



**March 2009
Newsletter Issue 2**

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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.

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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 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

You are receiving this newsletter early as we are off to ski in Canada tomorrow and will be away for the best part of March.

I would like to thank everyone who sent me articles over the last twelve months. I enjoyed them all and trust that you will keep those fingers tapping away for the next editor. I not only look forward to putting more of my energy into researching and leading walks for the Club, but, I will be available to assist the new editor with articles. I would especially like to offer a regular feature interviewing walkers, and particularly prospective members, about their experiences with SBW.

I am greatly indebted to my long suffering husband David for all the work he has done, often at short notice and late at night after work, in struggling with the layout of the magazine and newsletter.

I am finishing on a high note as I tell you that we have received so many positive comments about the high standard of the soft copies and everyone loves seeing SBW exploits in glorious colour. So keep those photos and articles rolling in.

Happy walking

Maureen

AGM

Wednesday 11 March 2009

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

Please become involved in running your Club.

LETTERS TO THE EDITOR

Hydration

I am writing in reference to the article pasted in from Karl K's "Myth- conception" column. It has been my experience that most people on walks and related activities DO NOT drink enough fluid and that electrolyte imbalance from over hydration is extremely rare and has indeed, only come to light after a couple of instances of overuse of "Camelbak" type water bladders. The general rule of thumb is 8 glasses of water per day (2 litres) and during prolonged exercise 12 glasses per day (3 litres). Increased amounts are needed for high altitude and desert adventures. Neither amount is likely to cause a lethal electrolyte imbalance. Adjustments should be made if drinking alcohol and caffeinated drinks as both of these dehydrate you so you should drink water to compensate for these. So after one glass of wine have a glass of water and so on then you won't get the debilitating hangover which is actually caused by severe dehydration. If you are eating lots of fresh fruit and vegetables (unusual on an extended walk) then you may not require the full quota of water There are several easy signs where you can tell if you need to drink more:

1. If you feel thirsty then you are dehydrated (unless there is an underlying medical condition such as diabetes).
2. If you are not urinating then you are dehydrated (unless there is an underlying medical condition).
3. If your urine is darker than a good glass of bubbly then you are dehydrated (unless there is an underlying medical condition such as Hepatitis).
4. If you feel headachy then you are probably dehydrated (unless there is an underlying medical condition).

With respect to sports drink powders I tend to agree that these are over-used. However, if you are in an area where the water does not taste too good, or you have to use purifying tablets, then go ahead and use such preparations if it will make drinking fluid more palatable (you know, like adding drinking chocolate into milk to make kids drink their milk up). There are plenty of ways of making your own if you don't wish to spend the money on the more expensive brands. You may wish to investigate preparations with less sugar. For example I use "Endura" electrolyte replacement as it has a lot less sugar than "Gatorade". Also note that I use these sports drinks in triathlon and biking events longer than 90 mins in duration. I believe PowerAde has come out with a sugar free version. But again use these drinks in moderation as they are not usually required for most of our Club's activities. (I keep a couple of

sachets of Electrolyte replacement in my first aid kit though). Interestingly, in my triathlon "other life" I discovered that you can get pretty dehydrated during a 90 min swim training session because you still sweat even though you don't notice it - just like on a cross country ski trip on a blizzard day.

Another caution not mentioned in the article is that sports drinks and other drink flavourings tend to be quite acidic and that you are more likely to suffer from tooth enamel damage than "over-electrolyting". This applies to fruit juice too. The dentists all say after having an acidic drink you should wait a while or rinse your mouth out before cleaning your teeth. So in conclusion... moderation in all things and Common Sense should prevail on this subject.

Deborah Shapira

'Our Committee has to go?'

I have read and re read Brian's letter, 'Our Committee has to go?' because I found the sentiments somewhat surprising and needed to understand exactly what he was advising. It seems undemocratic to me but certainly worth further discussion in order to get feedback from other members to see if his suggestion has a following.

My view is that a democratic process is the most important process in any reasonable organisation and I feel that having only one person make the final decision ,undemocratic, and even with input from a committee, which would not have any real effect given those members cannot vote but would only be able to advise. If only one person makes binding decisions, that is not democratic.

The main purpose of consensus is to arrive at decisions with efforts made to acknowledge and address concerns of other committee members which have the effect of gaining support from those members and not leave a number of members dissatisfied. Yes, issues may be watered down but that is a consequence of any democratic process.

There is an opportunity, if the current constitution of the Club allows and if not, could be changed to allow, a committee member to block consensus, which should only be done if that member is really dissatisfied. It gives the 'blocker' another chance to present his/her case. Then, the vote is retaken and if passed by three quarters or perhaps only two thirds of voting members, then the motion is passed with any changes the blocker may have successfully argued for.

One thing in Brian's suggestion which rings true (I do have some sympathy with his suggestion) that comes back to me, occurred in 1976, when Israel sent its military into Entebbe airport in Uganda to rescue the hostages held there by 'terrorists' after

Letters to the Editor (continued)

their Air France plane was hijacked and all passengers, except the Jewish passengers, were released. It was a diplomatically sensitive thing to do, sending another country's military into another country without permission. The Israeli 'raid on Entebbe' was being discussed in the Israeli Knesset (Cabinet) and this cabinet was debating whether to give final permission for the military which was already flying to Uganda, waiting for final approval to execute their plan. The airforce General on one of the 3 planes headed for Entebbe was said to have said to his soldiers while waiting, 'debate, debate, debate' in disgust but did not proceed to land at Entebbe to enact their extraction until the Cabinet did receive the appropriate vote by all members of the Knesset. This was democracy but as can be seen, sometimes very frustrating.

I do not dare to compare the gravity of the above historical event to SBW matters, only to provide an example of such a highly democratic process which did not lead to a decision left in the hands of one individual, albeit a General, though I sympathise

with that General's frustration. Here, lives were at stake but had to have a majority vote in the Knesset.

Democratic processes have inherent in such process, a mechanism to arrive at decisions by consensus or by majority vote. I do not believe an organisation should scrap consensus or the alternative of a second bite at objection through blocking, then on to a majority vote. If one blocker can convince a majority, that too is democratic but the onus is on that blocker to come up with enough argument to convince a majority at this next stage to change their original vote or agree to a revised motion to gain majority support. Maybe Brian would be happy with this suggestion.

The very fact that consensus, or majority vote exists in democracy, is to satisfy the majority, even if a decision is watered down to achieve it, as is often the case anywhere. This is still far superior than a one man/woman show. I don't think any process is perfect, just better than another.

Linda Wilhelm

Mid WeekWalkers

by Bill Holland

Floods the week before, and a sewerage problem for the town, gave us an anxious feeling as we headed towards Hat Head Caravan Park at the start of last week. The Park Manager assured me by phone that all was OK and this proved to be the case. Perfect weather in a perfect location for a perfect week!

Ten of us attended; Monday was getting there for most of us, although two couples came in the day before. Some walking on the first afternoon with happy hour greeting the last two to arrive. Leigh McClintock had done his homework and led for the next three days with interesting walks in the mornings and relaxing afternoons. We visited the old historic prison at Trial Bay and the lighthouse at South West Rocks.

March: Lodge at Jindabyne - Mon 30 March to Fri 3 April

This has always proved to be very popular. We stay in a modern lodge with all facilities in Jindabyne. The cost will be about 420 per night per room. Maurie and Barbara Bloom will lead us on walks in the Alpine areas each day but there will be time for easy sightseeing as well.

Please contact me if you would like to attend and I will send you detailed instructions.

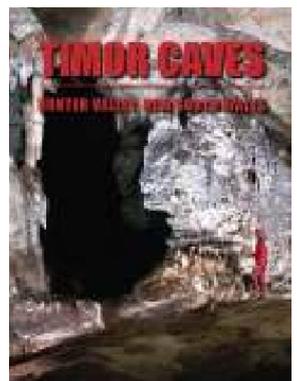
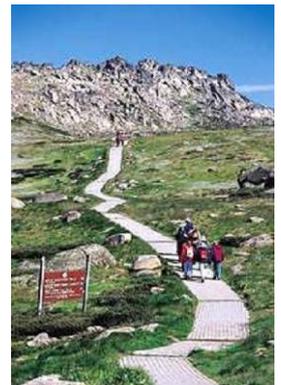
April: Canberra - Mon 27 Apr - Fri 1 May

See all the autumn colours. Stay at caravan park and cycle the bicycle pathways, visit galleries etc. This is an activity great for energetic and not so energetic cyclists or those who simply want to visit the well known features of Canberra. Please let me know if you would like to join us and I will make a cabin or tent site booking.

May: Timor in the Hunter Valley - Mon 18 - Fri 22 May

Don and Liz Wills would like to lead us on a week of walking and cycling from their property in the Upper Hunter Valley. We will stay in a warm cottage and have the opportunity to walk /cycle in the nearby regions. Some may like to visit the Timor Caves.

These caves date from before the Late Cretaceous geological period making them over 73.5 million years old!



When You Go Into the Woods Today - a Canadian bushwalk

by Roger Treagus

I and my family lived in Vancouver for almost a year so we had plenty of time to figure out the best walking possibilities near the city. Being from Australia we tended to compare the local walking conditions to those back home. After all Vancouver and Sydney had a lot in common: a spectacular harbour, a great geographic setting for a major city, good public transport to trailheads and national parks close to town. We wanted to do something like a Bundeena to Otford type walk, something reasonably long distance in bushland away from built up areas and with public transport at each end to allow for a one way walk.

Vancouver certainly has it and it's called the Baden Powell trail. It stretches 48km on Vancouver's North Shore through almost pristine bushland starting on the west coast and finishing at a deep sound running north into the mountains. Like the Royal National Park version, this can be done in a day, but a long hard day, more like an urban version of the K to K. But before I launch into a description of this fabulous track (trail over there) I



Grouse Mountain overlooking Vancouver's North Shore

I should point out some of the things walking near Vancouver does not have in common with Sydney. For sunshine substitute rain, for beaches substitute mountains, for loud Oz birds substitute the more discrete North American ones and most importantly for Oz fauna substitute black bears and native cats. This final substitution is the most significant. When we walk in our bushland we may come across reptiles, perhaps the occasional retiring snake and shy marsupial. Nothing to be worried about. (North Americans seem to think there is clear and present danger as soon as they set foot off the bitumen in Oz from all manner of venom packed creatures). But even on the Baden Powell trail which is within sight of the Vancouver CBD there is the ever present threat from bears and a lesser threat from the big native cats such as

the Cougar. There's no mistake about this threat. Bears kill. North Vancouver is like Sydney's North Shore, very well established, prosperous and suburban BUT people die in the bushland just over the back fence so to speak. You wouldn't get this in Killara. On visiting the "bear" tent at a North Van fair, I was astounded to be told by the park rangers there that in the last year there had been 245 bear sightings, some close to big shopping malls, and 3 fatalities in the North Vancouver local government area. One such incident was a mountain biker streaking down a slope and unable to stop in time to avoid a big black that jumped out blocking the trail ahead. She hit him and then he hit her. The threat is seasonal, mainly in the berry season (late summer) and when mothers have their cubs. Woe betide anyone who inadvertently gets between mother and cub. Apart from these times the chances of being even injured by a North American mammal when doing the Baden Powell trail is probably less than 5 % and less again if you carry a bell and shout a lot.

Having said all that, I still highly recommend the Baden Powell, especially on the 20% of days in an average year when it is not pouring (or even snowing above 300m where a good deal of the trail is). A local Vancouver bus takes you to the start at Departure Bay near where the ferry terminals are for Vancouver Island. The trail has distinctive markers like our Great North Walk except they are very small and may be missed. The walk starts off in a very serious fashion and powers up to Cypress Mountain (site of one of the events of the 2010 Winter Olympics) at over 1000m with superb views across to Vancouver Island and south to the United States. Once this is attained the hardest part is already over. The trail crosses a web of cross country ski tracks and plunges to Capillano Lake, the local equivalent of Lake Burragorang, the drinking water for the city and a place where walkers are not meant to go. But like Sydney's example there is a special corridor for walkers to pass through. Then the trail reaches the bottom of the Grouse Mountain gondola, a prime tourist attraction where you can be whisked to the top of Grouse Mountain in a jiffy and marvel at the views. You can get there without paying for the ticket by climbing on a track appropriately called the Grind. Instead of turning left and doing the Grind you head straight on to Lynn Canyon, a superb patch of temperate rainforest with some stunning waterfalls and suspension bridges. Following this valley downstream it is hard to appreciate that you are less than 10km from the CBD.

After this another valley is crossed that drains off Mt Seymour which completes the trifecta of local ski resorts, Cypress, Grouse and Seymour: Three to choose from and all less than 30 minutes from the city (on the

When You Go into the Woods Today (continued)

occasions when Vancouver's traffic is actually unblocked on the north shore bridges). The trail finally comes down from the bushland to the eastern suburb of Deep Cove and to a water scene not unlike Bobbin Head. A local bus goes back to the city from there. Once a year people run this track, which is called the Knee Knacker. There are great views most of the way and you are never further than 2 km from the suburbs should you wish to retire early.

This trip is a good warmer for other famous long distance trails such as the West Coast Trail on Vancouver Island. The nearby Rocky Mountains have unending possibilities. The great North American coniferous forests start right next to the highest suburbs up the North Shore slope as close as 5 km from the city and extend north from here to the Arctic with very little interruption and very few people. So walk the walk when you are there if the sun is out but be prepared. When you go out to the woods today you are sure to be surprised if today's the day the teddy bears have their picnic.

NP&WS: Blue Mountains National Park

Burralow Precinct - closure to approx. end March 2009

NP&WS have advised that the Paterson Range Fire Trail, Burralow Fire Trail and Tabaraga Ridge Fire Trail and Burralow Picnic and Camping Area will be closed for essential fire trail maintenance works from Monday 16 February to approx. the end of March 2009.

This closure affects all vehicular, pedestrian and public access. The DECC/NPWS regrets any inconvenience but will endeavour to re-open the area as soon as safe to do so (we are aiming to re-open in time for Easter).

The trail maintenance works are essential to maintain timely firefighter response along these key fire trails in the Hawkesbury and will include Fire Trail maintenance works involving vegetation clearing from sides of road, insertion of drainage, road rebuilding and packing works to meet the joint agency "essential" fire trail standard (4 by 4 metres). Signage will be erected to inform the public with notification also listed on the DECC website.

Any queries can be forwarded to the NP&WS Richmond office: Phone 4588 2400

WILLIS'S WALKABOUTS

Ultimate Kimberley Expedition

Six weeks across the top
15 March to 25 April 2009

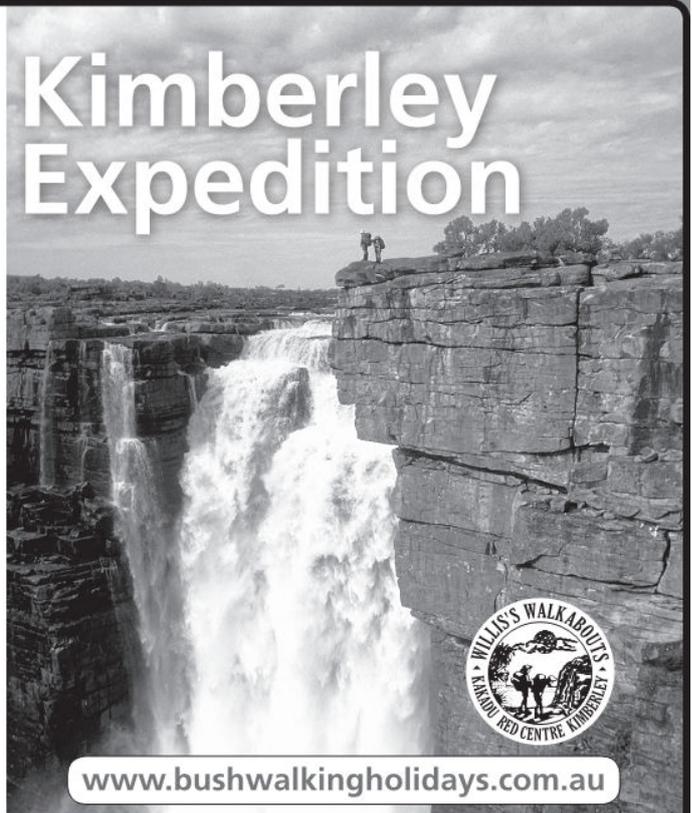
This is the longest single expedition we offer.

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

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Some Recent Trips

Ettrema and Jones Creeks

Here are some photos which did not make it into the January magazine when we printed Stephen Brading's article on the walk he and Yvonne did on Ettrema and Jones Creek on the January long weekend this year.

They started and finished at Quiera Clearing; entered the Gorge down Jingles Pass; camped for two nights at the end of Jones Creek; explored the abandoned mine site along Jones Creek; and, walked out via Transportation Spur and Pardon Point.

Watch this space for more articles and photos from this keen pair of walkers.

Ed



Ettrema Creek near Jones Creek junction



Looking down Ettrema Gorge from campsite



Ettrema Gorge from Pardon Point



Rock platform walking en route to car

Maureen's Meander to Melbourne - Cycle Trip - 31 January 2009 From Port Kembla to Shellharbour via Lake Illawarra

This 52 km bicycle ride, on a rather hot day, took us from the industrial landscape of Port Kembla; around sandy beaches and rocky headlands; along part of the shallow Lake Illawarra; uphill past the Blackbutt Forest; down very quickly to the beach at Shellharbour; and, finally, back to where we began at Hooka Point Park on Lake Illawarra.

The next ride in this series of walks, bike rides and paddles will take place on Saturday 28 March, from Wollie Creek to Kurnell and Cronulla. This is a repeat of a ride that was cancelled due to rain last December. Please refer to the Autumn Walks Programs for further details.



A sculpture to soften the industrial landscape?



The bicycles and their riders



Where on Lake Illawarra are we?



Shellharbour for rest, relaxation and lunch

All the photos were taken by George Mawer who was riding his bike that doubles as a lawn mower!

The energetic riders were: George Mawer, Brian Holden, John Hogan, Peter & Gill Kaye, David Carter, Eric Easterbrook (Bush Club) and Maureen Carter (leader).

Maureen's Meander to Melbourne - A Progress Report and Appeal

We began our journey to Melbourne, following the coast all the way, on 15 October 2008 and since then have walked and cycled as far as Minnamurra, as well as completing the section of coast from Newtons Beach in the Nadgee Wilderness Area to Mallacoota, the first town in Victoria.

The day walks are finished now, as we venture further from Sydney and we will walk the next three sections as three day walks. I would like to encourage people who do not want to do overnight walking to join us for one or more days. You will see some beautiful coastal scenery and have the company of fellow bushwalkers around the campfire. See the walks program for details of walks in April and May, but, please contact me early so that I can make car arrangements. Non-walking partners who are willing to drive a vehicle and enjoy cups of coffee and a good book whilst we walk are most welcome and will be suitably rewarded during happy hour!

I am currently researching our route from Ulladulla to Eden and it does not seem to be too daunting, but, I would still appreciate hearing from anyone who has done overnight walking along this section of coast. Also, I know nothing about the Victorian coast at all and would appreciate any information whatsoever.

I can be contacted on moz.carter@pacific.net.au or 9773 4637 or 0409 453 230.

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 in the process of being organised and if you are interested please contact me at:

rtreagus@optusnet.com.au

or on 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

AUTUMN SOCIAL PROGRAM

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

MARCH

11 Mar SBW AGM at 8pm
Special film screening "The Spirit of SBW" before the meeting.
8pm New Members Night
Introduction to SBW for intending prospective members.

14/15 Mar Coolana Annual Get-Together
Members, new-members, family and friends are invited to join us for the 2009 celebrations on the Club's property, Coolana in the Kangaroo Valley.
Camping, campfire & party on Saturday evening. Details in brochure.

18 Mar Kamchatka - Land of Ice and Fire
Club members Kenn Clacher and Peter Cunningham will be giving a visual presentation of their awesome walking trip in August 2008 to Kamchatka. Their trip was in several volcanic areas.

APRIL

1 Apr
7pm **Committee Meeting**
Observers welcome

8 Apr
8pm **New Members Night**
Introduction to SBW for intending prospective members

15 Apr
8pm **National Parks of Croatia & Ireland**
Former editors of the SBW magazine, Maureen and David Carter will be giving us a presentation of their walking trips to the above places. Both should prove to be very exciting destinations. Namibia may also be in!!

22 Apr
8pm **New Members Training Night**
Packing for an Overnight Walk. Please contact the New Member's Secretary for ALL details.

MAY

6 May
7pm **Committee Meeting**
Observers Welcome

13 May
8pm **New Members Night**
Introduction to SBW for intending Prospectives.

20 May
8pm **Cycling the West Coast of the US**
A legend, Jan Mohandas will lead us on his cycle trip to the US last year. Come and be inspired by the beauty of the US and the group's fitness.



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