

THE SYDNEY BUSHWALKER



NOVEMBER 2005



Print Post Approved PP 235723/01270



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NOVEMBER 2005

Issue No. 852

THIS MONTH INCLUDES

THE SYDNEY BUSHWALKER is the monthly bulletin of matters of interest to members of

The Sydney Bush Walkers Inc

PO Box 431 Milsons Point 1565.

Editor: Bill Holland

Production Manager: Frances Holland

Printers: Kenn Clacher, Barrie Murdoch,

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Opinions expressed in this magazine are the opinions of the authors and do not necessarily reflect the policies or views of The Sydney Bush Walkers Inc.

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Requests for reproduction should be directed to

The Editor. billholland@bigpond.com

CONSERVATION

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Many frustrations for Don Finch who has trouble with mowing equipment

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Christmas Party: Wed 21st Dec

Join us for a Christmas feast at McMahons Point Community Centre. From 6pm.

(Note: Not at the Kirribilli Clubrooms)

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About Our Club

The Sydney Bush Walkers was formed in 1927 for the purpose of bringing bushwalkers together; enabling them to appreciate the great outdoors; establishing a regard for conservation and promoting social activities.

The Club's main activity is bushwalking but includes other activities such as cycling, canoeing and social events.

Our Walks Programme (published quarterly) features day walks on most Saturdays and Sundays, some mid week walks and overnight weekend walks. Extended walks are organised in areas such as Lamington, Snowy Mountains etc as well as interstate.

Our meetings are held on Wednesday evenings (see Social Programme) at Kirribilli Neighbourhood Centre, 16 Fitzroy Street, Kirribilli (near Milsons Point Railway Station).

Visitors and prospective members are welcome.

General Enquiries: Phone 0500 500 729

Website www.sbw.org.au

Office Bearers

President:	Maurice Smith
Vice-President:	Rosemary MacDougall
Treasurer:	Tony Marshall
Secretary:	Leigh McClintock
Walks Secretary:	Ian Thorpe
Social Secretary	Kathy Gero
Membership Secretary	Ron Watters
New Members Secretary:	Grace Martinez
Conservation Secretary:	Bill Holland
Magazine Editor:	Bill Holland
Committee Members	
	Caro Ryan Peter Love
Delegate to Confederation:	
	Jim Callaway Pam Campbell

Contact the Committee:

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Treasurer Tony Marshall
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Members Secretary: Ron Watters
0419 617 491 wattersr@bigpond.net.au
New Members Secretary: Grace Martinez
9948 6238 g.martinez@bigpond.com

Have You Changed Your Address?

If you have changed your address or phone number recently, please advise:

Members: Ron Watters

Prospectives: Grace Martinez

The advice should be in writing directed to the Club's postal address. This will ensure that our records show your current address and prevent delay in receiving the magazine each month

President's Report

Welcome to Mike Chapman, the club's new web-master and database developer. Mike was one of two members who responded to my email inviting members with relevant skills and experience to apply for the role. Over the next several months Mike will have plenty of work to do, starting with some minor updates to our web-site (www.sbw.org.au) to bring it up to date. Then he will be starting work on the development of our new dataset which we consider will be a very important tool for the administration of the club.

Over the past few months the Kirribilli Neighbourhood Centre where we meet has been undergoing substantial renovations. We recently learned that those renovations may not be finished in time for the annual Christmas party and consequently our venue would not be available. Some quick checking and many phone calls later we have managed to secure an alternate venue, McMahons Point Community Centre. More details will follow and we will remind everyone closer to the date of the party. Just get your party gear out of the cupboard and check that those pesky moths haven't eaten it. Also make sure that the horrible mark that you got on it last year didn't turn into some horrible green sludge and eat it all away.

Speaking as I was about the fast approaching festive season reminds me that the hotter weather is upon us and that means the extended walking walks in the cooler southern parts of Australia will soon be undertaken. So if you are of a mind to do any of the extended walks you need to book as early as possible as those walks are very popular and the number of places on the walks is limited.

Please start thinking about offering your services to the club at the Annual General Meeting in March 2006. Although all positions on the committee become vacant each year undoubtedly there is a high degree of inertia. That is those members who are on committee tend to remain there because no one else wants to do the work. So get rid of the inertia and get some "ertia" to work for the good of the club.

That's it from me for this month. See you out in the bush soon.

Maurice Smith



The SBW Christmas Party

It's on from 6pm

Wed 21st December

But at a different place !

The McMahons Point Community Centre
165 Blues Point Rd McMahons Point.





From The Committee Room

A report of proceedings at the October and November Management Committee meetings.

October Meeting

- A recommendation on an alternative to the club's 500 telephone number was still to be made
- A letter dated 23 Sep received from the Minister for the Environment (Mr Debus), replying to the Conservation Secretary's submission on hunting by native people in national parks.
- Terence Biggs and Sue Bucknell were accepted as Active Members.
- The Coolana Committee advised of a recommendation by the Sydney Catchment Authority to use poison for weed control at Coolana. A proposal had been received from the Southern Rivers Catchment Management Authority to plant out the most affected areas. Financial assistance was available, and voluntary labour would be supplied. It would not cost the club anything. The meeting resolved that the Coolana Committee make appropriate arrangements, including obtaining financial assistance and the necessary human resources, to plant weed-affected areas at Coolana with suitable species.
- The Committee approved the payments of \$480 rent KNC \$50 first aid course subsidy, \$450 magazine postage, \$1130 Coolana rates and \$50 lodgement fee for changes to the constitution.
- The Treasurer recommended and Committee approved changes to investments.
- Four walks were upgraded to Qualifying status.
- The Walks Secretary proposed that short notice walks, or changes to the published walks program, should be communicated to members by email. The Committee supported this proposal, and decided to review the experience in six months time.
- A brief report on the activities of the leadership development sub-committee was discussed.
- An information/feedback night on electronic communication will be held on 26 November.
- An insurance quote had obtained substantially lower than the current price from Confederation. The fine print of the policy will be obtained so a proper comparison can be made.

Key Dates From Our Social Programme:



Wed 21st Dec Christmas Party

New location McMahon's Point Community Centre! from 6 pm!



Wed 4th Jan : Evening Picnic from 6 pm

Triple B - Beachside Bash @ Balmoral

As a fresh start to the year - we're getting together again at the *south end* of Balmoral Beach. BYO food & drinks. Fish n' chips are available nearby.

November Meeting

- After lengthy discussion of the purpose and handling of walks reports the Committee concluded that hard copy walks attendance forms, with participants' signatures, were necessary for insurance purposes, and should be kept in one place. They also provide data for the data base, now under development. An appropriate follow-up procedure will be adopted and walk leaders advised.
- The Walks Secretary reported that some members' were dissatisfied with the walks grading system. One idea was to move the standard for a short walk up from 10 k to 14 k. Another idea was to scrap the current system and go back to the previous one. After canvassing all the issues, the Committee decided to leave the system as it is.
- The Committee approved the following payments: KNC Rent \$480, Telstra \$30, Coolana expenses \$113.75, mower repairs \$33, social expenses \$192, printing \$103, first aid course subsidy \$50 and magazine printing \$672
- Stephanie Stock, Mariana Coleman, Christopher Lockwood and Peter Holyfield were accepted as Active Members.
- The Committee discussed alternatives for collecting subscriptions from Prospective Members converting to Active Membership and the need to remain consistent with the constitution. The Treasurer will address the issue in his recommendation to the Committee regarding membership fees for 2006.
- On the recommendation of the Electronic Communications Sub-committee, the Committee appointed Michael Chapman as webmaster.
- The Sub-Committee Chairman reported that about a dozen people attended the information night on 26th October. There had been a useful exchange of views and ideas.
- There was discussion on using the subscription renewal form to ask members if they preferred to receive all club communications by email. It was agreed that the magazine Production Manager and the Editor, should be included in any discussions about how the magazine should be produced and distributed.
- As the current meeting rooms may not be available the Committee decided to hold the Christmas party on 21st December at the McMahon's Point Community Centre.
- On the recommendation of the Conservation Secretary the Committee approved the following donations: Lake Yarrunga Task Force \$100, Wilderness Society \$200 and Colong Foundation; a sum equal to the cost of printing approx \$300
- It was noted that the recent amendment to the constitution required changes to membership forms, website, and printed versions of the constitution.



Treasurer's Report Receipts and Payments to October

Receipts

Members Subscriptions	17,251
Prospective Fees	7,025
Interest – Conservation	444
Interest – Coolana	1321
Interest – General	752
Magazine Advertising	1,200
Donations – Coolana	155
Other	280
Investment redemption	15,000
Total	\$43,426

Payments

Magazine Production	2,121
Magazine Postage	4,132
Magazine Equipment	566
Coolana Rates & Occupancy	1,317
Coolana Maintenance	389
Coolana Equipment	385
Rent – Club Rooms	4,742
Insurance – Public Liability	3,861
Insurance – Personal Accident	2,508
Affiliation – Confederation	2,255
Postage, Phone & Internet	1,805
Administration	2,134
Transfer to investments	23,000
Total	\$49,215

Cash surplus (deficit) (5,788)

Closing Bank balance \$5,815

Tony Marshall

Contact The Editor:



Copy for publishing in the SBW magazine should be received by the editor by the end of the first week of each month.

Letters stating your viewpoint on matters of interest are most welcome.

Photos should be of good resolution suitable for black and white reproduction

Please send your submission in by mail (preferably typed), on floppy disc or by email addressed to:

The Editor

Telephone: 9484 6636

Email: billholland@bigpond.com

Are You On The SBW Email List?

Once a month, we send out a friendly email to SBW Members and Prospectives.

The emails act as a reminder of coming social events, along with a short note on something of interest to our members.

If you'd like to be added to the list, simply send an email to: social@sbw.org.au



Editors Note:

I'm back at my desk, sitting in front of the screen and wondering what to say to make our readers sit up and take notice.

And after nearly four years in this position what can I say that is new and exciting?

Writing the Editor's Note can be a self-indulgent exercise – some compensation for the time so necessary to put this monthly magazine together. It's a task I have enjoyed but as we head towards the Club's election of office bearers in March it may be time to think about a new Editor, or at least have someone assist and contribute some fresh ideas. So I will keep my comments short and direct your attention to the notice below.

Now, turning to this month's magazine; there is a paucity of walk reports and no photos! I know the Club continues to walk each weekend, and October featured some longer walks, but where are the walk reports, anecdotes and perhaps a photo or two?

And no letters from members this month! No matters of concern or suggestions to make? Why not write in and add your viewpoint. This is your magazine and your comments are welcome

Never mind. We have some interesting articles including one about your feet, surfing the net for map information and a glimpse back to an old plane wreck. Also a very detailed Coolana report and some interesting information on the Tallowa Dam proposal and how it will affect our Coolana property. This matter is of great concern to the Kangaroo Valley community and they need our support.

Bill Holland

Have You Literary Ambition and Some Spare Time?

Looking ahead to a possible retirement from his editorial duties the Editor is seeking some assistance and would be happy to work with a member/or members who might be interested in helping to produce this magazine.

Initially, this could take the form of contributing comment, reviewing articles, putting together some sections of the magazine and finally assisting with the final printout using the club's laser printer.

After this experience you may see that being Editor is a rewarding experience and wish to take over this position in March next year.

So, assuming this your intention, what is required to be Editor?

First of all a fair amount of time, particularly in the week before printing and ready access to a computer with suitable software.

If you would like to give this a go, please contact me on 9484 6636 or by email:

billholland@bigpond.com for further discussion

News from Confederation

Extracts from the minutes of the 18th October meeting of the Confederation of NSW Bushwalking Clubs.

Correspondence included a response from National Parks Association Inc. re removal of the maximum affiliation fee and an affiliation enquiry from Omnia Adventurers & Social Club, ACT.

The Treasurer's Report reported that \$20,000 be transferred from the cheque account into the Cash Management Account and the following payments approved:

Administration Officer

Salary – September \$1,303.00

Superannuation - 132.85

ATO - September BAS 3,571.00

NPA - copying Internet 103.75

It must have been a short meeting as most officers and sub-committees showed "no reports tabled" however Wilf Hilder "Tracks and Access" and Micheal Mack "Conservation" reported and

- Jan Wouters sought suggestions from clubs for an annual social activity. (Dinner evening suggested).
- Keith Maxwell gave a summary of BWRS activities during the last month and indicated that BWRS requires experienced bushwalkers from Confederation Clubs to train as Operational Members etc.
- Michael Mack reported that the proposed NPWS Heritage Centre near Bilpin will not proceed.

Bushwalkers Wilderness Rescue (BWRS)

GET involved

PUT your bushwalking skills to good use

BWRS is a long established community organisation that specialises in bush search and rescue.

BWRS is an informal, friendly group that concentrates on doing not talking. To join Bushwalkers Wilderness Rescue Squad contact our Secretary, John Tonitto on 9804 1176 / secretary@bwrs.org.au or visit our website at www.bwrs.org.au

Walking Gear for Hire

The club now has a small pool of weekend walking equipment available for hire.

The rates for weekly hire are:

Weekend pack: \$15 Sleeping bag: \$15

Sleeping mat: \$5 Ground sheet: \$2

Tent: \$20 Complete kit \$50

(For hygiene reasons you must provide and use your own sleeping bag liner)

Equivalent refundable deposit required

Contact: Ron Watters 0419 617 491

New Members News

Congratulations To Our New Full Members !

Stephanie Stock, Mariana Coleman,

Christopher Lockwood and Peter Holyfield

Easy Walks for New Members:

The following walks are graded as easy/medium and would be suitable for persons new to the club.

Please refer to the Summer Walks Programme for details of leaders and contact phone numbers.

Saturday 10th December Royal NP

Summertime gourmet walk: Heathcote to Waterfall via Upper Kangaroo creek – swims galore, three pristine pools and the 'Olympic Pool'. Track and easy off track with leisurely lunch (feast), bush and swims.

Sunday 11th December Middle Harbour Bushland

HC Press Park Castle Cove - North Arm Track - Castlecrag Bushland. Mostly bushland tracks plus a few streets. Lots of pleasant water views. Some steep sections. See Innisfallen Castle! 12 kms.

First Aid For Prospective Members:

Monday 12th December Come along to a training night that will give you the chance to learn and to pass your first aid test for your full membership. Bookings are essential as places are limited

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DAM RAISING ? DAMN RISKY !

No extra flooding in Kangaroo Valley

The Lake Yarrunga Task Force

(a joint venture of the KV Environment Group, the KV Tourist Association
and the KV Community Association)

The background

Over the past 18 months, the Kangaroo Valley Community Association, and later the Lake Yarrunga Taskforce, has had meetings with State Government ministers and senior executives of the Sydney Catchment Authority (SCA) and other government bodies over the pumping regime operating from Tallowa Dam. These meetings have sought to limit the impact on Kangaroo Valley and the Shoalhaven River of excessive pumping from the dam. SCA have been pumping the lake down to provide "air space" to capture flushes and maximise the harvest for Sydney's water supply.

Pumping the dam down more than 3 metres below the spillway has caused huge environmental damage along the banks of Lake Yarrunga. Tourism and business in the Valley have suffered and the lower Shoalhaven has been without its needed flushes of fresh water.

However, in a single stroke all this negotiation was thrown out when former Premier Bob Carr announced the dam was to be raised to harvest even more water for Sydney.

On raising the dam there has been:

- no community consultation (but see the letter on opposite page)
- no Environmental Impact Statement
- no Flood Study!

Do we feel used? Damn right we do!

Where are we now?

Despite further meetings with SCA chief, Graeme Head, and Minister Bob Debus no one in government will say how high the dam will be raised. The most commonly quoted figure is 5 metres - it seems unlikely that the huge expense would be undertaken for anything less. The taskforce calculated that raising the lake 5 metres would back up its waters under Hampden Bridge to a level of 3.3 metres over the gauging weir. SCA had quoted a one metre rise at the bridge. After residents advised them of this error, SCA amended its figures and admitted we were correct.

- Did the former Premier make his announcement based on faulty figures?
- There is also a total lack of information on how the process will be managed.
- Will businesses dependent on the Lake be compensated for loss of livelihood?
- When the Lake rises will residents with adjoining land have new setbacks on their property?
- Will affected property owners be able to get insurance once their land is deemed flood-prone?

What does the raised level mean for Kangaroo Valley?

We believe SCA want the increased height as "air space" in which to catch flushes that would otherwise flow down the lower Shoalhaven. This will add up to 60 billion litres to the amount they can harvest from each flush, which they will then pump to Sydney over the subsequent months. With the current limitations on pumping capacity this would take more than 3 months. With the planned pipeline, it will still take more than a month.

The SCA has now stated that the dam height will be 5 to 7 metres (gated) with a preference for 7 metres.

If the lake is raised 7 metres:

1. The picnic grounds, toilet block and car park at the dam (4m above current lake level) would be 2-3 metres under water. The replacement facilities will be 7 metres higher than at present.
2. Bendeela Camp Grounds will be abandoned. S.C.A has stated a new camping area will be developed on adjacent land owned by them. As the water in the Lake rises and falls by 6 to 8 vertical metres (with pumping) an enormous mud area will form between campers and the water. Hardly the "wilderness" camping that Bendeela currently is promoted as being.
3. The new location of Bendeela and its new access road (more taxpayer dollars!) will border several private properties, including one home within 100 metres, denying them their private amenity.
4. The "beach" and canoe launching facilities adjacent to the weir at Hampden Bridge will disappear under 5.3 metres of water when the Lake is full. S.C.A has suggested creating a new beach, but WHERE?
5. Below the Hampden Bridge an additional 40 properties will suffer some inundation when the Lake is full.
6. The new Lake formed will now reach further up the Kangaroo River and Barrengarry Creek - extending upstream to near Nugents Creek and to Upper River Road. 14 property owners above Hampden Bridge will have water on their land when the new Lake is full.
7. This will cause even more flooding in the township during storm conditions. We calculate 70 cm to over 1 metre on previous floods of an equal rain event.
8. Scots College will be cut in half with the emergency fire exit road being lost and a soggy, treeless mess left adjacent to the Lake.
9. Flood waters have risen to within a few metres of Hampden Bridge four times in the last sixteen years. Flood waters closed the main road near the tennis courts in 1989, 1991, 1998 & 1999. There will be even more flooding in the township during storm conditions. We calculate 70 cm to over 1 metre on previous floods of an equal rain event.

Conservation Notes

My notes this month concentrate on the proposal by the State Government to raise the height of Tallowa Dam – thereby increasing the height and flood levels of Lake Yarrunga.

Many have asked how will this affect Coolana. The answer depends on the increased height of the wall 5 metres or 10 metres. For certain we will lose a significant part of the river flats. Don Finch's Coolana Report in August included the following comment

"The recent announcement that the Tallowa Dam is to be raised either 5 or 10 metres will impact on Coolana. However, there are no meaningful details available as yet. We borrowed a laser level recently and found that if the level was brought up from the present top water level by five metre level it would be just to the top of the steep part of the river bank. So most of the lowest camping flat would be flooded. The eight metre level is marked on the chair stump down from the tap and eight metres would flood all of the camping area. The ten metre level is marked by red tape about 300mm up the star post supporting the tap."

The following email from the lake Yarrunga Task Force and the updated leaflet shown on the opposite page tells the story so far.

Bill:

I had made contact with one of your members and meant to get to all. We are a new group named Lake Yarrunga Taskforce-Campaign Committee (LYT-Campaign Committee.) We are made up of the Kangaroo Valley Community Association, the Kangaroo Valley Environment Group and the Kangaroo Valley Tourist Association. We were formed at a meeting in KV with 200 plus in attendance so most in valley support our stand "No Raising of Tallow Dam"

We have a letter campaign and a petition compiled. Both are several months old and still going strong.

Our recent success with extensive lobbying and meetings with a reference group composing of Gov. agencies and a narrow selection of Shoalhaven interested parties was to find out that the project has not been called "critical infrastructure".

This dam raising is only a proposal to be presented to the minister - this is new. They have extended the closing of objections to February from November and are now having public consultation, which they had refused to do to date.

I understand that you would consider assisting where you can. Letters to the ministers, lobbying, sign the petition etc. Most of this is laid out in the attached news letter with our concerns and actions. This is the second newsletter and yet to be distributed in valley so you get it first. Please forward to all members if you can.

Any donations can be forwarded to the Kangaroo Valley Post Office titled KYT-Campaign Committee-all donations will be receipted if return address is attached.

We thank you for your concern, and in advance you much appreciated help.

Keith Learn

Ph. 44651002 day

Ph 44651117 evening

SBW supports this task force and has made a donation to assist its activities. If you feel strongly about this matter the Task Force would like you to:

- write to Premier Iemma TODAY. Mail to Level 40, Governor Macquarie Tower, 1 Farrer Pl, Sydney 2000 or email - thepremier@www.nsw.gov.au with a copy to Matt Brown, MP for Kiama, 125 Terralong St, Kiama 2533
- make a donation to the Campaign Committee care KV Post Office. Receipts are issued for all amounts. (The campaign has costs of printing, mailing etc)

My own opinion is that it would be a great pity to lose the wonderful river flats, particularly as much of our effort in planting trees and weed clearance would have been wasted when the river level rises in 3 -5 years time. However, Coolana is a large property and new, attractive camping areas can be established.

Let's join the fight against raising the Tallowa dam wall and join with the Task Force and making our objections known.

I will be writing letters, both personally and on SBW behalf, opposing the raising of Tallowa Dam wall and I hope that many of you will also write

Bill Holland

Conservation News

Dunphy Wilderness Fund

The Dunphy Wilderness fund is in its final year. It has an allocation of \$560K in 2005 of which \$190K is already committed.

NPWS Central Branch Newsletter September/October

Pest Management

The Deer Management Plan for Royal NP has been reviewed and a new 3 year plan developed. The Deer Management Plan commits the NPWS to continue its ground shooting program which has removed about 560 deer from the park over three years.

NPWS Central Branch Newsletter September/October

Increased Entry Fees in Kosciuszko NP

The operators of the Thredbo ski resort have attacked big increases proposed for entry fees to the Kosciuszko National Park in the Snowy Mountains.

The NSW Government has announced the price rises to help pay for an expansion of infrastructure, most of it for the Perisher range resorts.

More than three million people visit the Kosciuszko National Park each year, most of them in winter.

But soon day entry fees will rise to \$27 while the price of an annual entry pass will more than double to \$190.

The State Government is proposing to spend \$250 million on new roads, water and sewerage services at the ski resorts, but at Thredbo, resort manager Kim Clifford says such fee rises could backfire.

"Increasing fees by 137 per cent in 18 months obviously could lead to a downturn in numbers," he said.

ABC News 9/11/05

Fate of Forests in Governments Hands

Gunns' plan for a pulp mill in northern Tasmania continues to go from bad to worse as the proposal undergoes yet more changes. A new project proposal has been referred to the Federal Environment Minister to decide if it is a controlled action under the Commonwealth EPBC Act.

The Wilderness Society has previously instigated legal action with the federal government over the first referral for the pulp mill proposal. This second referral means that the basis for the original court case no longer exists and there is now an opportunity to claim costs from the company.

Wilderness Society 31/08/05

Sand Resource For Sale

A HUGE sand mine proposal claimed to be 50 million tonnes but more like 20 million tonnes in size, is for sale on the Western Escarpment next to Clarence Village, about 10 kilometres west of Lithgow.

The 156 hectare site is to be sold by private tender and was advertised in the North Shore Times on 19th August as a sand resource. The site is described in

the tender document as being used for passive recreation, bush walking and rock climbing. It is not used for rural purposes; in fact the site is pristine bushland. There is no legal access to the site and the only way to obtain road access is to either negotiate with state rail for haul road in the railway easement or buy a property in Clarence Village.

The proposed mine site is on a peninsula overlooking the Hartley Valley with Dargan Creek on one side and Reedy creek on the other.

Fungus Threatens Wild Wollemi Pines

A dangerous rot has been detected in 65-million-year-old Wollemi pines in the Wollemi National Park in New South Wales.

Conservationists and scientists have been working for more than a decade to preserve the rare pines, the location of which is a closely-guarded secret.

Dr Tony Fleming, head of the National Parks and Wildlife Service in New South Wales, says rangers have discovered a fungal infection within the pine forest.

"We identified what looked like a potential fungal infection of one of the trees," Dr Fleming said.

"We took a series of samples of soil and vegetation material, and from one of those samples we've identified the root rot fungus - phytophthora cinnamomi."

Dr Fleming says the fungus can be very serious.

"Phytophthora is the micro-organism that's implicated in eucalypt die back in Western Australia and other die backs that occur around the place," he said.

"It can be fatal to plants.

"Fortunately in this case, we think we've identified it early, so we can take some steps to try and contain its spread within the site and try and do some treatments to contain it within the tree that seems to be affected."

Dr Fleming and his team are not 100 per cent sure how the rot was introduced to the forest, which is in the Blue Mountains several hundred kilometres west of Sydney.

Dr Fleming says it could have been carried into the park through watercourses further up the catchment. He says it might also have been tracked in by people who should not have been there.

ABC 4/11/2005

Bobbin Head

Submission of a survey for gibbering and rainforests walking track upgrade. A KCNP ranger is currently preparing a REF to enable walking track works to commence early December 2005

NPWS Central Branch Newsletter September/October

Finding A Map And Feature On The Map Using Internet Web-Sites. *Maurice Smith*

This article is strictly for the technical geeks in the club

Recently one of my walking club colleagues passed to me some information that he had obtained third hand about a feature that might be a useful focus for a walk. Only one problem: he didn't have the topographic map or the grid reference for the feature. Not to worry, with the aid of a few internet web-sites I was able to crack the problem. Here is what I did.

First, I went to the Geoscience Australia web-site. For what it is worth this entity is part of the Australian Federal Government's Dept of Industry, Tourism and Resources. The relevant web-site is www.ga.gov.au/map/names/ and allows users to search for some basic information about official place names anywhere in Australia.

For the sake of this article let us say that I have just been told about some amazing cliffs that I had not heard about previously and it is at a place called Kanangra Walls. So that is what I typed into the box at the above web site after identifying that the place is in New South Wales.

The result? The web-site tells me there are two such sites that it has details for. Excellent, one site is for a trig station and the other is a cliff. The latter is likely to be what I'm seeking. So after bolding and clicking on the latter, Geoscience Australia informs me that the feature is located at Latitude 33° 58' S Longitude 150° 07' E. The web-site on the same page also gave me the decimal versions of those Latitude and Longitude, namely, -33.982 and 150.118 respectively. I noted down the latter two values.

Next I fired up Google Earth on my computer to see what the feature looked like from space. By the way, Google Earth needs a high speed internet link, so don't even consider using it on a dial-up phone line. If you don't have Google Earth on your computer you download the application (but not the images) by going to www.earth.google.com/

In Google Earth I selected the "Fly To" option button (upper left on the screen) and I then entered the text "-33.982, 150.118" without the quote marks in the entry box and then hit the keyboard Enter key. Google Earth took me to that site and after the display sharpened up enough I was able to examine the place from space. It was enough to intrigue me there might be some interesting bushwalking in that part of the world.

Now I was really interested and wanted to check out the feature on the topographic map. First problem was "which 1:25000 topographic map is relevant?" Neither Google Earth nor Geoscience Australia told me. But after a few seconds reflection I realised that Geoscience Australia is a Federal Government web-site, maybe a New South Wales Government web-site might be useful because I knew that the place was in New South Wales.

After some searching I ended up at the Geographic Names Board of NSW web-site. It is at www.gnb.nsw.gov.au

This site has a "Name Search" facility, so that looked

promising and I tried it out. After typing "Kanangra Walls" in the "Placename" field on the Name Search screen and instructing the web-site to give me the details I was presented with the same two features identified by Geoscience Australia. Essentially it is the same data just presented in a different layout but with a few more details of land tenure but without Latitude and Longitude expressed in decimal format. The critical detail that I was interested in was that the name of the topographic map was provided. In this case the map is "Kanangra". Presumably the other state governments in Australia have the equivalent to the Geographic Names Board of NSW, however, I didn't pursue that particular rabbit hole.

After finding that I did have a copy of the Kanangra map and with the Latitude and Longitude data obtained initially I was away, it shouldn't be hard to find the feature on the map. By the way I'm an experienced bushwalker and used to off-track navigation but I've never used Latitude and Longitude data. My navigation is always based around a six digit grid reference.

For the first time in my bushwalking "career" I try using latitude and longitude on a topographic map. Hey this is downright difficult. Latitude and longitude uses such weird concepts as degrees, minutes and seconds. Topographic maps have degrees and minutes marked on the four corners of the map and maybe the occasional intermediate gradation as well. In fact it was downright frustrating. So not deterred I figured that there has to be some way of easily converting Latitude and Longitude data into a grid reference.

Off I went to do a search in Google. I ended up at www.gold-software.com/download6298.html

There I downloaded a small shareware application and after a bit of experimentation I figured out how to use it. I set the language to English (rather than Spanish) and selected to enter data as degrees and decimals of degrees, set the "Source datum" as "Australian Geodetic 1966" because that was what I was able to obtain from the NSW Geographic Names Board. I then entered the decimal Latitude and Longitude data values into the input screen and pressed the "Convert" button. The result was "56 H 233754 6236082"

Now I had a grid reference that made a bit more sense to me. This data looked so much like GPS grid references that I'm used to seeing that I had no difficulty in interpreting it to a grid reference of "375360". So with that data I then went back to my Kanangra map to grid reference 375360. It wasn't quite right on the very top of Kanangra Walls, but pretty close to it.

This was a long and round about way of getting some data that might have been obtained by making several phone calls. But it was an interesting research project and I acquired some more skills that are probably not likely to be useful any time soon

Coolana Report - October 2005. *Don Finch*



Gretel, Wilf and I recently attended the Southern Rivers Catchment Management Authority (SRCMA) and Shoalhaven City Council's Bush Regeneration Awards which were on Friday 21st October in Worrige. The night was very successful with 200 people attending the dinner organised by Eric Zarella. Although the Coolana Carers Group didn't win any awards there some remarkable winners from various farmers, restoration and school groups and it was a very uplifting experience to see so many people with the common goal of restoring the Kangaroo Valley/ South Coast environment. It was also a credit to the SRCMA, Shoalhaven City Council and Eric Zarella, who co-ordinates a huge variety of groups.

We all stayed on for Barry's bush care weekend although we didn't have to do any hard labour on the Friday other than fixing the mowers, doing light track maintenance and making inspections of the property before attending the awards dinner.

On Saturday Gretel continued the removal of the scotch thistle invasion which Shirley and friends had started to do on their visit earlier in the week. The eastern side is very badly infested with scotch thistle (among other weeds) and consequently the problem has spread. In an endeavour not to make too many bare patches for more weeds Gretel cut and pasted lots of the very large weeds, pulling out only the smaller ones. The cobblers pegs have only just started to emerge so Coolana is looking at its best at the moment. However, we have only had 37 mls of rain this month so it is still very dry.

Barry and Gretel removed as many of the star pickets surrounds from the maturing trees as necessary weeded all the enclosures and about 12 of the very mature trees reached the final stage and had the last star picket removed. Some of the trees that

were decimated by the spitfire grubs and aphids have started to recover and now have new shoots and a couple which were just small bare sticks have also started to shoot again. Guards have been put over these vulnerable trees and we will now hope for the best.

On Sunday we took advantage of a window of opportunity to deal with the privet. The small leave privets are flowering and easy to spot so Barry and Gretel went into the creek and cut and poison pasted two very large trees, lot of smaller ones in flower and also any wild tobacco that was found. The broad leaf privet will be flowering shortly so next time we go down we may be able to do the same.

Wilf worked tirelessly on all the tracks on Saturday and Sunday and the Presidents track has been regraded and now looks like a four lane highway!

Unfortunately the three mowers were in need of attention as none were useable. The newest mower 4.5hp/22" delivered August 2005 had a bent blade and a piece of under deck metal plate had broken free of the spot welds on one end, it was also deformed by the blade hitting it. The blade was removed and straightened; the piece of metal was worked back into shape ready for reattachment. This mower requires the metal plate to be attached, a new blade fitted, oil changed, air filter cleaned and general cleaning before it can be used.

The 4hp/22" mower delivered August 2004 was next in line, spare parts that had been delivered in September were fitted, the deflector chute fitted ok and the blade retaining bolt was removed in a minute by chocking the blade. The new boss was fitted and the new blade presented, wrong blade! The hole in the middle was round instead of clover pattern and it was a 20" blade instead of a 22" blade. The blade from the 4.5hp mower was removed and fitted to the 4hp mower. The oil was changed the air filter cleaned, the mower cleaned up and the motor started hurray one going mower!

The 3.5hp/20" mower had a broken top motor cover; one retaining bolt hole was completely broken away. The pull cord starter mechanism is mounted in the top cover; one of two retractable nylon toggles was broken off due to the misalignment allowed by the missing bolt hole. The cover is at Forestville awaiting repairs. The blade which was worn but serviceable was removed and the new 20" blade presented again the hole in the middle was not compatible. Tractors Plus at Bomaderry was rung and arrangements made to pick up the correct 20" blade that afternoon, a new 22" blade was ordered, a credit invoice was issued.

A new blade was fitted to the 3.5hp/20" mower, this mower requires the top cover to be repaired, oil changed, air filter cleaned and general cleaning before it can be used.

The brush cutter had an oil change and air filter cleaned. Some work was done with it on tracks and some areas on the eastern flat on Saturday afternoon.

The 4hp/22" mower was put to work on the eastern flat tracks but after 20 minutes a block of wood in the grass jammed and bent the blade. The blade was removed and straightened it was then noted that the motor shaft was also bent. This is serious damage; the mower was carted up the hill by Wilf's carrying service. The mower is at Forestville and repair options are under consideration. As a result there is still no usable mower at Coolana at present.

The chain saw was put to work and a large number of logs in an arc around the tool shed have been cut up to manageable sizes. These need to be stacked up in piles a long way from the tool shed. A number of logs on the flat in the wattle grove were cut up and also need stacking into piles. Some chain sawing was done on the eastern flat to clear the tracks. A total of 262 cut to shape pieces of timber were also taken down and put behind the tool shed. These are the star post extension timbers some extra screws are in the drawer.

Don Finch with help from Gretel's plagiarised report

Maintenance and Bush Regeneration:

It's a wonderful property but needs some gentle care and maintenance. The trees are doing fine but need some supporting attention. and the weather is warming up, encouraging the weeds to grow.

There are other tasks to be done as well. But it's not all work - there is ample time to socialise and enjoy the evening campfire. If you would like to help please phone Don Finch 9452 3749

Christmas Camping at Coolana:

All members, prospective members and their families may visit and stay at Coolana at any time. There is no need to book.



Christmas/New Year is a great time to enjoy our magnificent property.

There is no need to book just come and join the social scene.

Please do not camp in the vicinity of the wattle trees as they are unstable in high winds

And take care with fires

The Coolana Fund

Donations to the Coolana Fund are very welcome and will be used to provide income to assist with the maintenance of this wonderful property. Please note that the club is legally required to add Coolana donations to the Coolana Fund and not use these for general purposes

Many thanks to those who have already donated or have indicated an intention to include the Coolana Fund in their wills. Please send in your donation, with cheques made out to "Sydney Bush Walkers Inc", addressed

"The Coolana Fund"

The Sydney Bush Walkers Inc PO Box 431 Milsons Point 1565.

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Biomechanics and Your Feet

John Vonnhof

*John Vonnhof is the author of **Fixing Your Feet: Prevention and Treatment for Athletes** (Wilderness Press, 3rd edition June 2004). As an ultra runner, marathoner, and backpacker, he has pushed his feet to the extreme, learned about good foot care, interviewed hundreds of athletes, and patched thousands of feet at sporting events
<http://vonnhof.typepad.com/about.html>*

Biomechanics is the study of the mechanics of a living body, especially of the forces exerted by muscles and gravity on the skeletal structure. We often forget how the body aligns itself over the foot and the importance of correct alignment.

The foot, which includes everything below the ankle, is a complicated but amazing engineering marvel. With an intricate biomechanical composition of 26 bones each, together they account for almost one-quarter the total number of bones in the entire body. There are 33 joints to make the feet flexible. About 20 muscles manage control of the foot's movements. Tendons stretch like rubber bands between the bones and muscles so that when a muscle contracts, the tendon pulls the bone. Each foot contains more than 100 ligaments that connect bone to bone and cartilage to bone and hold the whole structure together. Nerve endings make the feet sensitive. With each step you walk or run, your feet are subjected to a force of two to three times your body weight, which makes the feet prone to injury.

The big toe, commonly called the great toe, helps to maintain balance while the little toes function like a springboard. The three inner metatarsal bones provide rigid support while the two outer metatarsal bones, one on each side of the foot, move to adapt to uneven surfaces.

Your feet are each supported by two arches. The transverse arch runs from side-to-side just back from the ball of the foot. This is the major weight-bearing arch of the foot. The medial longitudinal arch runs the length of the instep, flattening while standing or running and shortening when you sit or lie down, giving spring to the gait. The lateral longitudinal arch runs on the outside of the foot. Both longitudinal arches function in absorbing shock loads and balancing the body. These three arches of the foot are referred to singularly as the foot's arch.

With a basic understanding of the foot's construction, it becomes increasingly important to be aware of how we affect our body's biomechanics. At some point in training for an event, we need to try to mimic the event itself. Wear the same shoes and socks that you plan on wearing during the event. Wear the same clothes; carry the same weight in a fanny pack or backpack; even get out in the same weather. Even though we may not realize it, these factors can change our stride, work different muscles, and put pressure on different body parts—including the feet.

Preventing Biomechanical Problems

Let's take it a step further and talk about preventing problems. The body lines up over the foot. When the foot goes out of alignment, the ankle, knee, pelvis, and back may all follow. Analysing the way we stand, walk, and run helps a podiatrist or orthopaedist determine whether

we have a mechanical misalignment and how it can be corrected. He or she will also want to see your running shoes to analyse the wear patterns on the soles.

An example of biomechanics is how the foot's arch works. A low arch, or flat foot, typically occurs when the foot is excessively pronated, turning it inward. A high arch supinates the foot, rolling it outward. Both of these structural variations can cause knee, hip, and back pain. When one arch flattens more than the other arch, that inner ankle moves closer to the ground. That hip then rotates downward and backward causing a shortening of that leg during walking and running. The pelvis and back both tilt lower on the shortened leg side and the back bends sideways. The opposite leg, which is now longer, is moved outward towards the side that puts added stress on its ankle, knee, and hip. The shoulder on that side then drops towards the dropped hip. All of these are compensations as the body adapts. Muscles, tendons, ligaments and joints are stretched to their limit. The body is out of alignment.

The stresses on our bodies can result in inflammation, often the cause of foot pain. Running on unbalanced and uneven feet may result in fatigue. Fatigue gives way to spasms that may cause a shift in the shape of our feet. Corns, calluses, bunions, spurs, and neuromas may develop when joints are out of alignment.

Do not fall into the trap of drawing erroneous conclusions about your injuries or the type of shoes or equipment that you need for your running style. A podiatrist or orthopaedist should check pain associated with running. Heel pain that we try to resolve with a heel pad may not be caused by a heel problem, but by arch problems. This in turn may throw off the biomechanics of the body's alignment. If you begin a run and right away experience knee pain, you most likely have a problem with the knee. If the pain comes after running for a while, it is most likely not a knee problem but a biomechanical problem. Likewise, you may think because you are a heavy runner you need a shoe with lots of cushioning. Based on that decision, you buy a cushioned shoe, the most cushioning insoles, and wear thickly cushioned socks. But, in reality, what you may need is a stability control shoe. This is where the help and expertise of medical specialists comes in. They are trained to determine biomechanical problems.

Remember that most athletes have foot problems or become injured by doing too much, too soon, and too fast. To avoid biomechanical problems, use proper footwear, pace yourself, do strength training, and train in the gear you will use in your event.

September 13/15, 2005 in Footcare, Footwear, Health, Sports

Flying over the Budawangs

Clio

In last August's issue Andrew Vilder recounts his tale of being 'B-52-d' near the Castle. This writer can recall one late afternoon a couple of decades ago, returning from Korra Hill, and looking down upon a large-prop aircraft (possibly a DC3) as it flew westerly clearing Cockpit Swamp.

In 1931 two prospectors reported seeing sun glinting possibly on the wing or fuselage of a plane. Depending upon which account, or whether there were two separate claims, this site was located anywhere between Kangaroo Valley and the coastal ranges east of Nerriga. Pioneer aviator, Charlie Ulm flew as far south as Braidwood but was unable to find anything. The 'sighting' was attributed to sunlight upon rock slabs covered with water.

Prior to this Ulm and Kingsford Smith had started (1930) their own airline and on 21st March an Avro Fokker monoplane, the Southern Cloud, took off at 0815 from Sydney. On board were the pilot, assistant pilot and six passengers.

The decision to fly (if the weather was unfavourable), and the choice of route, was left to the pilot. Flying direct the 642-km route to Essendon would normally take 4:45 hrs with the longest flight being seven hours. To allow for this variation the plane carried fuel for eight hours flying.

Once it was announced that the Southern Cloud was missing reports came in, from various areas, claiming to have heard the passing plane. The general consensus was that the aircraft had crossed into Victoria between 1-2 p.m. delayed probably by headwinds.

Search aircraft made an extensive sweep across the southern part of the State and Victoria. Had the plane crashed this should have been revealed by burnt area. Of greater concern was that, had it run out of fuel, the aircraft may have slipped, between straight-stemmed trees (as it did) and become invisible.

The pilot could have also followed the coast south hence the prospector(s) claims were seriously considered. Even Kingsford Smith conceded that his missing plane might have even crashed into the sea.

A "significant" sighting came from Tintaldra on the Murray River, north of Khancoban, where smoke was seen towards evening in the direction between Kiandra and Kosciusko (Toolong Range) accompanied by light flashes every 15 minutes. The remains of the Southern Cloud were eventually found some fourteen kilometres north of Mt Jagungal in 1958. (There could have been no visual sighting from Tintaldra)

As a result the Inquiry recommended (but did not enforce) that commercial aircraft should carry a radio. This would have entailed carrying a radio operator hence it meant one less paying customer. Six years later a Stinson aircraft (sans radio), flying from Brisbane to Sydney, went missing sparking a massive search.

From 1942 Japanese submarines commenced to menace shipping along Australia's eastern coast. An Anson Cheetah, from 73 Squadron, took off at 0630 in September 1943 from Nowra airport. The bomber, armed with two depth charges, was to land at Moruya prior

commencing patrolling duties. The pilot had an order that should the weather deteriorated further the three crew were to return to base.

When the aircraft failed to report in (possibly radio problems) Moruya aerodrome was contacted and the alarm raised. An observer at the Brooman Post Office also reported hearing an explosion to the west about an hour after the plane took off.

The later Inquiry determined that, due to the poor visibility, the aircraft had made a clockwise turn and crashed into the southern flanks of Pigeon House Mountain. For whatever reason the plane had already lost height and the pilot appeared to have thrown his arm in front of his face at the last moment. (hence he had no warning of his true position).

One depth charge became detached at initial impact and exploded, scattering debris over 150 metres radius, whilst the other depth charge did not go off.

Recovery was made more difficult as the only topographical map represented the country west of the Clyde River as a series of 90 metre contours, with no features like the Castle, whilst Yadboro Creek and catchment was shown only as a V-shape in the contours.

I understand that this crash site is listed as a war graves site and so has protection orders place on it.

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THE WALKS PAGES

News from Your Walks Secretary

A Reminder to Leaders:

Please send in your signed Walks Attendance forms and Activity Report. Please note that the addressee has been changed to

Walks Recorder- Sydney Bush Walkers

PO Box 431 Milsons Point NSW 1565

There are a number of reasons for sending in the walks attendance forms:

- The hard copies of the walks attendance forms, with participants' signatures, are necessary for insurance purposes and should be kept in one place.
- Furthermore, they also provide data for the data base, now under development.
- The activity reports are used by Barry Wallace to prepare walks reports for the magazine.

Also, a reminder for all leaders to check for fire bans and park closures during summer - this should be done as a matter of course, but is particularly important in the summer months. See the bottom of page 2 of the Walks Program for details.

Parts of the Brindabellas and Snowy Mountains are still closed to walkers for regeneration. Leaders are advised to confirm with NPWS before entering these areas.

Regards, *Ian Thorpe*

Track Reports

(Extracts from Wilf Hilder's October Confederation Track Report)

Wollemi NP. Dane Snelling reports that the Mt. Cameron Road is closed from the Natural Bridge (a strategic saddle) to Mt. Cameron, because of fallen trees across the road. Mt. Cameron is now home to wild donkeys and pigs. So many trees have been dragged across the road that even cyclists would have to carry their bicycles along the road over the obstacles.

Tasmanian Overland Track Fee. Father Frank Bendeich (CBC) reports that after years of threats the Tasmanian Parks & Wildlife Service have finally imposed a fee of \$100 per person for walking the Overland Track (Waldheim to Lake St. Clair). The charge applies from 1st November to 30th April each year. Walkers must book and pay in advance, by phone 03 62336047 or by internet www.overlandtrack.com.au. More information is given on the website

Western Arthur Range (Tasmania) The Tasmanian Parks and Wildlife Service have rejected a recommendation that overnight bushwalking fees be charged in this area. The Service has increased the park entry pass fee instead.

Mt. Arthur Reserve in Central Western NSW is a very large area of very pleasant wooded hills and gullies some 4 km west of the town of Wellington. Mt. Arthur (541m), Mt. Wellington (520m?) and Mt. Duke (553m) the three major peaks, rise some 300 metres above the Bell and Macquarie Rivers. Mt. Arthur and Mt. Wellesley are well served by track networks provided by the Wellington Shire Council.

The trackheads in the Reserve are accessed from Bushrangers Creek Road. Maps of the tracks are available only from Council's Information Centre in Cameron Park on the Bell River at Wellington. The 1971 1:50,000 Wellington map does not show the track networks but does give reasonable topographical detail with 20 metre contours, but the map's cultural details are not up to date. The Mt. Arthur Reserve is a well kept local secret.

Hunters Hill. The Hunters Hill Shire Council has issued a detailed map of the shire featuring walking tracks in Hunters Hill and Woolwich. This map is available in various shades of grey on the internet, but the coloured version is available free from Council's reception desk at the Council Chambers in Alexandra Street, Hunters Hill. A recent check in the Tarban Creek area found that the walking tracks were lavishly signposted and that detailed maps were included on each signpost. Congratulations to Hunters Hill Shire Council on promoting walking in one of Sydney's more affluent waterfront suburbs, which is well served by ferries at Woolwich and Gladesville wharves.

Roads Report. Russ Evans (Shoalhaven Bushwalkers) reports that the Nowra - Braidwood Road (via Nerriga) has been regraded and is in very good condition and that Council has also regraded the branch road to Tolwong Homestead. I also have reliable reports that the Mt. Werong - Yerranderie road has been regraded and is now suitable for ordinary vehicles.



Water Is Very Important! Please remember that walking in summer requires ample intake of water. In these drought conditions good quality water may be very scarce. Consumption on a hot day walk is between 3 - 4 litres. Much more if you are carrying a heavy week-end pack!

Walks Notes

Barry Wallace

Period 7th July to 3rd August 2005.

The party of 6 on Maurice's Yalwal area walk over 9, 10 July found Danjerri Creek running high enough to make crossings only for the foolhardy or suicidal; so then spent the whole trip on what they claim was the easy side of the creek. The weather was generally good for walking, with the wind and rain confined to overnight on Saturday. The campsite was a delight and they even came across some axe grinding grooves on one of the ridges above the creek. The Saturday of that weekend saw Mark Patteson out with a party of 9 on his Mount Solitary walk. Here too the streams were swollen, but the only remark is that the Kedumba River crossing was cold and higher than seen for some years. The party of 14 on Nigel Weaver's Sunday walk in Dharug National Park encountered cloudy conditions with high winds and just the occasional sprinkle of rain. They spent most of the trip off track along the cliff lines above the Hawkesbury River, with panoramic views over the river from vantage points along the way. They even spotted Mount Yengo away to the North West at one point. All in all a great day, and a lot of fun.

The following weekend, 16, 17 July had an overnight qualifying walk programmed but no prospectives attended. Maybe it was the M322 grading or the 800 metres up/down that caused it, but at any rate Tony Crichton had a party of 6 members on his walk from Kanangra Walls to Whalanian Creek/Kanangra Creek junction and back. The views off Bullagowar spur were described as some of the best views in the Kanangra area and the party varied the return route a bit by coming out via Guogang rather than Paralyser. They varied it even more when they arrived at the fire trail, went into a comfortable, relaxed overdrive, took a wrong turn and arrived out at the Kanangra Road on the wrong fire trail. Did someone mention adversity training. All in a day's work really. Jim Percy led a Saturday exploration of the Mount Banks area out from Mount Banks car park with a party of 7 in generally sunny conditions with cold westerly winds. The beauty of Explorers Brook was taken as compensation for the cold water they had to travel through to get there. Despite the exploratory nature of the walk it was all over by 1630, just ahead of a light shower of rain. There were two walks programmed for the Sunday. Roger Treagus led a party of 11 on his "world Tour" of the Avalon bushland in fine conditions with a gusty Westerly wind. Lunch at Careel bay and afternoon tea at Clareville Beach were interspersed with a surprising proportion of off road walking, given the area

involved. Ron Watters and Michelle Edwards coled a qualifying walk in Morton National Park with a party of 11 and some slippery going between the gorgeous waterfalls. The party were tougher than Ron's Volleys as the latter required repairs to carry him through the day.

Jim Percy had a party of 8 out on his "oozing with history" walk into the Grose River valley over the weekend of 23, 24 July. Conditions were close to perfect, with a fine Saturday followed by a moonlit night. Sunday was a little tougher, with a cold SW wind for the ascent of Mount Hay. Jim managed to locate a small lake that had evaded him on previous passes through the area. This could have been due to the lake masquerading as a 60m by 30m shallow, reed filled swamp, but Jim takes his pleasures as he can, and was suitably impressed. The Sunday walk that weekend, Leigh McClintock's trip out to Mount Solitary from the Golden Stairs and return, attracted a party of 12. Conditions were bright and warm with excellent visibility and a rising wind throughout the day. Even the Sydney skyline was visible from the top of Mount Solitary. It all went as if on rails, back at the cars by 1600 hours with the party all in good form and universally happy, dinner in the Parakeet Café and home to mother.

Saturday 30th July saw Peter Love with a party of 15 out on his walk out near Leura to Gladstone and Roberts Passes. Mark Patteson had a walk down to Acacia Flat from Neates Glen and back out to Evans lookout programmed for the Sunday of that weekend. Mark changed the route to originate and end at Evans Lookout and also spent a bit of time relocating a couple of lost lambs from the party of 16 due to "misinterpretation of instructions". Fortunately everyone stayed on the tracks and they were all reunited near Beauchamp Falls.

Wilf Hilder's midweek walk on Tuesday 2nd August went in beautiful weather, with temperatures in the low 20s and a party of 5, on what it is said proved to be a very interesting day. They started the walk at Fairfield Railway Station and finished at Carramar Railway Station; taking the time to read the many information plaques and admire the glorious blooms on the wattle trees along the shared cycleway/walkway as they went. Not quite sure just how the leisurely 45 minute lunch near Orphan School Creek fits that profile. They also visited a Chinese Temple where the staff welcomed them courteously to inspect the lavish decorations that have made it a local landmark.

There is a black hole in the walks reports beyond here until the 14th August so we will close here for this month.

Queens Birthday Long Weekend South of Touga

Mike Floyd

It's a rare thing to obtain a leave pass for 3 days and a walk with Maurice is an event not to be missed so when the weekend arrived I jumped in the car with the laconic David Trinder and hoofed it down to meet with Maurice, Mark Dabs, Suzanne and ????. at the McDonalds just north of Nowra.

This was my fourth walk in the Ettrema with Maurice and as the walks programme described it as 'exploratory' I had an idea of what to expect. The 6 of us left the cars parked on the road to the Touga property and walked off down Tail Race creek heading for the Shoalhaven River. The going along the creek was very easy and not rough and we were lucky enough to see some grey kangaroos. After a couple of hours the sky greyed over and the creek sides narrowed and got steeper. We were all wondering what the terrain was going to be like up ahead. We soon came to our first bunch of very close together contours and we all climbed down around and under a fallen tree and then sidled around the base of another cliff using a fig tree for hand holds. This is where we first encountered a scree slope. No problems we all slithered down that and had another 5 minute walking along the creek bed until we came to another drop of perhaps 60 metres. A couple of us went on a reccy and managed to get within about 15 metres from the bottom but it wasn't to be, so at about 2pm there was nowhere to go but up the south side of the creek. It started to sprinkle. Mark Dabs, with what I suspect is his usual aplomb, shinnied up to first scree slope with all of us slithering around doing the usual two steps up and one back routine that you do on a scree slope. Everywhere we looked on that climb was goat pooh. We never saw one but we were comforted that goats had been there before us! It took us over an hour to all get onto the ridge line on the south side of the creek and it was one of the hardest things I have ever had to do with 2 packs part of the way. At least I thought it was one of the hardest things I have ever had to do up to that point!

After a brief sit down and time to eat some nuts and berries we headed off down the knife like ridge with the usual sharp Shoalhaven rocks poking up at us. Mark and I hoofed it off ahead down to the river as it was by that stage getting dark and also raining and we wanted to get a fire going for the others. This we duly accomplished and about half an hour after dark the other 3 arrived having slithered down a long scree chute to the river. The other 3? The other 4th (David) was nowhere to be seen. The rain was coming in a steady drizzle and the temperature was cool and up there somewhere was David lying injured or worse? From the campsite immediately north of the entrance to the creek we were reassured somewhat that we could see the light from David's head torch way up on the ridge. We shouted to him and even made a concerted

effort up the hill to try and get to him but the terrain was too rugged and it was just too dangerous to go stumbling around in the dark on the ridge and risk an injury to one of us. So we all went to bed worried about David's fate, with our imaginations working overtime.

First thing in the morning Mark and I left search central and went up the ridge to find David. 20 minutes and we found him damp but OK, having spent the night under a fly and being of good sense didn't panic and essentially stayed where he was and waited for us to come and get him. We all learned a lot as a result of 'losing' David. **The first rule** is to keep together and not let each other disappear from the group. Essentially our group had split and David had been in between Mark and I and Maurice and the other two and had headed off down what looked like another ridge. By the time he realised his error and returned the others had passed and he was by himself at the back, but by then it had got dark.

Overjoyed that we had David back with us we loafed around for our day on the river. About midday we moved camp to be closer to our return creek, Water Race Creek.

We found a beautiful campsite complete with goat skulls, at the junction of the river and creek and had a superb night toasting ourselves by the fire.

Next day we were away by 7 am and proceeded to walk up Water Race Creek. Yes I know what you are thinking. Why wouldn't you expect waterfalls? Well we did sort of..... So, as you knew, after an hour or so we came to a series of what looked like three waterfalls of insurmountable height. We could see them tiering away into the distance. 10 minutes before we got to the falls/cliffs we had seen two wedge tail eagles attacking a wallaby on a scree slope. Was it an omen!?

Over the next couple of hours we clawed our way up scree slopes and across the steepest scrubby inclines almost eating goat pooh, we were that close to it! Everyone was very sensible on the ascent and helped each other over the difficult bits and we gained the top after one of the hardest 300 metre scrabbles I have ever had the pleasure of doing.

Once on the top of the tableland above the northern part of Water Race Creek we followed our noses back to the car parked on the Touga Road. One interesting thing we found on some rocky flat spot were some heaped stones that were reminiscent of the Bora ground on Quiltys Mountain in the Budawangs.

Aside from the traumatic case of the missing David (which gave us a practical lesson on the crucial need to keep tabs on all the party) we did indeed have the exploratory (and I think challenging) walk that Maurice had promised us. I'll go another one of those!



Extended Walks over Christmas and New Year

The holiday season is an ideal time for extended walks in the high country or along the beaches. There is extended daylight in the evenings for enjoying the meal around the campfire. The extra days provides time to access the more difficult or remote areas. The SBW extended Christmas and New Year walks are shown below. Please refer to the Summer Walks Programme for details of leaders and contact numbers

10 th – 17 th December	Overland Track, Tasmania. <i>Cradle Mountain - Lake St. Clair.</i>
26 th Dec – 1 st Jan	Alpine Walking Track, Victoria. Omeo Hwy near Mt Wills to Tom Groggin.
27 th Dec - 5 th Jan	Flinders Island, Tasmania. Several coastal and mountain walks on this unusual island.
26 th Dec - 1 st Jan	Kosciuszko NP. Similar to the Xmas 2002 walk, but with some new areas as well.
26 th Dec 4 th Jan	Kosciuszko NP. Round Mountain to Thredbo via the Main Range.
2 nd Jan - 9 th Jan	Kosciuszko NP. Stay at Windarra Lodge at Smiggin Holes, day walks on the main range.



Mid Week Walkers:

The Summer Walks Programme shows an increased number of midweeks walks, mainly on Tuesdays, with the novelty of having short walks in the cool of summer evenings.

In December the midweek walks are

Tuesday 6th December **Harbour Walk (evening)**

Meet at Milsons Point (6pm) for an easy walk past Lunar park and around the bay for dinner (BYO) on the grass at Waverton Park. Watch the boats go by and the harbour lights. Grade: (Easy)

Tuesday 13th December **Bicentennial Coastal Walk**

Wynyard Park – Dee Why – James Meehan Reserve – Greendale Creek – Harbord Tunnel – Circular Quay. Plenty of swimming options. Grade: M211 (Medium 15km – ½ km rock hopping)

Tuesday 20th December **Botany Bay NP**

Central – Cronulla – Kurnell – Kurnell Lookout – Boat Harbour – Cronulla Beach – Cronulla Train Station. Swimming options. Grade: M 212 (Medium) 16km

Monday 26th December (Boxing Day) **Kuringai Chase NP Waterways**

Boating & aquatic activities. Walking entirely optional. Bobbin Head, Kuringai Chase NP waterways, Hawkesbury river, & return. Bring picnic/BBQ food & drink & social clothing / swimwear for day and evening. 10am start, evening return. Grade: nil.

The Mid-Week walkers are an informal group in SBW who have time to spare for mid-week activities; most of which are shown in the Walks programmes but some are organised at short notice and advised by a monthly newsletter to those who have expressed interest. If you would like to be included on our mailing list or participate in the activities shown below please phone me on 9484 6636 or send an email to billholland@bigpond.com



Camp Fires and Stoves

All members are advised to check the restrictions on lighting fires in intended camping areas. Be aware that in coming months high to extreme bush fire danger will be experienced throughout much of NSW. This means that fires in the open are restricted and may only be used under certain conditions eg. a camp fire for cooking purposes. However, most national parks, reserves and forest areas around Sydney have Local Fire

Bans which mean no fires of any nature are permitted

Total Fire Bans may be declared on days of extreme fire danger and fires in the open, including cooking and camp fires, are totally prohibited for the period of the ban.

Lighting any fire in the open on a day of "Total Fire Ban" may lead to a fine of \$5,000 and six months imprisonment. This applies to any naked flame including camp fires and camping stoves



EPIRB – Emergency Position Indicating Radio Beacon

SBW has purchased an EPIRB for use by club members, in particular walks leaders.

The GME Electraphone MT310 is a self contained radio transmitter, which transmits an

internationally recognised distress signal on the aviation emergency frequencies for a minimum of 48 hours. These frequencies are monitored not only by commercial and military aircraft but also by the COSPAS/SARSAT satellite systems. Weight 185g

The Club Secretary, Leigh McClintock will manage the EPIRB. So if you would like to take the EPIRB for a walk give Leigh a ring on 8920 2386 and arrange to collect it

SOCIAL NOTES

Hi Everyone,

It's about a month since I'm back from a beautiful holiday in France. My walking, especially in Provence was great – good scenery and group. Mont Blanc, where I also walked, was not as spectacular as I had hoped.

For those people who could not come to the October social evening, featuring the trip of Richard Darke and SBW company to Hong Kong, you missed a terrific evening. The presentation to a full house was a very good eye opener to the beauty and culture of Hong Kong.

Richard will hardly need to advertise when he runs a similar trip in the near future.

By time you read this the November "Cooking Demo and Tasting" evening will have taken place getting our taste buds ready for the celebratory season in December.

Which brings us to the SBW Christmas Party on Wednesday 21st December. This year we have had to change the venue (due to incomplete renovations) and it will be now held at the **McMahons Point Community Centre**. Please keep this date free and join us from 6pm for the Club's Christmas celebration.

The weather is becoming very hot and muggy. Please remember when walking to take extra water on trips and have a swim/dip to cool off. It really does lower body temperature and makes the day more tolerable.

Enjoy your walking and I look forward to catching up with you at the Christmas party.

Kathy

December Social Programme

7th Dec 7 pm **Committee Meeting**

Observers welcome.

12th Dec 8pm **First Aid For Prospective Members**

Note: This is not a first aid course
C Prospectives members ome along to a training night that will give you the chance to learn and to pass your first aid test for your full membership. Bookings are essential as places are limited

14th Dec 8 pm **New Members Night.**

Introduction to SBW for intending prospective members

21st Dec 6pm **SBW Christmas Party**

This is the SBW social event of the year **McMahons Point Community Centre** – 165 Blues Point Rd
McMahons Point.
Bring a plate of food!!

Does Cold Water Clean As Well as Hot Water?



A man went to visit his 90 year old grandfather in a very secluded, rural area. After spending the night, his grandfather prepared breakfast for him consisting of eggs and bacon. He noticed a film-like substance on his plate and he questioned his grandfather.

"Are these plates clean?"

His grandfather replied...."Those plates are as clean as cold water can get them so go on and finish your meal."

That afternoon, while eating the hamburgers his grandfather made for lunch, he noticed tiny specks around the edge of his plate, and a substance that looked like dried egg yokes. So he asked again, "Are you sure these plates are clean?"

Without looking up from his hamburger, the grandfather says, "I told you before, those dishes are as clean as cold water can get them, now don't ask me about it anymore!"

Later that afternoon, as he was on his way out to get the paper, the dog started to growl and would not let him pass.

"Grandfather, your dog won't let me out," he complained.

Without diverting his attention from the football game, his Grandfather shouted, "Coldwater, move!"

Human Sexuality



Many aspects of human sexuality are very puzzling. Take celibacy, this can be a choice in life, or a condition imposed

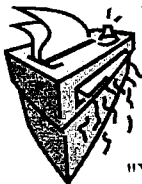
by environmental factors:

Whilst attending a Marriage Encounter Weekend, Bill and Mary listened to the instructor declare, "It is essential that husbands and wives know the things that are important to each other."

He addressed the men, "Can you each name and describe your wife's favourite flower?"

Bill leaned over, touched Mary's arm gently and whispered, "Self-raising, isn't it?"

And thus began Bill's life of celibacy.



New Guy

The new employee stood before the paper shredder looking confused.

"Need some help?" a secretary asked.

"Yes," he replied. "How does this thing work?"

"Simple," she said, taking the fat report from his hand and feeding it into the shredder.

"Thanks, but where do the copies come out?"

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PALLIN



THERE IS NO SUCH THING
AS BAD WEATHER..
ONLY INAPPROPRIATE CLOTHING



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