

Sydney Bushwalkers Newsletter

APRIL 2009

*Sydney Bushwalkers Inc
PO Box 431 Milsons Point NSW 1565*

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New President

A new committee was elected on March 11 at the Annual General Meeting.

Ron Watters is our new president.

Ron has worked tirelessly over many years; leading walks, supporting new leaders and members, and he has recently helped develop our new website.

I am sure I speak for all club members in wishing Ron the best of luck in his new role.

(PS Ron, this does not mean you get out of leading walks. Ed.)



Ron in New Zealand

New web site up and running

Have you checked out our new website yet.

The address is <http://sbw.org.au>

Contact the Webmaster for a password to the Members Only Area if you haven't already got one.

It is being updated regularly and some of the new links include:

- Blog
- Kayaking page
- Regular news updates
- Members only area

Just follow this link webmaster@sbw.org.au

Reminder

Have you paid your annual subscription?

If not, please do so.

Unpaid members will be struck off the membership list on June, 30.

If you have not received a 'Notice of Subscriptions Due' please contact Brian Holden.

His contact details are: jholden6@bigpond.com.

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

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St Helena Crater Recovery Program Update



The Friends of the St Helena Crater Group are running a working group on the weekend of April 18/19. Come along on either or both days to assist in the repair of this valuable Blue Mountains asset. Contact Jim Percy on 4758 6009 if you would like to help out

Frank Rigby visits Coolana

Well yes, you have to believe it, there was a wheelchair at the Reunion and I was in it. I may have made SBW history, I don't know.

A lift up from Canberra with my friend Bob Hodgson to Coolana, a ride down the 4WD road with my friend George Gray and I was at the river flats. Camping?

Yes, Bob put up a large dome tent for me, so large that the wheelchair went right inside. Bed?



Yes, George brought his portable stretcher which was just the right height. Getting around? Hmm, limited in the grassy parts but Bob showed how it's done by lifting the chair backwards and wheeling me with ease.

And did I enjoy the experience? You bet! Oh, how the memories of Coolana returned. All the hours and days I've spent there returned in a flash. And what about the company? It was great. A small crowd of perhaps thirty, perhaps fewer, but a lot of old friends, a company, I suppose, predictable for Reunions these days. They don't make em like they eusta, unfortunately.

My big moment came when the new President was inducted. Guess who was the senior Past President? Me, of course, my turn was way back in 1967-69. Seems eons ago now, probably is, but they're busy patching me up here and there to keep me going. Anyway, there i was saying solemnly, Are you the person whom the Club-----. Of course Ron knew he was the newly-elected President, he's a bright chap but a little ceremony is great stuff. The rain came down steadily, but fortunately on our big canopy. No campfire. Shame.

How many Reunions have I been to now? Lost count. But I won't forget Reunion 2009 in a hurry.

By Frank Rigby

Fabulous Females Fall Festival of Fitness update

by Caro Ryan

... And what a Festival it has been!

Autumn has been a great time to launch this idea into the fray of both Sydney Bushies and the Bush Club and we've had a great response.

On Saturday 7 March we had 7 FF's stride out from the Bundeena Ferry with smiles and excitement about the 26kms ahead of them. It was a stunning day to begin building fitness together in a supportive and encouraging environment. Lunch was had by the kiosk at the very stylish and award winning Garie Beach Surf Club, which meant that ice-creams and cold drinks were a nice reward for our hard work so far. Heading off around the rocks towards Era our new Prospectives got their first taste of rock-hopping and all passed with flying colours. "When you get it right, it's like a fluid dance across the rocks."

We continued along and through the lush Palm Jungle and Burning Palms, and trudged up the final hill to the firetrail.

Before we knew it, we were skipping down to the train station arriving at 4.10pm. Great time girls! Our pace had obviously given us a good workout as nobody could be talked into making the extra 350m side trip to the Apple Pie shop!

Following on from this trip, we had 10 FF's traversing Mt Solitary on Sunday 22 March... our numbers were growing! Meeting at the infamous Schwarz's in Wentworth Falls, some of us went to do the car shuffle, whilst others stayed behind to indulge in some pre-trip carb loading. Just as well the pastries are amazing, because the coffee still leaves much to be desired!

We employed our token male (Peter Birch, husband of Kaye from the Bush Club) in helping with the car shuffle to the locked gate at Kings Tableland, before he left us for a day of golf!

Off we set at a lightning pace down the firetrail towards the Kedumba River. As we did, the smell of smoke teased our nostrils and caused mild concern.

Reaching the river, we had the choice of crossing on the fallen tree or by rock hopping the river below. It was here that a very experienced walker commented that this was the first time she's ever used the tree to cross. She's always been too scared before.

Up the hill we trudged, all at our own pace, with a tail end Charlie in place.

We reached the East Col where we set the brand new log book that Helen Mc had brought especially for the purpose. So next time you're up there, look at the first entry! It's us FF's!

Heading west, we stretched out our legs across the top of Solitary towards our lunch spot with views across to Sublime Point and the 3 sisters. It was here, during our break, that I brought out some articles that Don Matthews had sent me, written by Marie Byles about her adventures on Solitary in the 20's and 30's. Everyone enjoyed hearing about how times have changed and her adventurous spirit!

Onwards we continued towards the Knifeedge - taking in the views from Melville's Lookout, we saw the origin of the smoke we smelled earlier. It was coming from the other side of the Cox's River around Mt Cookem and the Blue Breaks where hazard reduction burning was taking place.

Down the Knifeedge we headed, where our new Prospectives got their first taste of Rock Scrambling. Again, they passed with flying colours!

The elastic nature of the Ruined Castle track stretched out before us as we set a fine pace along this towards the Golden Stairs.



Fabulous Female Fall Festival of Fitness update continued

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It was somewhere below the Ruined Castle that we passed 'Louis' a French backpacker. He was walking towards Mt Solitary in thongs, shorts and a camera around his neck. I couldn't control my BWRS safety training and had to stop and ask him where he was going.

He thought he was still inside the confines of Scenic World and on a circular track that would take him back to the Railway. Umm. Not quite Louis. Not unless you consider 35kms a round trip... in thongs... at 4.30pm. I think our meeting was quite fortuitous and he was very thankful that I turned him around.

It wasn't long before we were climbing once again, up the Golden Stairs to our cars. Making sure we were club evangelists on the way to a lone walker we met at the lookout. He's going to join up! Besides, how could anyone resist 10 Fabulous Females?

This Sunday 5 April, sees the 3rd in the series of these walks and the trip is already full - one week out from its date.

These walks have been a great way of bringing together a diverse bunch of women from not only the clubs, but also from BWRS and other keen bushwalkers. Many of these Visitors are now wanting to join up.

The last walk in the series (and it's a corker!) is scheduled for Saturday 2nd May. It's a circuit of the spectacular Wild Dog Mountains. Due to the popularity of these walks, get in touch with me at justshootme@ozemail.com.au if you're keen asap. Don't miss out!



Jovanka, Mary and Caro conquer the Kedumba

*Check out the article in the next magazine that discusses
the philosophy behind these walks*

Social Program

- 15 April : National Parks of Croatia and Ireland. Share the experiences of Maureen and David.
- 20 May : Cycling the West Coast of the USA by Jan. Come and be inspired by the beauty of the US and the group's fitness

ALL MEETINGS ARE HELD AT THE KIRRIBILLI NEIGHBOURHOOD CENTRE AT 8PM UNLESS OTHERWISE

Short Walk Notices

- Thursday 9th April - Wednesday 14th April
Barrington to Gloucester Tops NPs
Grade not specified
Caro Ryan on justshootme@ozemail.com.au or 0412 304 071
(between 6 - 9PM)
- 10th - 12th April 2008
Easter Kayaking Trip
Travelling down on midmorning Friday 10th to camp on Kangaroo River Friday and Saturday nights. Home on Sunday PM
Patrick McNaught: Tel: 9412 2281 or email: pmcnaught@optusnet.com.au
- 25th - 26th April 2009
Kanangra /Doris Creek
Camping at Uni Rover Trail on Friday night 24th
M333 800 metres up and down
Frank Hartigan Tel: 0403 960 771
- Saturday 23rd May
Wentworth Falls /Lindeman's Pass
M222 medium 10km, 300 metres up and down
Frank Hartigan Tel: 0403 960 771

PLEASE CONTACTS LEADERS FOR MORE DETAILS

Editor's note

- The editor makes no claims to superior desktop publishing skills..
- If any members do, I would love to hear from you.
- The newsletters are a relatively new development for the club.
- Unlike the Magazine, there is no fixed format or style.
- If you would like to help design the style and layout of the newsletter, please contact me. My email address is: turner.melinda@gmail.com

(PS You can have my ex – husband as payment. Melinda)

The End