



**January 2009
Newsletter Issue 1**

INSIDE THIS ISSUE

| | |
|---------------------------------------|----------|
| Editorial – Maureen Carter | 2 |
| Advanced Walks Notices | 3 |
| Nadgee-Howe Wilderness Area | 3 |
| MMM News | 5 |
| Reunion of Great River Walkers | 6 |
| Summer Social Program | 6 |
| Photo Guessing Competition | 6 |

THE SYDNEY BUSHWALKER NEWSLETTER
is the monthly bulletin of matters of interest to members of
The Sydney Bush Walkers Inc
PO Box 431 Milsons Point NSW 1565.

Editor: Maureen Carter

Opinions expressed in this newsletter are the opinions of the authors and do not necessarily reflect the policies or views of The Sydney Bush Walkers Inc.
All material in this newsletter is copyright. . Requests for reproduction should be directed to The Editor. editor@sbw.org.au

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 Program (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 The Snowy Mountains, the Warrumbungles as well as interstate i.e. Victorian Alps

Our meetings start at 8pm and are held on Wednesday evenings (see Social Program) at Kirribilli Neighbourhood Centre, 16 Fitzroy Street, Kirribilli (near Milsons Point Railway Station).

Visitors and prospective members are welcome www.sbw.org.au

Office Bearers

Members are welcome to contact the following officers on club matters:

President: David Trinder
9542 1465 (h) dt28@tpg.com.au

Vice President: Ron Watters
9419 2507(h) wattersr@bigpond.net.au

Secretary: Ruth Richter
0403 941 790 ruth.k.richter@student.uts.edu.au

Walks Secretary: Tony Holgate
9943 3388(h) tholgate@optusnet.com.au

Social Secretary: Kathy Gero
9130 7263 (h) kathygero@aol.com

Treasurer: Margaret Carey
9957 2137 (h) margaret_carey@bigpond.com

Members Secretary: Brian Holden
4294 3074(h) jholden6@bigpond.com

New Members Secretary: Jodie Dixon
9943 3388 (h) newmembers@sbw.org.au

Conservation Secretary: Wilf Hilder
9587 8661 walkingwilf@bigpond.com

Magazine Editor: Maureen Carter
9773 4637 (h) moz.carter@pacific.net.au

Committee Members:

Alan Sauran
9488 8367(h) asauran@hotmail.com

Bill Hope
9960 1646(h) bill.hope@optusnet.com.au

Delegates to Confederation:

Bill Holland
9484 6636(h) billholland@bigpond.com

Jim Callaway
9520 7081(h)

FROM THE EDITOR

Welcome to the very first newsletter, that is designed to keep members informed on bushwalking matters; to give you relevant news; and, to pass on ideas of interest to members.

Please feel free to contribute to this email newsletter, which will be issued monthly except when the larger quarterly magazine is published. You can contact the editor by email at either moz.carter@pacific.net.au or editor@sbw.org.au. I know the latter address works as I keep getting emails telling me how to extend my penis.

I can only guess, at this stage, what members need to read in a monthly newsletter. I need you to tell me exactly what you would like to see, bearing in mind that not all the members will receive the newsletter whereas everyone receives the quarterly magazine. Do you regularly view the website or should website items be repeated in the newsletter?

I trust you all enjoyed your post-Christmas walking as much as I did when I led a party of seven into the wilds of the NSW Wilderness Coast, more precisely, the Nadgee/Howe Wilderness Area.

Enjoy your summer walking

Maureen

AGM

Wednesday 18 March 2009

All Committee positions will become available and several current committee members are not standing for re-election.

Please become involved in running your Club.

WALKS PROGRAM APPEAL

Tony Holgate wishes to remind everyone that the walks program is currently being compiled and there is a deadline of 23 January. If you could get your walks in earlier that would be appreciated.

ADVANCE WALKS NOTICES

Late Feb/early March - Antartica/South America with Peter Christian - by email only tnmpics@yahoo.com.au. For fuller details see December magazine or email Peter.

April 2009 - **Walking in Ethiopia**. An exclusive SBW trip, 17 days long, of which 10 days are trekking in the Simian Mountains. Contact: Tony Holgate on 0434 968 793, tholgate@optusnet.com.au.

Late June to early July 2009 - **Kakadu** - a 10-11 day trip in this bushwalking paradise which will include the best of the water systems, finishing at Jim Jim Falls. Leader: David Rostron 9451 7943.

Late June to early July 2009 - **Flinders Ranges (TBC)** - Possible extended trip to the rugged and beautiful Flinders Ranges. Expressions of interest to Caro Ryan, justshootme@osemail.com.au

July 2009 - **Possible Kimberley Trip** - Expressions of interest to beat the winter cold in this unique landscape. Contact Tony Holgate.

RECENT TRIPS

The Newsletter is a good opportunity to post a few photos of your latest trip (whether a leader or a member of the party). There is no need to write an article, perhaps you could indicate that an article will follow in a quarterly magazine, or simply just add a short description of your photograph indicating date, place and people involved.

The Webmaster would also appreciate copies of your photos for the web site. Send them to webmaster@sbw.org.au.

Following are examples of what can be done.

NADGEE/HOWE WILDERNESS AREA - 29 December to 4 January

This trip will be written up in the next copy of the magazine, however, some of the highlights were:-



Eric's dramatic evacuation after an injury, as he had to swim 50m out to the launch ably assisted by Lesley who ferried his pack.



The view from Osprey Lookout, which we accessed on an 'optional' walk after camping at Little Creek



The walkers at the start at Lakeview, after being deposited there by Charlie in his boat out of Mallacoota:
rear - Wilf Hilder, Ken Lowe (Bush Club);
middle - Anthea Michaelis, Lesley Clarke, Eric Easterbrook (BC);
front - David and Maureen Carter (leader).

MMM News



A very "interesting" section of Maureen's coastal walk from Otford to Stanwell Park on 17 December 2008.

This space is reserved for your photo, recipe, joke, gear for sale, etc, etc



Great interest was shown in George Mawer's addition to his bicycle. It was of great help on the return section into a stiff NE breeze. Taken on 10 January 2009 on Maureen Carter's cycle trip from Bulli to Port Kembla and return, as a stage of her 'meander to Melbourne'.

WILLIS'S WALKABOUTS

Ultimate Kimberley Expedition

Six weeks across the top
15 March to 25 April 2009

This is the longest single expedition we offer.

You see an incredible variety of scenery and a wealth of Aboriginal art sites. The Fishing is great in several places along the way.

Why so early? If we went any later, we couldn't be sure all the waterfalls and creeks would be flowing, let alone flowing well. If you want to see the best this area has to offer, you have to go when it offers it.

This will be the first time since 2004 that this trip has run. It may be the last. We can't be sure that our transport will remain available or that we'll still be able to obtain all the necessary permissions.

Too long? The trip is divided into four sections any of which can be done on its own. This could be your trip of a lifetime. **Put it off and you may miss out.**

12 Carrington St Millner NT 0810 walkabout@ais.net.au

www.bushwalkingholidays.com.au



Phone 08 8985 2134 Fax 08 8985 2355

REUNION OF GREAT RIVER WALKERS

The Great River Walk was a series of staged walks on the SBW program from the source of the Wollondilly down that river system to the sea at Broken Bay. It was run from 2000 to 2004. Yes, you read right, it took 4 years to complete with over 30 stages if you include the route variations. A great many walkers did at least one of these stages and a few track hardened people did the lot. It has been a while since this was completed and the good news is that some councils are spending money on getting their section of the track established. It seemed a good idea to have a reunion for all those who took part.

This is being organised at Patonga (on the GRW) on 15 March 2009. If you are interested please contact me at

rtreagus@optusnet.com.au

or at 0423-262313 or 8919-0091.

We may even be able to organise a film presentation of the walk perhaps featuring some familiar faces.

Roger Treagus

SUMMER SOCIAL PROGRAM

All meetings are held at the Kirribilli Neighbourhood Centre at 8pm unless otherwise indicated.

21 Jan 7pm **Committee Meeting**
Observers welcome, followed at 8pm by a presentation on Abel Tasman NP and Taverse Sabine (NZ) walk by David Trinder

28 Jan **No club activities**

FEBRUARY

4 Feb 7pm **Committee Meeting**
Observers welcome.

11 Feb 8pm **New Members Night**
Introduction to SBW for intending Prospective members

18 Feb 8pm **Eating Super Foods for Endurance**
Roger French from the Natural Health Society will give a part Power-Point presentation about healthy eating generally with pointers as to how to adapt guidelines to very lightweight meals.

25 Feb **New Members Night**
Please contact New Members Secretary for details and time.



Guess where this photo was taken. An easy one to start! Send responses to editor@sbw.org.au. The first correct answer wins a bottle of wine. (Committee members and their families are excluded).