I use any, it is only pumpkin and sunflower.

Now the chocolate! A decent scroggin must have a chocolate treat! Again this is a personal thing. I am

not a fan of milk chocolate, so dark is it for me. And here's the secret.

Just throwing it all in a bag or container is a bit boring. How about making a chocolate bark out of the ingredients? Chop up your fruit and nuts, aim to keep everything chunky and place them in a baking tray. Then melt the chocolate. A few seconds in the microwave is all you need. You are not looking for a total melt, it is good to have some chunky bits as well, and also leave some bits whole. When you get the consistency you want, pour and mix the chocolate with the nuts and fruit. Spread it out a little, again keeping it rustic is better, so every bite is different. Leave in the fridge to set. Then break up into mouth sized pieces. Bound to go down well and best thing is you made it yourself!

Does anyone have a secret recipe they would like to share? We will post it in the next newsletter. (Although it won't secret anymore then!!)

## Calling all socialites and potential event planners.



The **2019 ANB Christmas Party** will be on Saturday 30 November.

Here is your chance to be involved. The date is set, the venue booked and start made.

It would be really great to have members involved. This year we thought it would be good to have a theme to the party. Any ideas?

To get involved please contact ANB President Helen or any committee member.

president@anbwalkers.org.au  
or

club@anbwalkers.com.au

# **WALK UPDATE**

## **NEW VIEWS OF NORTH HEAD'S OLD STUFF**

**NICK COLLINS**

We've all been to North Head, driven out to the lookouts for the spectacular views across to South Head or up the Harbour. Or we might have strolled up by foot from Manly via Shelly Beach, and through that hole in the wall.

Well I've only recently discovered that the experience is now far richer than that. There's now a North Head Sanctuary, there's open public access to lots of historic treasures, and there's a big network of new walking tracks, lookouts, and information centres.

Just before Christmas I was out with the Club on Andrea's excellent 13km circuitous 'circuit' around the peninsula, and I was astonished at all the new stuff I got to see. She had done a magnificent job of putting it together. I hadn't bothered to switch on my GPS tracker. Thought I'd have no trouble locating our route afterwards. But I became gloriously disoriented. That bugged me a lot, and so I just had to return a few days later, to explore it all a bit better, and to map out my wanderings. I found myself going around in circles a couple of times, without Andrea's guidance, but eventually sorted it out, over what this time turned out to be a 17km course starting and finishing at Manly Wharf.

Among the highlights:

The old St Patrick's seminary, now the International College of Management. The grounds of this fine old building are open to the public.

The Barracks Precinct, formerly the School of Artillery, with its enormous parade ground.

The old Quarantine Cemetery, where 240 people are buried, presumably ones who never made it out of the Quarantine Station.

Then there's the Quarantine Station itself, with museum, and renovated or rebuilt accommodations for functions and things.

Here's the old Quarantine hospital, and its doctors' and nurses' quarters.

There are very solid stone walls everywhere, dividing all the bits from each other.

There's Australia's Memorial Walkway, which 'honours those who have served and supported

the defence of Australia in peace or in war'. And you get to explore the North Fort, and some of the old gun emplacements, which were part of the country's WW2 defences.

Below: the famous 'hole in the wall' and a very crowded Shelly Beach.



# FUNNY PHOTOS

Can you guess where these photos are?

These are real photos taken without editing or alteration.



Last edition's photos were;.....

- Avenel Hotel—Avenel Victoria
- Urriella Refuge, Picos de Europa ,Spain



*Editor's Note*

If you have any Funny Photos to submit 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 that everyone can enjoy!



## WALK REPORT

### MILSONS POINT TO TARONGA PARK ZOO

21 APRIL 2019 GRADE: 2

DENISE KRUSE



For a fleeting moment I had twelve on the walk, but some cancelled and so on the day six joined me on this scenic city walk.

We met at 10am at Milsons Point train station and it was great to catch up with old, and meet new friends.

We headed off walking the streets around Kirribilli and

Neutral Bay before having morning tea at Kurraba Point. We then followed the track around Cremorne Point stopping for a drink at the newly refurbished Mosman Rowers Club. We climbed the hill over Mosman Bay (and let me tell you what a challenge that was after a wine!!) and followed the track to Little Sirius Cove for lunch and playing with dogs in the park.

We then followed the track to Taronga Park Ferry where Leah left us and the rest caught the ferry back to Circular Quay.

A great day full of sunny weather and lots of laughs. Thanks to visitors Gillian and Sally and to the members Ed, Leah, Lynn and Ann for joining me.



# NOTICES

## PHOTOGRAPHIC COMPETITION to be held at the AGM

**Photos: Any size, in colour or black & white, and taken by you since the last AGM.**

### Categories are:

**Nature** taken on a club activity  
**People** taken on a club activity  
**Open** any subject, taken anywhere in the World

*Four entries per category for a viable competition.*

*If insufficient entries in a category then the entries will be included in the "Open" section*

*Sorry, only one entry per person per category.*

### How to Enter:

Open to all club members who attend the AGM

To be entered on the back of photo:

- Category
- your name
- when taken
- where taken

On arrival at the AGM, hand your entry to the co-coordinator

### Prizes:

A first and second prize in each category;

First prize \$25 with a certificate

Second prize \$15 with a certificate

# NOTICES

## FOR THE DIARY

### Annual General Meeting

Come and join us

**Saturday 29th June 2019**

9:30am - 11:30am

Woodstock Community Centre

Burwood

Bring: A plate of morning tea to share. If homemade it will be entered into the best made sweet or savoury items competition.—prizes to be won! If shop bought, we'll still be happy to eat it!

**Tea and Coffee will be provided**

**Come and have a say in your club**

**You could even join the committee**

&

**There will be a photo competition with prizes**

## *We need you!*

*Calling all members who have wondered how they could help the club but don't want to lead a walk or organize a social event. The committee of the All Nations Bushwalkers must be elected every year. It would be great to have some new people join the committee who may be able to inject fresh ideas and are enthusiastic in wanting to help the club continue and grow for another fifty years.*

*There are seven positions on the committee that are all up for grabs each year at the AGM.*

*To see what each committee member is responsible for please visit this link <http://www.anbwalkers.org.au/node/256> or alternatively just contact the current position or acting position holder via this link. <http://www.anbwalkers.org.au/node/52> and ask them about their role.*

DEADLINE FOR NEXT ISSUE OF

KEEPING TRACK

**9 August 2019**

SEND YOUR CONTRIBUTIONS TO  
**editor@anbwalkers.org.au**

**Please provide clearly labelled photos separately to the story text in high resolution to achieve good reproduction .**

**Next ANB committee meeting  
9 July 2019 at 6:30pm**

**Surry Hills**

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

*To book in or ask questions please contact webmaster  
Paul Monaghan  
Or email club@anbwalkers.org.au*

Not all who wander are lost—J.R.R. Tolkien—poem *All that is gold does not glitter*