

Sydney Bush Walkers Newsletter

JUNE 2009

Sydney Bushwalkers Inc
PO Box 431 Milsons Point NSW 1565

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alpsport@optusnet.com.au

President's Report

We have established a Leader Development Group and a process for identifying potential leaders and facilitating their transition to leadership in a helpful and friendly way.

We have refined our walks reporting and integrated it with the leader development process. This allows for online reporting to the central mail box walksreporting@sbw.org.au and automatic distribution to the key people who use these reports for the benefit of members.

New Activity forms are in the "forms" page in the members' area on our web site. Guidelines for use are in "documentation" on the site.

Forms and guidelines will be sent to those leaders not on email.

This is an important initiative.

I look forward to Leaders and the Leaders Development Group working proactively together to make this scheme a success. Let's get moving.

A successful magazine collating night was held at my place on 21 May.

Many thanks to the helpers, and particularly to Bill and Fran who provided invaluable guidance to me for future occasions.

To spread the load we need to expand our team of volunteers. It's just one night a quarter. A convivial atmosphere with nibbles, wine and dinner makes light of our task.

We specially needed a helper with car to take the completed magazines to the post office and post.

The next night will be on 20 August at my place. Let me know by phone or email wattersr@bigpond.net.au if you can help.

Bill and Patrick do a splendid job providing training at our beautiful riverside property at Coolana.

It's time to expand our training team to provide for the future.

Take time out to do something different. Get to know our new members. A pool of rotating helpers will have minimal impact on your outdoor activities.

Let me hear from you,

Ron

Editor's Note

Hi there,

Hope you are all looking forward to the Winter Walks program as much as I am. There are some great walks to be done, see you out there!

A big thankyou to everyone for all the support I have received as editor. Keep your articles, options and photos coming in. I'm still looking for great design ideas, so don't hesitate to contact me.

See you all soon.

Melinda (editor@sbw.org.au)

HELP!!!
We need your membership renewals.
Please forward urgently to the Treasurer.
And don't keep Leigh guessing, identify yourself

From the Committee Room

A summary of proceedings at the Committee Meeting on 6 May 2009.

The meeting opened at 7pm with 12 members present and 1 absent with apologies.

- The Minutes for the April meeting were confirmed

Matters arising from the Minutes:

- **Coolana – Conservation Agreement:** Don Finch (Secretary Coolana Committee) addressed the committee with regards to SBW being invited by the Dept of Environment and Climate Change to have Coolana assessed for suitability of a voluntary Conservation Agreement. After discussion it was agreed unanimously by the Committee not to enter into such an agreement at this time and to continue with the Coolana Policy of 1999.
- **Coolana – Encouraging Great Use of Coolana:** Don Finch reported that the Coolana Committee have no objections for the use of Coolana by other groups with sympathetic conservation objectives. It was agreed that guidelines would need to be put in place detailing conditions of use imposed. Bookings would be put on walks programme to prevent double booking.
- **Coolana Project:** David Trinder will put forward his report for encouraging greater use of Coolana at the next Committee meeting.
- **Walks Reporting:** Bill Hope circulated to the Committee copies of suggested new forms to be used for SBW Walks Reporting. Where possible leaders will be encouraged to email attendance forms directly to appropriate committee members, including Steven Brady for the magazine report. The Committee agreed that the forms should be used pending final endorsement by the committee and on establishment of the mailbox. It was also agreed that the criteria for Leader selection was to be put in place.
- **Adventure Activity standards:** Ron Watters and Tony Holgate attended the Outdoor Recreation Industry (ORIC) forum on 28 April. Ron outlined details of the forum. Following discussion the Committee agreed a detailed report be sent to Confederation stating the procedures the club already has in place and requesting it be passed on to ORIC. A letter will also be written to Confederation stating that they should be involved in the ORIC working Parties doing detailed work on AAS. Further discussion was carried over until the next meeting to be held in June.
- **Matters Arising from correspondence:** Following an incident where a Leader had to use their PLB the committee agreed that Leaders should be reimbursed for any costs involved with using their PLB
- **President's Report:** Ron advised that Alex Colley will be turning 100. It has been suggested that a scrapbook covering his walks be put together with a short message from past presidents of SBW. Caro Ryan will also be asked to show him the SBW video she made.
- **Treasurers Report:** Report received. Approval agreed for the following cheques - KBNC \$300, Kathy Gero \$38.77 (social activities), Tony Holgate \$6.80. Leigh also reported that he had received membership fees for 46 new prospective members.
- **Social Secretary's Report:** Kathy outlined social activities for the next 3 months.
- **Walks Secretary's Report:** The Winter Walks program needs more easy/medium walks. Regular leaders will be approached to fill in the gaps.

Have you checked out our website recently?

New pages are being added all the time, information is being constantly updated.

For example, have you seen the following articles?

- ✿ Richard Darke's "Cairns and Track Markings"
- ✿ Patrick McNaught's "Kayaking in NSW"

If not, go and have a look! Or if you are feeling inspired, add an article of your own.

This is your website, make the most of it!

Conservation Information

This month I would like to highlight a few ways in which you can obtain information and be kept informed on what is happening, particularly in New South Wales, on conservation issues.

Last time I gave particular information on the Colong Bulletin. In their May issue they covers articles as diverse as the RTA's involvement with the Newnes Plateau; Carbon Polluters; and, Sandstone plateaus, upland swamps and catchment integrity.

This time I would like to highlight the National Parks Association of NSW, who not only publish over 100 walks in their activities supplement, but, their Journal, which is published every two months, deals with a large range of environmental issues both land and sea based. In the April-May 2009 issue there are articles on Bushfire Management (following the Victorian disaster); commercial tourism in public parks; the proposed Tillegra Dam in the Upper Hunter Valley; and, several articles on marine issues, including one on Batemans Bay Marine Park. In addition, they run regular articles on how people can become involved in conservation campaigns and updates on conservation work, mostly carried out by volunteers, in national parks.

The excellent NPA website has a page on media releases and they currently have several articles on the River Red gums and the ramifications of recent Government announcements concerning them. You can easily subscribe to receive their media releases on line. Even I managed to do this and, for once, had no trouble in understanding directions.

The NSW Confederation of Bushwalking Club's website can be read on line as well as their magazine, 'The Bushwalker', being available by subscription for \$10 per year. The Autumn Issue has a picture of glorious ironstone formations on the cover with excellent resolution. There are articles on bushwalking at the Clarence River Gorge and Mt Carnham by Anne Falkner; another wet and wild wilderness walk from Michael Keats visiting a tributary of the Wollangambe, Bungleboori Creek and a section of Rocky Creek; and, a photo-filled article on the northern half of Kosciusko NP by Roger Caffin. All bushwalkers, and especially leaders, should read the article on the proposed imposition of Adventure Activities Standards and National Outdoors Leaders Registration Scheme on volunteer clubs. It is now a "looming nightmare" as leaders would be required to undertake training and pass examinations before being approved for registration. Dedicated leaders at SBW are currently tackling this latter issue. This most enjoyable publication ends with an article on Navshield 2008 in the Nerriga section of Morton National Park.

Whilst, 'The Bushwalker' does not usually tackle the hard-core conservation issues, we keen conservationists also deserve to indulge in some light reading about our fellow bushwalkers' adventures in our beautiful bushland.

Next time I will look at the types of issues covered by the Australian Conservation Foundation and the Nature Conservation Council and how to access their information.

Happy walking

Maureen Carter

National Parks & Wildlife Service Regional Advisory Committees needed

The NSW National Parks and Wildlife Service (NPWS) is calling for people passionate about visiting national parks and conservation to nominate for local advisory committees across the state.

The recruitment drive for members for the 19 advisory committees is part of an ongoing process to tap into community knowledge and expertise to guide the future of national parks.

These committees have formed a crucial part of NPWS decision-making processes for many years. They help NPWS to ensure an ongoing community and neighbour involvement in the operations and play an important role as a point of contact for the broader community to communicate ideas and issues relating to conservation. Advisory committee members also help NPWS to understand community needs which guide the provision of appropriate services and community facilities.

How To Apply Interested people can apply on-line at the DECC website: www.environment.nsw.gov.au/npws or you can email: rac@environment.nsw.gov.au or call the Stakeholder Liaison Officer on Ph: 02 9585 6117 for an application form and information kit.

Contact: Allison Priest at 02 6391 3620

Kayaking Brisbane Waters, Patonga and Hawkesbury River

Those attending Mark Dabbs - leader, Patrick McNaught, Sue Bucknell, Ron Waters and Melanie Freer, plus one visitor

Approximate route: Woy Woy, Rip Bridge - fortunately very little rip as we timed it for the changing tide, around St Huberts Island riding the 30 knot wind waves part of the way. A lovely morning tea spot out of the wind in glorious sun. Then on to The Cackle Broadwater which involved some solid paddling.

At times the wind gust built up and funneled through a few tight areas to the extent of forcing one member being blown in reverse despite his best attempts to be paddling forward. This made the going tough to say the least. The only way to turn around was down wind and build up speed to "fly" around into it!!

Lunch was taken at the beginning of the Broadwater.

Our return trip was somewhat easier as the wind had died down a small amount. Plus the extra fuel from a delicious carrot cake - or two. It had lots of sugar and other "get up and go" ingredients. Our return trip was carefully planned to pass through a few narrow sections protected from the wind. Finally reaching the cars around 2.30pm.

A few hardy souls decided to venture out into Brisbane Waters proper. As it turned out the wind had died down and the trip was quick. Meanwhile the other slack two went into town for a cup of coffee and cake!

Saturday night, after the delicious Patonga fish and chips, was spent swatting over a card game at Patonga in a house. Patrick came out the winner after trailing almost the whole way. A fantastic spot in Patonga.

Boat access only!! Awoke to a brilliant sunny, still day despite the forecast being for more wind. A little discussion and we were off towards Lion Island, being joined by the visitor - who had never paddled before. We decided against the full trip to the island partly because the visitor had never done any "wet" exits and partly due to the swell around the island. Of course the foaming breakers out front of the island had nothing to do with our decision!!! A fast return as we were going with the incoming tide, on past Broken Bay National Fitness camp, around the corner and landed on a small sandy beach for morning tea. More carrot cake ... Mmmmmm.

The return trip was fairly short with a lunch stop at the Fitness Camp. Our only concern was to zip through the breakers at the entrance to Patonga Creek. Well, they were there on our outward journey but had vanished on our return.

A quick stop at the house, Melanie had to leave early. All that remained was a 1 hour round trip up Patonga Creek. A magnificent area. Ever so peaceful. Well worth a return trip.

Thank you everyone for making this a great trip both the actual paddling and all the socializing.

Mark Dabbs



We regret to announce that Lorraine Bloomfield passed away on Friday 22nd May.

Lorraine Bloomfield passed away on Friday 22nd May. She was a very active member of the Club, particularly in the 1980/90's and in more recent years participating in midweek walkers' activities and magazine collating each month. Lorraine will be sadly missed by so many members.

Dehydrating Step by Step

If alchemy is the art of turning lead into gold, then dehydrating is like some strange kind of bushwalking alchemy.

The lighter your pack – the more enjoyable your trip is going to be and by taking dehydrated food, you are guaranteed of having tasty and healthy food, whilst not packing the weight in.

How else do you enjoy such treats as Mussaman Lamb or Spag Bol in the middle of the wilderness?

The Dehydrator



Dehydrators are made up of a number of trays. In this example there are 5 trays sitting on the base tray.

The bottom of each tray is grids which allow for air to flow freely throughout the various trays and around the food.

There are also inlay sheets which sit inside the trays and allow you to dry liquids, sauces or fruit leathers.

The dry air is generated in the lid section, which is very similar to a low voltage hair dryer.

There are quite a few options out there on the market, this one (Sunbeam Healthy Food Dryer) is one of the cheapest at around \$100 new. You can pay up to \$400+ depending on the model and the functions available. For instance, this model doesn't have a timer, which would be a helpful thing. However, you can get around this by using a basic electrical timer that you use between the PowerPoint and the plug of the dryer.

Preparation

Before placing your food in the dryer, you will need to do some preparation. At the easy end of the spectrum is simply slicing fruit or veggies into small pieces, whereas at the other end of things, is cooking and preparing a full meal.



Capsicum and Tomato – no pre-treatment necessary



Broccoli – pre-treated by blanching

Check your instruction manual which contains loads of helpful advice and tables about the necessary preparation. Some veggies or fruit need prep such as dipping in lemon juice or blanching in hot water first. From experience, these simple steps certainly enhance the end product – so if possible, don't skip this step.

Choosing what to dehydrate

When choosing meat to dehydrate, the best way to get the most effective drying (and let's face it, we don't want to get sick out in the bush, eh?) is to use mince meat. Thankfully, there are lots of options available at your local supermarket – beef, chicken, lamb or turkey. Or... if you ask your butcher nicely, he will mince almost anything for you. Tripe anyone?

Mince represents the major tip in choosing what to dry - *Good things come in small packages!* Almost everything that goes into the dryer will need to be sliced small to ensure that you get the most surface area, allowing the warm dry air to circulate around as much of the food as possible.

Dehydrating Step by Step continued

Cook it up!

For this example, I cooked up a big pot of lamb mince and used a packet sauce mix of Mussaman Lamb. I followed the recipe on the packet (except for using mince instead of pieces of meat), but also added a stack of my own (small cut) vegetables and fresh herbs.



If you're a busy person (who isn't these days?) and you are trying to get a stack of dehydrating done for an upcoming extended trip, I suggest cooking up enough for dinner that night, and then putting all the leftovers into the dehydrator and letting it run through the night.

Drying

Once the preparation or cooking is done, place the food onto the trays in a **single layer**. Again, this is to ensure maximum space around the food to aid drying.



Butter chicken after 1.5 hrs drying

Dishes with sauce or liquid need to sit on the inlay tray and obviously not onto the normal hole covered trays. With my dehydrator, I can use the base tray for saucy dishes also. Note that this base tray dries food quicker than any other area in the dryer.

Check the manual that came with the appliance for estimated drying times. There are no definitive drying times for each type of food as times depend on not only the size of each piece of food, but also the humidity and outside temperature. *For example:* I once dried Mussaman Lamb in December and it took 14 hrs to dry. Then, in April I also dried Mussaman Lamb and it took 8hrs 15mins.

To make the most of your drying time, don't just fill one or two trays. Put a meat dish into two trays, then fill the others with veggies and fruit. As each type of food will dry at different times, it is important to keep checking on them throughout the process. Each person will find a way that works for them in this, however I tend to check after 6 hrs which will give me an idea of what the overall time is going to be.

If you're doing this overnight, your alarm clock will become your noisy partner in the dehydrating process.

The finished product will differ for each type of food. Your instruction manual will give you a description of what to expect and how to know that it is done. The best description I've heard for correctly dried mince meat, is kitty litter. Meow!



Fully dried Mussaman Lamb

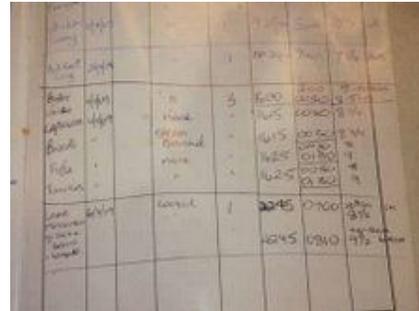
Storing the dehydrated food

Once the food has finished drying, store them in portion sized Ziploc bags. You'll find that when it is dried, it's hard to figure out how much a portion is. So make this calculation before you dry. Look at your cooking pot and decide that how many dinners it will cover. Then divide the dried food into this many Ziploc bags.

Dehydrating Step by Step continued

Write the date and contents on the bag with indelible pen and place in the freezer. Check your instruction manual for details on storage life.

Keep a record of your dehydrating history, rating the humidity on the day and the start/finish times, along with any pre treatment needed. This is how you can learn and tweak for your next time.



Out on the track

To make it easier for yourself, you may wish to add your other dry ingredients to the Ziploc bag before you head off on your trip. *For example:* Add in other dehydrated veggies such as Surprise Peas or Beans or rice noodles. This way you have a full meal in a bag.

When you arrive at camp, simply pop all the contents of the bag into a billy and cover with cold water. Put the lid on (to keep the crawlies out) and set aside for an hour. Perfect time to light the fire and have happy hour!

After an hour, simply place the billy over the heat. Check by tasting the meat. If it's still chewy, continue to heat through – leave the lid on and simmer. Stir frequently.

Bon Appétit!

What not to dry



Being a regular eater of tofu at home, I thought I'd give this a go for the track as well. Yes, it dried quite successfully, however (thankfully) I gave it a test rehydrate at home before risking taking it out into the bush.

This photo shows the slice of tofu after sitting in water for 24hrs. The best way to describe the texture of it at this stage would be like the bicycle inner tube that I take as an emergency fire lighting tool. Sorry vegetarians... I tried.

By Caro Ryan

Rick Head's article 'Communications for Bushwalkers' on 'Bushwalking Victoria' website.

This article was written by Rick Head of Bush Search & Rescue Victoria and covers topics such as GPS, Personal Locator Beacons (PLB), mobile phones and satellite phones.

'Bushwalking Victoria' has kindly given us permission to use the following link to the article:

http://www.bushwalkingvictoria.org.au/forms/Communications_for_Bushwalkers.pdf

CAUTION: The material was written for Victorian conditions and the information and advice may not be applicable to conditions elsewhere. Please pay attention to the warnings in the disclaimer.

Our National Parks are NOT for Sale

Help is needed to protect our national parks.

The Tourism and Transport Forum (TTF) has lobbied for years for commercial development in NSW National Parks.

In December, the Rees Government adopted a draft proposal originally from them, effectively paving the way for the weakening of existing legislation which protects the National Parks. This is now set to happen in September.

The Government believes that there are financial benefits for NSW in doing this, but it is a dangerous combination for our parks.

Commercial tourism inside wilderness areas would only become viable with major concessions, such as vehicle support for supplies, increases in group sizes and for national parks, built accommodation, which would impact on existing tourism facilities in nearby communities.

What is needed is- Sustainable visitation, not exclusive leases and commercially-driven use.

We have the chance to tell the Government that National Parks are for NATURE and that is what current visitors appreciate.

Already we can enjoy our Parks without damaging them; there is no need to change the experience for future exclusive commercial visitor opportunities.

Visitor infrastructure should only be located outside the National Parks, ideally in nearby towns, benefiting local communities.

For months, environmental organizations and volunteers have been working to save the Parks, building a strong and fast growing campaign to prevent our precious Parks from being exploited.

We support the expansion of sustainable visitation to our National Parks, funded by core Government funds. Government investment in well managed National Parks delivers a large range of ecosystem services, including clean air, clean water, safe refuge for native plants and wildlife, intact water tables, carbon capture and climate resilience. Also there are direct benefits such as awareness of the environment, healthy lifestyles and spiritual and mental wellness.

Help us to get the message out, that these assets which belong to the people of NSW, are not for sale to any bidder.

HOW TO GET ACTIVE
Join the “Save National Parks” Working Group – call 02 9568 2331 Or email
savenswnationalparks@npansw.org.au

Go to the NPA website for further information, updates, facts and figures which can help you to voice your opposition to the proposed changes to national park laws.

Write to Carmel Tebbutt: tell her that national parks must remain undisturbed and free of all infrastructure. Contact your local member and make your opposition known.

Rosamund-Dallow-Smith
(From The Working Group to Save the National Parks)

Editor’s Note : This article was forwarded to me by Keith Muir of the Colong Foundation. The debate regarding the commercial development of our National Parks is obviously of interest to most bushwalkers. I am happy to publish articles on this subject. If you would like to express your opinion, send it in!

BUSHWALKING PHOTOGRAPHY

By Andrew Vilder
(www.photographersblue.com)

It is important to record our walks and other outdoor experiences with a camera, both to provide personal memoirs and to share what we saw and did with others.

SBW has an archive of historic photographs dating back to the 1920s and future continuity should be maintained. Always remember to take a camera on your trip and use it at every opportunity (and to fully charge its battery!).

Reading this info will not make you a technically competent photographer. Rather, it aims to give pointers as to what makes a good outdoor image.

These days, almost everybody owns some kind of basic digital camera, even if it is on a mobile phone. If you are considering buying a new camera, do plenty of research before splashing out. Read appraisals in magazines like Choice and Photo Review Australia, unbiased user reports on the web, check out tech sites like www.dpreview.com and for the actual purchasing, look online for great package deals at www.digitalcamerawarehouse.com.au. I suggest sticking to the major brands, for broadest range of lenses and accessories and ease of servicing later if required. Avoid brands with stand-alone image processing or storage formats. Maybe try e-Bay for a pre-loved camera bargain. Same principles apply as when selecting camping gear...determine what you need, and caveat emptor.

If new to photography, why not undertake one of the introductory Community College evening courses, they cost little and your learning curve will be exponential. They include one or more field trips, to back up the theory taught.

Then check out your local camera club affiliated with the FCC (Federation of Camera Clubs). Your involvement can be as deep you wish, or just soak up the (usually) stimulating atmosphere. And practice, practice, practice...digital photos are free unless you actually print them and you can delete any mistakes.

If you still use film, you are probably a specialist in a cottage-industry chemical photographic process (such as pin-hole, or gum acacia), or have a very expensive large-format or panoramic camera like a Linhof. It is true that the latter are still the benchmark for capturing breathtaking 'true-to-life' landscape and architectural images, with incredible detail resolution and tonal range (although the gap is closing fast – Hasselblad have just launched a 39Mp medium-format digital). They are also heavy, bulky, complicated and totally unsuited for carrying on a fast-paced bushwalk. A massive tripod is essential, as is almost intuitive knowledge of using these cameras, and infinite patience to set up your very limited number of shots. Film itself is becoming scarce and expensive, as is the poisonous chemical developing. Yet it does have a special quality...enhanced by wet-process printing or slide projection. I still shoot the occasional color transparency film through my 'dinosaur' SLR. Why? I think the answer is purity - I get exactly what I shot.

Pride before Photoshop...perhaps.

But once you go digital, you'll never look back. It's just so flexible! And Photoshop is a great tool, a whole new frontier to explore.

The key factor governing image quality is the surface area of the recording sensor (CCD) inside a digital camera, an item rarely stated in specifications. In a 35mm film camera this measures 36x24mm, a 3:2 aspect ratio being the size of one frame. Most digital cameras have a much, much smaller sensor than this, use a 4:3 ratio, and can also shoot videos in a 16:9 ratio to suit widescreen TVs.

Canon eventually matched 35mm in 2002, which was marketed as the first 'full-frame' digital SLR, followed in due course by Nikon and Sony. Cameras such as this still cost around \$5000 (body only, without lenses!).

But unless you intend printing photos as 2x3 foot glossies, you don't actually *need* a large sensor, or huge amounts of Megapixels. You can get very sharp, grain-free small images from a \$300 5-Mp pocket camera, and this is all most people (including website editors) want. Too many Megapixels used in image capture can introduce visual 'noise', and you need to know how to control it, or you get distortion. I suggest that a 10Mp camera is more than adequate for mortal bushwalkers, to get a good result. The staggering memory capacity of modern SD Cards means that you never need to conserve pixels to take more photos (by shooting at lower resolution) as one did only a few years ago.

Other factors affecting image quality include lens glass/coatings, whether zoom or prime (fixed focal length) – the latter being better, lens 'speed' (how much light it can admit), the dynamic and tonal range of the sensor, and the degree of optical image stabilization of a digital lens. Consider that neither the computer monitor on which you later view the downloaded image, nor the printer/projector, will have anywhere near as good image rendition as the camera itself. Nor will they reproduce colours faithfully, another set of variables...and then there are a hundred different kinds of paper which produce different results!

It's easy to get caught up in the techno hype associated with digital cameras, and forget how to set up a photo. User manuals have become confusing, hefty tomes thicker than War and Peace. In reality, today's digitals are idiot-proof and physically bullet-proof (although not waterproof without special jackets).

BUSHWALKING PHOTOGRAPHY *continued*

Film likes extreme cold, but digital circuitry, and lithium batteries certainly don't – something to be aware of. For extended trips you will need spare batteries.

On my 'bushwalking' Panasonic Lumix FZ-28, a lightweight, fixed lens 'bridge' camera (between point-and-shoot and SLR), I've never explored past the Advanced Scene Modes, such as Portrait, Sports, or Nature – they are just too good, and faster than what I might dial up manually for these situations. This frees me to concentrate on my subject matter – great news!

The reciprocal relationship between lens diaphragm aperture, camera shutter speed, and film/CCD sensitivity applies equally to digital or chemical photography, and you should understand these basic tenets even if you let the camera do it all for you automatically. In fact, a digital camera slavishly tries to emulate how a film camera operates, right down to the cute electronic shutter 'crunch' (why not a beep?). Colour temperature (the Kelvin scale) is worth knowing about. You also need to understand how lens focal length and aperture both affect depth-of-field (zone of sharpness). This is quite important in nature shots, such as of birds and flowers, where want to isolate a subject from its distracting background. OK, my old film SLR has this info engraved on the lens barrel...and my digital gives me an electronic preview on demand.

So what makes a good bushwalking photo? One of people doing things in the bush, of course! Walking, climbing rock walls, stopping for morning tea, eating, cooking, sleeping, pitching tents, swimming, kayaking, whatever...action and interest is good. You can ask subjects to pose, or just snap them candidly with a telephoto lens...mix it up! Atmospheric night-time shots can be found around campfires.

Put something of your own heart and soul into your photo. Try to capture the moment, the upper bodies, and what is going on, with some context as background. Catch faces turned towards the sun, or distant views, not shadowed by tree branches and hats. Explore how a 'long' lens will isolate a close-by subject nicely. Or get real close to an insect with a Macro lens (Nikon call this a Micro) – you can do this more cheaply by using extension tubes or screw-on diopters for 'standard' lenses.

You may choose to shoot images as RAW, Jpeg (in high/med/low resolution), or Tiff files. Jpegs are universally compatible and can be compressed to conserve memory or to send via email (keep them under 1MB, and measuring 1024x768 pixels). I suggest that you store files, and manipulate them in Photoshop, as Tiffs or PSDs (Photoshop's native format). These are both large, uncompressed files and can be opened and closed without degradation. Commercial print labs prefer to work from large Tiffs, burnt onto CD or DVDs, because they print smoothly.

RAWs are uncompressed *and* unprocessed files, mostly used by enthusiasts/ professionals. Jpeg files degrade each and every time they are opened, so don't work on them in this format - convert only the finished version for sending.

Some Yeas...

Always use a screw-on Polarizing filter outdoors to reduce glare, reflections and to naturally enhance colours, or at very least a Skylight filter. Both will protect your precious lens glass from scratches, too – and are much cheaper to replace. Leave them ON!

A graduated Neutral Density filter is very useful to photograph beaches, etc. where part, or all of the scene is just too bright and will otherwise burn out.

Use a large lens-hood (but beware its shadow when using wide angle).

Look through the view-finder of a digital camera, not at the LCD screen.

Try to always use a tripod, rock, log, or a backpack as a stable base for your camera when shooting. Even leaning against a tree, or kneeling whilst hand-holding will help reduce image blur. Hand-hold at $>1/90^{\text{th}}$ sec shutter speeds only.

Use fill-in flash during daytime to pick out detail from shadows and reduce contrast. Also experiment with multiple light sources, like torches and LEDs.

Be conscious of which direction anything is being lit from, and photograph it from the same direction (unless you're after a dark silhouette, and this requires a strong, distinct form).

To capture flowing water, that lovely creamy effect is obtained with $< 1/30^{\text{th}}$ sec shutter speeds. You can NOT hand-hold at these speeds.

Look for flowing or diagonal lines in a scene, to draw the eye through but not out of the photo, and toward the centre of interest. Keep lines away from the corners.

BUSHWALKING PHOTOGRAPHY *continued*

Divide the scene you see into thirds, horizontally and vertically. Place the subject of interest at intersection of these imaginary lines, not at the centre.

Some Nays...

Avoid small 'dot' people in the distance.

Don't cut off people's feet, tops of heads/hats, or limbs extending horizontally.

Avoid empty landscapes, unless they are stunning in their own right. Don't forget to include some foreground in focus, to provide scale and a frame of reference.

Don't photograph lots of empty sky – if there are groovy cloud formations or sunset colours, make them a feature. If not, aim the camera down and leave just a hint of blue.

Don't take portraits of faces with wide-angle lenses – it turns them into melons!

Don't photograph the entire forest, why not imply the whole by focusing on just several trees or an interesting branch or trunk? Zoom right in...

Mind that your own shadow is not in the photograph!

Beware the cold, blue colour-cast of late afternoon shadows under trees. Use a warming filter or adjust your digital camera to compensate.

Avoid the flat, over-exposing light of the midday sun on a clear day. Angled sunlight is better, to modulate objects and for its warmer colour. Overcast days are great because there is less contrast, and light is soft and even, though can have a brownish cast (use a cooling filter). Wet days bring out the richness of hues on tree trunks and rocks.

Not too many sunsets, please – we've all seen one before....

But remember: rules are made to be broken, and often. Have fun!

Andrew Vilder

WILLIS'S WALKABOUTS

Mitchell magnificent

Mitchell Falls – a tourist icon – the only major site that most visitors see. We can show you more, much more!

Lower Mitchell Falls – a series of falls, cascades and pools – swim in them all.

Tidal Rapids – a waterfall that flows upstream or down with the changing tide.

Whatarra Gorge – 5km of narrow, spectacular gorge headed by a 70m waterfall with four drops.

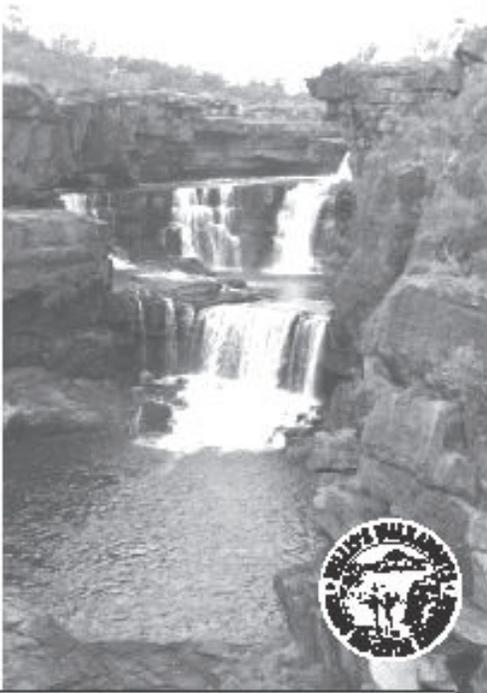
Special Offer
Mitchell Plateau No. 3:
16-20 August 2000

Club members who quote this ad will receive a special 20% discount.

Join our vehicle and get free transport from Darwin to Kununurra to join the trip. We may be able to offer free transport back to Darwin at the end.

Ask us for details.

See the **Availability and Specials** page on our website for all current special offers.



12 Carrington St Milliner NT 0810 Email: rwillis@internode.com.au www.bushwalkingholidays.com.au

Phone 08 8985 2134 Fax 08 8985 2355

A Walk in Kuringai Chase / 24 May

By Nigel Weaver



Morning tea with Porto Bay in background

On this walk we had 15 people.

My intention on this trip was to explore little-visited Pound Spur, which I had seen in the distance many times, but had never got onto. We took a water taxi from Brooklyn around to the bottom of Pound Spur on the south side of remote Porto Bay.

We clambered off the boat onto the rough shoreline and then made our way off-track up the steep hill through a series of cliff lines to a great lookout, an ideal spot for a morning break. The views of Porto Bay and Broken Bay are magnificent.

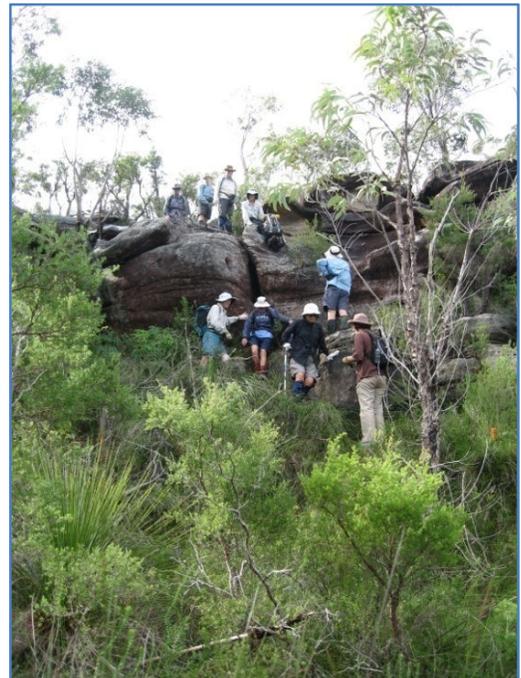
From there we continued southwards along the spur. Fortunately the bush was not very thick, and there were many sections of bare rock which made for easy progress. We came across some more great viewing spots of Porto Bay as we ascended the spur.

At the top of the spur there was an excellent place for lunch on a big rock platform with good views of Govett Ridge, which we would walk along later. Naturally we could also see the Bahai Temple in the distance shining white in the sun.

We then got onto the Govett Ridge Track, which is mostly easy to follow, but indistinct in some places. There are a couple of aboriginal carvings at one point on this track. We made our way along the ridge to another great lookout which had good views down to Jerusalem Bay and Cowan Creek. From there we headed to the junction of the Great North Walk, and went south down the steep hill to lovely Jerusalem Bay for a well earned break.

On the descent we crossed two small creeks which were flowing strongly this time because of recent heavy rains. The section of track from the bay to Cowan was very muddy for that reason. We finally arrived at Cowan at about 4.15pm.

I must say that I really enjoyed the exploratory section of this walk on Pound Spur – a place that I shall definitely return to before long because of the fabulous views it provides, as well as the feeling of remoteness.



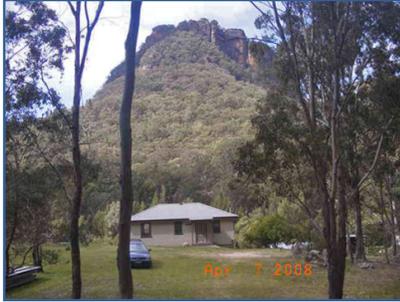
Clambering down cliff line



A stop higher up on Pound Spur, with Porto Bay in the background and Peak Hill on the horizon.

MID WEEK WALKERS

The Mid-Week Walkers are an informal group of SBW members who have time to spare for mid-week activities, some of which are shown on the Walks Programme and some organized at short notice and advised by monthly newsletter sent to all on my Mid Week Walkers list. These activities can include easy to medium walks, perhaps some cycling/canoeing or even a little bird watching as well. Partners and non-walkers are welcome to join us, particularly on the extended stay activities.

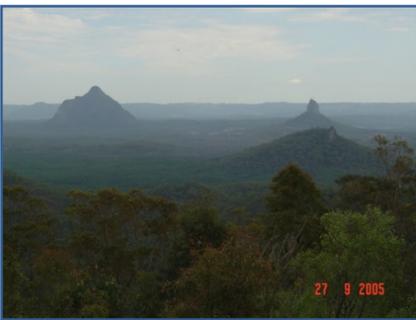


In May, Don and Liz Wills hosted seven SBW members at their cottage at Timor in the Hunter Valley. I could not attend but I hear that all went well. Perhaps there will be a full report at a later date.

Our next activity is at **Newnes** in June – see below. I have booked three cabins and it looks like at least nine members will attend. Why not add yourself to the list! We had a great time there last year. Thomas, our host, made us feel very welcome. Newnes is a great location; situated in a spectacular valley offering great walking opportunities as well as a chance to explore the shale town ruins, the

historic railway and a walk through the Glow Worm Tunnel. .

In August we are booked to return to **Currawong** in the Pittwater. We have been there several times in recent years and we thought our last visit, about three years



ago, was the last. All indications were that the area was marked for redevelopment into luxury homes. Now the area has been given heritage classification and we have been invited to return there in August. Come and join us for the week or just a day or so. It is a very convenient trip by ferry.



Next on the list will be our visit in September to the **Glass House Mountains** in Queensland. We will stay with Joy Hynes and Ian Debert, making trips out to the mountains and other interesting places. It is preferable to book early for this very popular event. Due to distance it may be preferable to share transport.

Please let me know of your interest so that I can attend to bookings etc.

PLANNED ACTIVITIES:

June: **Cabins at Newnes: Mon 15th – Fri 19th June**

Last year we had a delightful stay in cabins with Thomas being an excellent host and making life very comfortable. Interesting walks each day including a visit to the old township ruins and the Glow worm Tunnel. Cost, a very reasonable \$25 per day per person

August: **Currawong Cottages at Pittwater Monday 3rd – Fri 7th August**

Stay at the main cottage (large house). Sleeps up to 15, 4 couples and 7 singles). The cost, based on ten people is low, approx \$20 per night. We will do day walks, short and long, or take the alternatives of tennis or miniature golf. There is a large log fire and very comfortable areas to relax in.

September: **Glass House Mountains Monday 31st August to Friday 4th September**

Ian Debert and Joy Hynes have offered us accommodation near these impressive mountains in Queensland. Accommodation will be in the house and early birds get the beds, latecomers the floor. We will travel away from the house for walking in the mountains and a look at local attractions.

October: **Deep Pass**

Camping at Deep Pass offers many opportunities for easy to medium style walking. All facilities in a camping ground reasonably close to cars

November: **Dunns Swamp**

I know we have been twice already but this particular area is so popular.

Change of Address for Fran and Bill Holland

Many of you know that after 22 years, Fran and I will be leaving Westleigh to become residents of Shell Cove - a new development, just south of Wollongong. Shell Cove is a planned estate about 1½ kilometers from two beaches (Shellharbour and Killalea) with good walking and cycling tracks. We look forward to having SBW members drop in for a visit.

So, after 2nd June our new address will be 8 La Perouse Avenue, Shell Cove, NSW, 2529 and our new telephone number 4296 3084. We intend to maintain our contact with the Club and I will continue with these newsletters and organizing interesting activities. **Bill**

Walks & OTHER ACTIVITIES 25 APRIL - 24 MAY 2009

Leaders: - After an activity please email a list of participants and highlights to brading123@optusnet.com.au instead of posting the paper walks report. Please keep the signature sheets as these are a legal document.

Thanking you in anticipation – Stephen

Date, Walk Location & Route	Activity Participants
<p>SAT 25 APRIL – <i>Navigation & First Aid Training</i></p> <p>Metropolitan Area – Centennial Park</p> <p>Highlights & Memorable Moments:</p> <p>The day was very useful in that it took 19 people past their First Aid, navigation and bush craft. We divided the 19 people into 4 groups and the trainers took the groups in turn. I taught the navigation basics, Alitia, who has experience with orienteering, took them for an exercise, the 2 Patricks, one being a doctor and the other an experienced First Aid trainer, taught them First Aid and Ron, the President, taught bush craft.</p>	<p>David Trinder Patrick James Patrick McNaught Ron Watters Alitia Dougal Melinda Turner Sue Pinkerton (P) Helen Lalas (P) Kelvin Cheung (P) Deniza Mazevfca (P) Jim Pearse (P) Tim Fielding (P) Liz Giblin (P) Yeok Ken Williams (P) Emily Clough (P) Amy Hsieh (P) Stephanie Chia (P) Yim Chan (P) Hiew Chee-Leong (P) Rocky Chau (P) Zahir (P) Lydia Bossers (P) Lorraine Scicluna (P) Christina Gines (P) Garry Morphett (P)</p>
<p>SUN 26 APRIL – <i>Day Walk</i> – M122 Easy-Medium 19km including 2km off track- Metropolitan Area – Garrwarra Reserve & Royal NP <i>Helensburgh - Garrawarra - Bola Heights Track - Forest Island - Couranga Track - Waterfall.</i></p> <p>Highlights & Memorable Moments:</p> <p>From Helensburgh station took the Burgh Track through the woods down to Hacking River, an area that we found to be infested with leeches. So quickly headed uphill to Bola Heights where we had a morning break on a rock platform with pleasant bush views. From there we got onto the Bola Ridge fire trail, following it to its end, after which we went off-track onto the narrow ridge high above Stevens Drive. We found a great place for lunch on top of some large rocks with some lovely bushland views. After lunch we continued off-track along the ridge, and then steeply descended through the bush to Stevens Drive near the intersection with Lady Carrington Drive. We then took the Couranga Track, again crossing Hacking river, and made our way up through the bush to Waterfall station. It was a pleasant day, with fine if rather windy weather all the way.</p>	<p>Nigel Weaver Margaret Weaver Margaret Carey Melinda Turner David Trinder Pam Campbell Jenny Woods (P) Janina Grzazek (P) Lydia Bossers (P)</p>
<p>SAT – SUN 25 - 26 APRIL – <i>Weekend walk</i> – M333 22km 800metres up & down Kanangra Area : <i>Unirover Trail – Lost Rock – Mt Goondel – Mt Misery – Mt Hopeless – Despond Ridge – Mt Despond – Kowmung River – Hatchers Hollow – Doris Creek – Dome – Mt Savage – Unirover Trail</i></p>	<p>Frank Hartigan & Others (V) Visitor (P) Prospective</p>
<p>SAT – SUN 25 - 26 APRIL – <i>Weekend walk</i> - M233, Exploratory 25 km Upper Blue Mountains – Mt Wilson Car sharing used on this walk. <i>Mt Wilson – Wollangambe River – Yarramun Creek – ridges north – camp and return</i></p> <p>Highlights & Memorable Moments:</p> <p>A windy weekend! We found the pass up from Wollangambe River ok. Several days before I had described the pass down to Yarramun Creek to Sue when I thought I wouldn't be able to lead the walk. Just for the experience I got Sue to try to find it based on my description. Sue did as I'd described but we didn't find my pass, instead we found another one 50m away! This demonstrated to me the difficulty in giving really accurate descriptions of routes.</p> <p>The camp cave was comfortable albeit a little breezy during the night. We got to try out Sue's handline once on Sunday when the ridge I'd selected proved to have a sharp end to it. Ted was impressed with the number of birds he saw or heard. After the walk had hot chocolate and scones at the Mt Wilson markets</p>	<p>Ian Thorpe Sue Bucknell Margaret Rosea Ted Nixon Jouni Leppanen (plus a Bush Club member)</p>

Walks & OTHER ACTIVITIES 25 APRIL - 24 MAY 2009 cont.

Date, Walk Location & Route	Activity Participants
<p>SAT – SUN 25 - 26 APRIL – Weekend walk - M233, Exploratory 25 km Upper Blue Mountains – Mt Wilson Car sharing used on this walk. Mt Wilson – Wollangambe River – Yarramun Creek – ridges north – camp and return</p> <p>Highlights & Memorable Moments: A windy weekend! We found the pass up from Wollangambe River ok. Several days before I had described the pass down to Yarramun Creek to Sue when I thought I wouldn't be able to lead the walk. Just for the experience I got Sue to try to find it based on my description. Sue did as I'd described but we didn't find my pass, instead we found another one 50m away! This demonstrated to me the difficulty in giving really accurate descriptions of routes.</p> <p>The camp cave was comfortable albeit a little breezy during the night. We got to try out Sue's handline once on Sunday when the ridge I'd selected proved to have a sharp end to it. Ted was impressed with the number of birds he saw or heard. After the walk had hot chocolate and scones at the Mt Wilson markets</p>	<p>Ian Thorpe Sue Bucknell Margaret Rosea Ted Nixon Jouni Leppanen (plus a Bush Club member)</p>
<p>MON to FRI 27 APRIL –1 MAY – Cycling etc in Canberra -</p>	<p>Bill Holland & Others</p>
<p>WED to FRI 29 APRIL –1 MAY – Maureen's Meander to Melbourne E111 Wed 29 April - Culburra to Currarong via Warrain Beach and Lake Warrumboola. A flat and easy 15km along beaches with a lake Thurs 30 April - Coomies Walk - to four lookouts from Currarong offering great Tasman Sea views; beaches; coves; and, return via bush tracks. Med 10km. Fri 1 May - Red Point to Hare Point (return), thence to Southern end of Callala Beach. All flat beach walking, approx 15km easy.</p> <p>Highlights & Memorable Moments: Day 1 was a long beach slog with cloudy, windy weather where the migrating birds were hunkering down along Lake Warrumboola. Day 2 had a few sunny periods but we mostly walked in the rain on Coomies Walk which is a very interesting circular walk commencing at Abrahams Bosom Beach, Currarong. We viewed the wreck of the Merimbula (1928); crawled through Gosang's Tunnel; and, visited an Aboriginal rock shelter. After two very pleasant nights at a caravan park cabin in Currarong we enjoyed the last day in brilliant autumn sunshine commencing with a circular walk from Red Point to Hare Point through beautiful Banksia bushland returning along the beach. Then we mostly walked on the beach which was fringed with native shrubs and trees or dunes with occasional flash houses.</p>	<p>Maureen Carter David Carter & 3 Bush Club Members</p>
<p>THU to SUN 30 APRIL –3 MAY – Bush regeneration and maintenance weekend</p> <p>Coolana Landcare – Kangaroo Valley</p> <p><i>The focus on this weekend will be to cut, stack and burn fallen wattle trees on the eastern flat. There will be other work done on the new trees and an additional planting out if numbers permit</i></p> <p>Highlights & Memorable Moments: Please see separate magazine article</p>	<p>Don Finch Phil Butt Gretel Woodward Ros Kerrigan (V) Paul Kerrigan (V) Barry Wallace Glenn Draper Chris Millar Mai Millar Spiro Bruce Gould (V) Prue Gould (V)</p>
<p>SAT 2 MAY – Day Walk M222E 16 km Q Mainly on track.</p> <p>Barren Grounds Illawarra Escarpment, Jamberoo A circular walk starting at leader's house on Jamberoo Mountain. Climb the escarpment to Barren Grounds (150m up), then via Budderoo Track & a bit of road bashing to Powerline Pass (mild cliff exposure at one point) down into beautiful rainforest (250m down). Then via a 4WD track back up to Jamberoo Mountain Road, and return to leader's house via Barren Grounds & escarpment. .</p>	<p>Richard Darke Stephen Brading Yvonne Brading Peter Kaye Gill Kaye John Duruz Richard Denham (P) Anthony Anderson (P) Sue Stanley (NPA) Shane Collins (NPA) Sam Durland (NPA)</p>

Walks & OTHER ACTIVITIES 25 APRIL - 24 MAY 2009 cont.

Date, Walk Location & Route	Activity Participants
<p style="text-align: center;">Highlights & Memorable Moments:</p> <p>Started walking from the leader's house at Misty Lane, off Jamberoo Mountain Road, at 8.50 am, up Paddy's Pass (named after Paddy Pallin), onto the Barren Grounds. First morning tea was at Brogers Creek on Budderoo Track, second morning tea on rocks at the top of Powerline Pass with wonderful views down into Jamberoo Valley and the sea beyond. The ladders shown on the map at Powerline Pass have long gone. There is evidence of the old powerlines in the form of dumped ceramic insulators. We lowered the packs down the cliff-line by rope, and one by one inched our way down the 4 metre drop, with another rope in place for security. All negotiated this mild exposure with no fuss. Once below the cliff-line, the route zig-zagged on down a steep ridge into beautiful rainforest, where the slope leveled out. Eventually we entered a large pine plantation, and had lunch in a clearing. After 15 minutes or so, the leeches found us, so we did not linger! We then followed a track which left the plantation, and descended further into rainforest. There is a network of old logging roads in the area, one of which led us to an interesting house, built by Bert Flugelman, the well-known sculptor. There are several of his works still in place around the grounds in this wild, isolated spot, though the property has since changed hands. Now we followed a steep, 4 wheel drive private road uphill, regaining all the 250m elevation we lost descending from Powerline Pass. It was a good workout, & we ended back on Jamberoo Mountain Road. We then retraced our steps back to the Barren Grounds and the Griffith Track, before dropping over the escarpment once again, this time via the little-used Qwerty Pass, back down to Misty Lane, and cups of tea at the leader's house. Finished walking at 3.45 pm, after a 7 hour, satisfying day out, which involved going up and back down the Illawarra Escarpment twice in the day.</p>	
<p>SUN 3 MAY – Day Walk M222 18 km Q Mountain Lagoon – Wollemi NP</p> <p><i>Mountain Lagoon - Colo River - Tootie Creek - Mountain Lagoon.</i></p> <p style="text-align: center;">Highlights & Memorable Moments:</p> <p>A classic walk with a great group. Went very well, the group was a bit slow rock hopping up Tootie Creek and climbing the prickly ridge out. Tootie creek is as beautiful as ever. It appears there has been a lot of water down Tootie Creek recently. Finished on the firetrail after dark. Some of the group went for dinner at the Apple Bar.</p>	<p>Tony Holgate Jodie Dixon David Trinder Melinda Turner Sue Bucknell Rosemary MacDougal Janet Tepper (P) Lorraine Scicluna (P) Marek Slecza (P) Amanda Miller (P) Gillian Bennett (P) Cecile Bower (P) Mark Leslie (P) Dean Dunworth (V)</p>
<p>SAT 9 MAY – Day Walk L333 30 km Wild Dogs Mtns FFFFF - Fabulous Females Fall Festival of Fitness <i>Carlons Farm - Ironmonger - Blue Dog Spur - Knights Deck - Blue Dog Ridge - Splendour Rock - Wombat Parade - Mt Mouin - Medlow Gap - Carlons.</i></p> <p style="text-align: center;">Highlights & Memorable Moments:</p> <p>As the last of the series of 4 walks, this was designed to be the toughest of them all. We got away at 8am from the carpark (slightly later than we planned) and strode out for Ironpot. Following the tape and markers for the NorthFace 100 endurance trail run, which we left at the Ironmonger turnoff. We passed another couple of walkers ascending Blue Dog Ridge and was surprised by how overgrown the track is along the plateau. Rather than go all the way to Splendour Rock, we went off track from Mobbs and headed up through the scrub to Warrigal Gap. Wondering about the naughty person who has been setting up house (including rock cutting and other developments) up on top of Mt Warrigal – discovered by a Bush club group the week prior – we beat our way around the south side of the mountain heading for Blackhorse Gap. Views across to Lake Burragorang beckoned us along. Great views from Blackhorse Mountain for afternoon tea before heading back towards the Kennel Flat Superhighway to Medlow Gap. The sun through the trees was beautiful, along with the faces of Narrowneck burning red in the late afternoon. Headtorches came out about 3 kms from Carlons and the sight of a campfire through the trees as we skidded down the last hill and over the stile. A fabulous day for all was had with a great sense of achievement. Well done girls!</p>	<p>Caro Ryan Jodie Dixon Jill Green (BC) Barbara Ertz Helen MacDonald Melanie Freer Sandra See (P)</p>

Walks & OTHER ACTIVITIES 25 APRIL - 24 MAY 2009 cont.

Date, Walk Location & Route	Activity Participants
<p>To celebrate the last of the FFFFF walks for 2009, we all car camped at Carlons and climbed the last mountain for the day... Mt Blue Cheese with the Red Wine Waterfall. A huge spread of happy hour was had by all of us with lots of happy stories and laughs. We slept soundly under a huge full moon.</p>	
<p>SAT 9 MAY – Day Walk – M222 17km Car share used Upper Blue Mountains - Wentworth Falls to Blackheath. <i>Highlights are, Wentworth Falls Lake - Katoomba Creek with an unusual view of Minihaha Falls from Greens Lookout, the Old Coach Road and Old Point Pilcher Lookout and the Grand Canyon to the Neates Glen exit. Then by picturesque backstreets to Blackheath.</i></p> <p>Highlights & Memorable Moments: Crossed Katoomba Creek with remnants of the original handrails and steps. No sign of the bridge that spanned the creek at our crossing point. A landslip on the track down from Old Point Pilcher to the Grand canyon was an unexpected hazard, which was safely negotiated by the party. The land slip is a problem, as I don't believe NP is interested in maintaining the track from Old Point Pilcher to Grand Canyon. The climb out up Neates Glen was slow for some of the party. Some sections of this track are in need of work rebuilding and repair. The Neates Glen entry and exit to the Grand Canyon will be Closed from May 18 (except for weekends) so that NPWS can do these much needed repairs.</p>	<p>Jim Percy Tim Yewdall Misako Sugiyama Danial Laver (P) Gemma Cowan (P) Andrew Vilder Jan Dormor Peter Miller (V) David Trinder Melinda Turner Helen Lalas (P) Geoff Coleman Richard Winthorpe Jo van Sommers</p>
<p>SUN 10 MAY – Day Walk – M211 14km Q Metropolitan Area Royal National Park <i>Chatswood - Blue Gum Creek - Lane Cove River - Sheldon Forest - Turrumurra</i></p>	<p>Tony Holgate & Others</p>
<p>SUN 10 MAY – Day Walk – M211 13km Train travel used Metropolitan Area Lane Cove Valley <i>Waterfall - Couranga Brook - Calala - Uloola Falls - Heathcote.</i></p>	<p>Jim Callaway & Others</p>
<p>SAT 9 – SUN 10 MAY – Weekend Walk - M222 Glen Davis <i>Glen Davis - plateau to north (using a known pass) - Tom O'Shanter's Glen - Happy Valley Creek – Sentinel Mount</i></p>	<p>Bill Capon & Others</p>
<p>SAT 9 – MON 11 MAY – Weekend Walk - M222 Q Barrington Tops <i>Little Murray Camp Ground - Barrington River - Careys Peak Wombat Flat - Little Murray camp days 1 and 2. Day 3, Little Murray Ft - Mt Carson and return. All on tracks. Max ascent about 200m</i></p> <p>Highlights & Memorable Moments: Friday night at Don and Liz Wills cottage, brilliant views in mid afternoon sunshine off Careys Peak. Saturday night rain. Sunday lots of mist, cold. Bleak weather for lunch at Little Murray Campground. Visit to Mt Carson on Monday cancelled as no point in going to a lookout or camping out in dense mist Well done Mark. Returned Sydney Monday night</p>	<p>Ron Watters Mark Bebbington (P) David Henson (V)</p>
<p>WED 13 MAY – Day Walk – Medium 18km Train travel used Metropolitan Area Nepean Valley <i>Emu Plains Railway Station –Great River Walk (Nepean Loop) –Muru Mittaggar (Aboriginal Cultural Centre) –Penrith Railway Station.</i></p>	<p>Wilf Hilder & Others</p>
<p>SUN 17 MAY – Day Walk – M121 Medium 16 km Metropolitan Area Middle Harbour – St Ives Lane Cove Valley <i>Seaforth Oval, Natural Bridge Track, Davidson Park (Roseville Bridge), Stepping Stone Crossing, Cascades, and St Ives.</i></p> <p>Highlights & Memorable Moments: A beautiful walk through the Garigal National Park in glorious Autumn weather. A lot of wildflowers and shady tracks made it an especially pretty walk and a moderate pace meant we finished early enough for afternoon tea before the car shuffle back to the starting point. Met up with lots of athletes training for the Oxfam 100km trailwalker event. Sensational apple crumble and ice-cream with coffee at St Ives after the walk</p>	<p>Lucy Moore David Bell Jan Roberts Denis Gardiner Vicki Gardiner Paul Irwin (P)</p>

Walks & OTHER ACTIVITIES 25 APRIL - 24 MAY 2009 cont.

Date, Walk Location & Route	Activity Participants
<p>SAT 16 – SUN 17 MAY – Weekend Walk - L332 Kanangra <i>Kanangra Tops - Kilpatrick Causeway - Gangerang Range - Roar Saddle - Mount Marooba Karoo camp at Thunder bend. 850 m climb to Mount Paralyser and return via Thurat Ridge and Thurat Broad Ridge to Kanangra Road.</i> Highlights & Memorable Moments: - Stephen's Not getting blown off the road before Hampton and finding a spot to park the car unlikely to be struck by a falling tree on Friday evening. Soggy cold and windy start to Saturday due to ground level cloud making everything damp and the wind making wearing my poncho futile. Amazing views eastward the entire weekend as there was no haze. Views west were good on Sunday as well. Chasing a dingo away by clapping my hands which was about dart into David and Melinda's fly while they were asleep. Perfect walking weather on Sunday particularly for the climb up Paralyser.</p>	<p>David Trinder Melinda Turner Stephen Brading Frank Hartigan Jouni Leppanen Vivien Emmanuelle</p>
<p>SAT 16 – SUN 17 MAY – Weekend Kayak Brisbane Waters <i>Saturday - Meet at Woy Woy and kayak around the Brisbane Waters area. Visit various islands and waterways. Stay Saturday at the Leader's cottage in Patonga. Sunday - Paddle the Hawkesbury River or Patonga Creek (depending on conditions).</i></p>	<p>Mark Dabbs & Others</p>
<p>SAT 23 MAY – Day Walk - M222, 10 km On track and foot pad 300m up & down Upper Blue Mountains – Jamison Valley <i>Leura, Inspiration Point, Gladstone Lookout, Robert's Pass, Lindeman's Pass, Jamison's Lookout, Katoomba.</i></p>	<p>Frank Hartigan & Others</p>
<p>SAT 23 MAY – Day Walk – S222, 10 km, +/- 300 m Q 60% on track Upper Blue Mountains - Defaurs Head <i>The Pinacles to Lockley Pylon, scramble up Walford gully, across Lycon plateau to Rock Point Ravine and return</i></p>	<p>Isabelle Moss & Others</p>
<p>SUN 24 MAY – Day Walk – S223, Medium 10 km 2km off track Metropolitan Area – Ku-ring-gai Chase <i>Brooklyn – Water taxi to Porto Bay – Pound Spur – Govett Ridge – Jerusalem Bay – Cowan</i></p> <p>Most people came by train, but a few people brought their car. At the walks end, the car drivers between them took most people down to Hornsby.</p> <p>Highlights & Memorable Moments: Starting at Brooklyn, we took a water taxi around to remote Porto Bay where we jumped off onto the rocks at the bottom of Pound Spur. We then clambered steeply off-track up through cliffines to a great lookout where we had panoramic views of Porto Bay and Broken Bay. From there we continued southwards along Pound Spur until we reached the foot track on Govett Ridge. We followed the track eastward until we hit the Great North Walk, which we then followed to Jerusalem Bay and Cowan. There were several spectacular viewing points along the way - a great day. On the day after the walk Patrick McNaught became aware that he had probably been bitten by a snake on the lower arm. He had felt a nip during the first steep ascent on the walk, but did not see anything. However he says he did feel tired and sweaty as the day went on. On the following day his lower arm was red, itchy and swollen, and he noticed two small punctures. On Tuesday night he reported that he was fairly well except for severe itchiness on the lower arm. We all wish Patrick a speedy return to full health again.</p>	<p>Nigel Weaver Margaret Weaver Misako Sugiyama Nigel Wingate Tony Holgate Lyn Terrey Pamela Irving Barbara Ertz Patrick McNaught Hugh Fyson Janina Grzazek (P) Tania Muniz (P) Garry Morphett (P) Julian Martin (P) Paul Irwin (P)</p>
<p>SAT 23 – SUN 24 MAY – Weekend Walk – M222 Q 300m climb. 20 km Budawang <i>Little Forest Plateau - Ngaityang Falls - Gadara Point - Pallin Pass - Mt Talaterang - Talaterang Creek – Mt Bushwalker.</i></p>	<p>Tony Manes & Others</p>

Walks & OTHER ACTIVITIES 25 APRIL - 24 MAY 2009 cont.

Date, Walk Location & Route	Activity Participants
<p>SAT 16 – SUN 17 MAY – Weekend Kayak Brisbane Waters <i>Saturday - Meet at Woy Woy and kayak around the Brisbane Waters area. Visit various islands and waterways. Stay Saturday at the Leader's cottage in Patonga.</i> <i>Sunday - Paddle the Hawkesbury River or Patonga Creek (depending on conditions).</i></p>	Mark Dabbs & Others
<p>SAT 23 MAY – Day Walk - M222, 10 km On track and foot pad 300m up & down Upper Blue Mountains – Jamison Valley Leura, Inspiration Point, Gladstone Lookout, Robert's Pass, Lindeman's Pass, Jamison's Lookout, Katoomba.</p>	Frank Hartigan & Others
<p>SAT 23 MAY – Day Walk – S222, 10 km, +/- 300 m Q 60% on track Upper Blue Mountains - Defaurs Head <i>The Pinacles to Lockley Pylon, scramble up Walford gully, across Lycon plateau to Rock Point Ravine and return</i></p>	Isabelle Moss & Others
<p>SUN 24 MAY – Day Walk – S223, Medium 10 km 2km off track Metropolitan Area – Ku-ring-gai Chase <i>Brooklyn – Water taxi to Porto Bay – Pound Spur – Govett Ridge – Jerusalem Bay – Cowan</i></p> <p>Most people came by train, but a few people brought their car. At the walks end, the car drivers between them took most people down to Hornsby.</p> <p style="text-align: center;">Highlights & Memorable Moments:</p> <p>Starting at Brooklyn, we took a water taxi around to remote Porto Bay where we jumped off onto the rocks at the bottom of Pound Spur. We then clambered steeply off-track up through cliffines to a great lookout where we had panoramic views of Porto Bay and Broken Bay. From there we continued southwards along Pound Spur until we reached the foot track on Govett Ridge. We followed the track eastward until we hit the Great North Walk, which we then followed to Jerusalem Bay and Cowan. There were several spectacular viewing points along the way - a great day. On the day after the walk Patrick McNaught became aware that he had probably been bitten by a snake on the lower arm. He had felt a nip during the first steep ascent on the walk, but did not see anything. However he says he did feel tired and sweaty as the day went on. On the following day his lower arm was red, itchy and swollen, and he noticed two small punctures. On Tuesday night he reported that he was fairly well except for severe itchiness on the lower arm. We all wish Patrick a speedy return to full health again.</p>	Nigel Weaver Margaret Weaver Misako Sugiyama Nigel Wingate Tony Holgate Lyn Terrey Pamela Irving Barbara Ertz Patrick McNaught Hugh Fyson Janina Grzazek (P) Tania Muniz (P) Garry Morphet (P) Julian Martin (P) Paul Irwin (P)
<p>SAT 23 – SUN 24 MAY – Weekend Walk – M222 Q 300m climb. 20 km Budawangas <i>Little Forest Plateau - Ngaityang Falls - Gadara Point - Pallin Pass - Mt Talaterang - Talaterang Creek – Mt Bushwalker.</i></p>	Tony Manes & Others



Pigeon House photo taken by Andrew Vilder - 12/04/09

Social Program

SBW XMAS IN JUNE / MID-WINTER FEAST

Fun, Laughter, Chatter, Stories & Gossip!!!!

Yes, this is Xmas in June. Just bring a plate of something delicious to share. The Club will provide all beverages including 'gluwein' and all necessary eating utensils. This event is indoors, so no excuses if the weather is 'nasty'.

LET'S CELEBRATE!!!!!!

It's being held at 8pm on Wednesday, 17th June at the Kirribilli Neighborhood Centre.

Please bring a plate of edible goodness to share

The Club provides all beverages including gluwein and necessary eating utensils.

Socializing is imperative!

SBW AUCTION

Wednesday, 19 August 2009 in the clubrooms at Kirribilli Neighbourhood Centre.

Come along and snaffle a bargain in the relaxed atmosphere of the SBW Auction Café. Table swapping will be encouraged. Coffee, tea and other liquid refreshments will be available. Bring your takeaway dinner and dine and buy in comfort. SBW Auctioneer Patrick James and his attractive assistants will dispose of your donated lots and attempt to empty your purses, pockets and wallets painlessly.

Bring all your unwanted, surplus to requirements, good quality new and/or used gear for biking, camping, canyoning, cooking, fishing, gardening, kayaking, mountaineering, paddling, skiing, walking; your old, tired, frayed and out-of-date abseiling ropes, dented and damaged safety helmets, boots too small, packs too big, tents, wet suits, dry suits, and plants from green thumb members. For approved members (with written permission from their parent(s) or guardian) "sale on commission" of substantial items will be available; conditions apply.

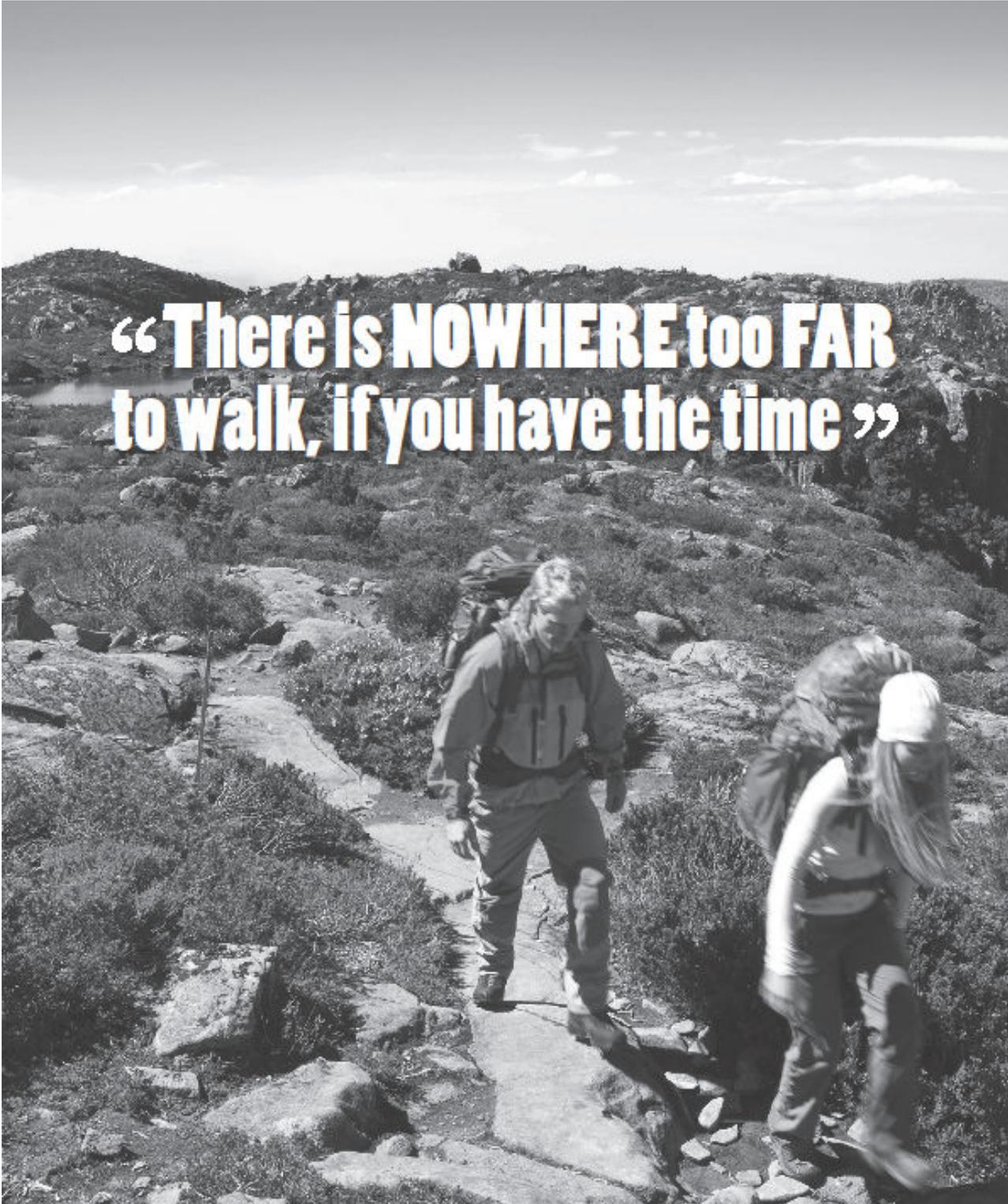
The SBW Auction Café opens at 8 PM, the first lot will be auctioned at 8.20 PM, then its bid, bid, bid and buy, buy, buy until all goods change hands. This is an ideal opportunity for new members to get some basic equipment.

All items relating to an outdoor lifestyle are welcome.

The Auctioneer will be PATRICK JAMES.

Laughter and Frivolity Guaranteed!





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