



**all nations**  
BUSHWALKERS<sup>INC</sup>

**Winter Newsletter**

**June 2020**

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

## **BABY IT'S COLD OUTSIDE.....**

The days are getting shorter and the night are getting longer. Finally it feels like winter! Autumn was so mild and it seems like all the seasons have merged into one. Sadly, some of the best months for walking when the temperature is perfect for walking, were taken from us. Local parks filled up and then many places subsequently closed due to the crowds. At least, the general public have been getting out. COVID has seen us in various stages of self isolation and consequently, no club activities allowed. I hope most of you will have been able to continue walks around your neighbourhood or National Parks if you live close. It's a fabulous time to be out and I have discovered a new interest, fungi. More on that later in the newsletter.



At last we are now allowed out in groups up to 20, and travel restrictions have also been eased. It was so good to see, as soon as we could, the committee jumped into gear and released the program a few weeks ago. Thanks to all leaders for being quick to respond and put on some walks.

I am sure the program will be added to regularly, so make sure you are on the email list to get the weekly news.

A shorter and late edition for you this quarter. Sadly a lack of walks to report on and surprisingly busy work and life schedules for us all.

Hope to see you all soon in the great outdoors!

**Yours in Keeping Track, Dee McCallum, Editor**

## President's Soapbox

Dear members

As you'll know by now we are slowly getting back to running a full programme, thanks to all of you that volunteer as activity leaders. Whilst we need to continue social distancing and observing good hand hygiene when walking and cycling, at least it is now possible to enjoy the cooler weather in small groups and catch up with club friends.

If you haven't lead a walk for a while or would like to lead your first walk, this could be a good time to do so with plenty of space on the programme. You get to walk where you like, at the speed you like, with the number of walkers that suits you and when you like - perfect! Feel free to contact a current walk leader or committee member if you need ideas for walking routes.

One big change this year will be the holding of the club AGM at 9 am on Sunday, 28th June 2020 via a Zoom meeting, which I'll be chairing.

Although there won't be the usual highlights of the AGM, such as the photo competition and sharing of morning tea, I would still encourage you to attend. You will shortly receive the details and instructions for joining the meeting and they are also displayed in this newsletter.

With restrictions lifting for travel within New South Wales, while overseas trips still looks some way off, we should appreciate what we have closer at hand.

*Helen Hindin*  
President

## Welcome to New Members

Georgina Kenyon

See you in the bush.....

## ANNUAL GENERAL MEETING

**28 JUNE 2020**

**DATE:** Sunday, 28 June 2020

**TIME:** 8.50am – Zoom waiting room opens (Please arrive on time so that everyone can be admitted to the meeting in a timely manner).

9.00am – AGM starts (No one will be admitted after this time to ensure that the meeting takes place in an orderly fashion)

9.30am – AGM finishes

### **WHAT HAPPENS AT THE AGM?**

Due to the social distancing measures in place, apart from being online, the AGM this year is much briefer than usual with the agenda only covering essential items.

**Committee Reports:** Each committee member prepares a summary report of their committee activities for the year. These can be found at on the website [here](#) and they will be noted as read at the AGM.

**Approval of Financial Statements:** The Treasurer will ask the members to approve the financial statements for the year ending 31st March 2020, so that the Office of Fair Trading annual A12 return can be signed and submitted.

**Election of new committee:** All current committee members will stand down. A declaration is made of financial members who have been nominated and seconded for a committee position. Where there is more than one nomination for a committee position an election is held (only current financial members can vote). The new committee is announced. Sadly the joys of morning tea and the social get together will have to wait for another occasion.

# WALK REPORT

**Westleigh to Tunks Ridge lookout, Berowra Valley NP**

**17 May 2020**

**Liam Heery**

A few days after COVID restrictions were lifted, I was able to put on this walk, some of which I had surveyed while “off” during the restrictions. Essentially we would follow the Great North walk route from Westleigh through Fishponds and then along the “old” GNW route that had been closed due to the proximity of the Hornsby Rifle range. This opportunity to follow the “old” route only been available due to the current closure of the range during the pandemic.



The first part of the walk undulates until Fishponds and on the way we passed another group of walkers from the Bush Club, who were also enjoying the freedom to get out walking again. We stopped at Fishponds for morning tea in a nice sun speckled spot with a reasonable flow of water running through the boulders.

After morning tea is was off to the “old” section of the route which involved a tricky creek crossing resulting in a number of people getting wet feet and one person a wet bum! On my surveyed walk there hadn’t been as much

water flow and the crossing didn’t present such a challenge. This part of the “old” route meanders along Berowra Creek and is a very pleasant alternative to the road diversion that is required when the rifle range is in use.

Getting back onto the Quarry Trail fire trail we then made our when to our lunch spot at a very nice look out over Tunks Creek and beyond to Galston. After lunch it was back on the fire trail to join up with the Pogson Trig Track back down to Fishponds and our return to Westleigh. As usual these days it was amazing to see the numbers of people out and about on the more regular tracks and we all wondered how long that will last!

Back at Westleigh we all felt a little tired and for those not having walked too much in the past couple of months, that this was a well deserved grade 4 walk!

Thanks to Jacqui, Nick, Len, Suseela, Richard, Abby, Lotus and Julian for joining me on a great return to “normal” walking!

# WALK REPORT

**Lime Kiln Bay & Oatley Park**

**Sunday**

**31 May 2020**

**LEAH TAYLOR**

After our coffees and delicious pastries we headed off to start our exploration of Lime Kiln Bay and Oatley Park. For the first part of the walk - the sun decided to have a sleep in but not long after our lunch break she decided to rise and shine! Our walk today showcased the wetland mangroves, a castle, an abundant array of bird life (just love the ducks), stunning vistas across

the Georges River, easy tree lined walking tracks and of course great company which included Leah, Michele, George,

Robert, Eirlys, Pan, Jan, Dee, Tran and Linda.

The photos really capture the beauty and serenity of this bush walk.



# WALK REPORT

**Sir Joseph Banks Foreshore**

**Expedition, Botany**

**19 January 2020**

**LEAH TAYLOR**

Well done Len! What a little hidden gem Sir Josephs Banks Foreshore Expedition proved today. We experienced what once was a private zoo, we spent time admiring the beautiful and stunning original Sir



Joseph Banks Hotel (now a private residence), we wandered around parkland with lakes we then ventured across a bridge over to the beach and got blown away by the 200 knot southerly coming on-shore whilst learning about the working Port Botany Wharves! We surveyed the local bird breeding grounds and lots more! Those who ventured out today to endure the blustery winds were Len, George, Leah, Richard, Francois and Yvonne.



We all had a fun and eventful day out!

# FASCINATING FUNGI & MAGICAL MUSHROOMS

DEE MCCALLUM

My fascination for fungi started as a school kid. Our high school had a very special Outdoor Education Centre and every year, we would go off for a week of exploring— mostly bushwalks but kayaking and abseiling too. The Waitakere Ranges in West Auckland was our playground. The school also formed a Tramping Club and we had a couple of “cool” teachers who used to take us on weekend tramps as well as school trips. I have very clear memories of a walk we did in the wet. Well actually, it was regularly wet in Auckland! It’s a rainy place and more often than not, we would be ankle deep in muddy tracks, boots only getting clean when we splashed through the inevitable creeks and streams. I loved it!

One day walking up from Piha Beach along the McKenzie Track, I spotted my first specimen—a tiny pale blue toadstool. Then once I found one, my eyes were drawn to more and more. I almost covered the full spectrum of the rainbow with reds and yellows, blues and greens. I was so entranced with the shapes, sizes and colours, I picked them and took them home in my lunchbox. Sadly, 40 or so years ago, it wasn't an easy thing to just type into Google to identify them, so they went unnamed, but not forgotten!

As conditions eased to get back out in the bush, I headed out with my partner in crime to the Bola Creek in the Royal National Park. This is a known hot spot for fungi, so we discovered! Along the damp banks of the creek, we spotted our first magical purple mushroom.



*Porpolomopsis lewellinae*

And shortly thereafter, something I had never seen before—coral fungi in the brightest of yellows.



After joining the “Fungi of the Sydney Region” group on Facebook, I have been blown away at what people have found. This group is a fabulous online resource for sharing information on the identification, ecology and taxonomy of fungi found in the greater Sydney Area. It has been set up by members of the Sydney Fungal Studies Group Inc.. If fungi interests you too, you might like to check out their [website here](#) I also discovered an absolutely wonderful group of what I now know is ghost fungus. *Omphalotus Nidiformis*. This beautiful fungi is found at the base of many trees, is large and creamy white caps with pale brown gills. But something strange happens at night—it turns a fluorescent green through its bioluminescence! Now I have yet to get out and see this at night but it is certainly on my wish list!



# RECIPES

Knowing our newsletter would be short of Walk reports, I asked for contributions for great recipes. Here's a couple to begin with. Thank you Helen and Jacqui.

## Home Made Gin (Helen)

Most of us are staying at home more than previously and while turning to alcohol with boredom isn't a good idea, I did try out these two infused gin recipes. I found a 1.5 litre bottle of Gordons at the back of the cupboard, probably bought duty free somewhere in the Middle East when in transit. For both recipes, put all ingredients into a sterilised jar, screw shut tightly and store in a dark cool place. If you don't have a big enough jar, reduce the quantities. Shake daily then should be ready to drink after a week. Strain through muslin and put into a sterilised bottle. Enjoy!

Currently drinking - Lemon thyme gin:

Bunch of lemon thyme (can also use rosemary or other herb)

750ml of gin (the cheapest you can get)

rind of 1 lemon

3 tbsp sugar

Still infusing - Mandarin and cardamon in:

6 mandarins - peel on, cut into chunks

8 cardamon pods

1 litre gin



## Japchae (Jacqui)

### Ingredients

4 Tbsp. Sesame oil

1 chopped garlic clove

2 Tbsp sesame seeds

1 x packet sweet potato noodles

1 x Carrot

1 x Red capsicum

¼ Cabbage

2 x Tomatoes

1 Red onion

2 small de-seeded red chilli (optional)

2 Shallot stems

Protein: Can use fillet beef / Chicken / Pork / Prawns/ Tofu

Use different veggies: Other veggies that would taste great

could include broccoli, asparagus, snap peas, green beans, zucchini, bok choy, etc.

### Method

#### Cook the noodles:

Cook the sweet potato starch noodles al dente in a large pot of boiling water according to package directions. (Be careful not to overcook the noodles, or they will become mushy in the stir-fry.) Transfer the noodles to a strainer, and briefly rinse with cold water until they are room temperature. Strain out any extra water, drizzle the noodles with a bit of sesame oil, toss until coated, then set aside.

#### Prep the sauce and steak:

Then toss the steak, soy sauce, and a generous pinch each of salt and pepper together in a large bowl and marinate for 5 minutes. In a separate bowl, whisk all of the sauce ingredients together until combined.

**Stir-fry** the steak over high heat until cooked through. Then transfer the steak to a separate bowl and stir-fry the veggies.

**Stir-fry Veggies...start with onions, garlic then add remaining ingredients** until softened. Remove pan from heat, add in the cooked steak, noodles and sauce, and toss until combined.

**Taste and season.** Give the noodles a taste and add extra soy sauce, if needed.

**Serve warm.** Garnished with lots of toasted sesame seeds and green onions.

## MEET YOUR WALK LEADER LEAH TAYLOR

**How Long Have You Been A Member Of The Club?** I joined in March 2018 (approx 2.5 years)

**When Did You Start Bushwalking?** I have been an avid bushwalker now for over 10 years.

**What Type of Walks Do You Lead For ANB?** It varies from casual day outs to coastal bushwalking and of course my history walks which have proven to be very popular!

**What's Your Favourite Walk In Sydney?** All of them!

**Your Favourite Place To Walk Anywhere In The World?** It would have to be Ontario, Canada.

**What Is Your Next Big Adventure?** Exploring the North and South Islands of New Zealand.

**What Do You Always Have In Your Pack?** First Aid Kit, Rain Jacket, Lip Balm, Beanie/Hat, Umbrella, Whistle and Compass – one must always be prepared!

**Favourite Food To Eat On The Track?** A freshly baked danish pastry!

**Funniest Thing You Have Seen Out Bushwalking** A group of international tourists wearing the most bizarre clothing and shoes I have ever seen which included glitter jackets and platform shoes!

**Any Tips For New Bushwalkers?** Enjoy yourself and have fun!



# NOTICES AND BITS AND BOBS

## Mystery Photo



Which Club member was spotted recently driving a ship on Sydney Harbour? **Liam Heery**

What's the name of the ship he was driving? **The James Craig**

Was it in any danger? **Only of being loved to death by Australia Day Crowds!**

*Did anyone guess?*

## News Articles

Thanks to our contributors this edition.

Walk reports are always welcome, especially accompanied by photos. You don't need a camera, phones take perfectly good quality pictures now so please send in a few snaps with your stories.

We also welcome articles about any recent trips you have done. We are lucky to have a diverse group of adventurers who have travelled to some amazing locations locally and abroad.



## Photo Competition

As we could not hold the photo competition at the AGM as we usually do, we hope to postpone this until the Christmas Party.

Photos must have been taken in the last 12 months and should depict scenes of nature or in the bush.

Categories are:

PEOPLE

SCENES

FLORA FAUNA

NATURE'S WONDERS

We need 4 entries per category to run a viable competition, so make sure you have your photographers eye out over the next few months.



## Walk Leaders we need you!

The success of the club relies on us maintaining a full and interesting Walk Program.

We are coming into a great time of the year when the temperature is dropping, perfect for bushwalking. If you have been thinking of leading a walk, remember we run a mentors program. Current and past leaders are happy to help you plan and lead a walk.

For details, login to the members area of the website.