

Sydney Bush Walkers Newsletter

MARCH 2010

Sydney Bushwalkers
PO Box 431 Milsons Point NSW 1565

Inside This
Edition →

The President Says - <i>Ron Watters</i>	1
Editor's Note - <i>Melinda Turner</i>	1
From the Committee Room - <i>Helen McDonald</i>	2
Royal NP / Jan 16 - <i>Arthur Panopoulos</i>	3
Hawkesbury River - Patonga Kayak Trip / Jan 19 - 22 - <i>Mark Dabbs</i>	4
Venture into the Middle East - <i>Jeanne Klovdahl</i>	5
A Hannells Spur History - <i>Dirk Goes</i>	8
Snakes & Gaiters - advice from Sea to Summit	9
The Great North Walk Companion - A Book Review - <i>Melinda Turner</i>	10
Walks & Other Activities 1 - 28 February 2010 - <i>Stephen Brading</i>	11
The Midweek Walkers - <i>Bill Holland</i>	16
Coolana Report - <i>Don Finch</i>	17
Coolana Road Use- <i>Coolana Committee</i>	18
Training Events	18
Kosciuszko Huts Update - <i>Ian Wolfe</i>	19
Social Program - <i>Kathy Gero</i>	20



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.
All material in this magazine is copyright. Requests for reproduction should be directed to the editor at: editor@sbw.org.au



1045 Victoria Rd West Ryde NSW 2114. Tel. 02 98585844
www.alpsport.com.au - alpsport@optusnet.com.au

Tents

Bushwalking Packs

Travel Packs

Travel Wear

Sleeping Bags

Rainwear

Icebreaker Merino

Snow Wear

Bushwalking Boots

Sleeping Mats

Climbing Equipment

Cookware

Water Filters

GPS

PLB'S

Books and Maps

Family Tents

Tarps

Camping Tables & Chairs



icebreaker.com

PURE MERINO



The President Says

The advanced navigations day and the wild Aid wilderness first aid course were both well attended. I have had some very complimentary feedback. Thank you for your support.

The recent wet weather emphasised the importance of keeping out of canyons in prolonged periods of heavy rain. And not entering closed areas. Once again it demonstrates that to walk with a club is to walk safely.

Speaking of rain there has been a number of 'no shows' of late. If you are booked and cannot go please let the leader know as soon as you can. This makes a space for someone else. It also prevents the management of the walk being disrupted. Late starts may mean route variations or finishing in the night, particularly in winter.

"No shows' discourage leaders. We want to encourage them.

If your initial 12 months of membership expires in February then now is the time to renew. You may pay electronically, details available from me at wattres@bigpond.net.au

If you are waiting to complete the overnight Q there are opportunities coming up in March, April and May. If you need gear, discuss the matter with me, as the club does have some gear for loan.

We hope you have enjoyed your 12 months with SBW and we want you to continue venturing into the outdoors with us.

Ron Wattres

Editor's Note

Hi everyone,

Hope you are all out there enjoying some of the great walks that have been on recently. It's a great time of year to be out walking! (Or swimming, and wadding through the odd bit of quicksand!)

A diverse range of articles have been sent in for this newsletter.

Arthur Panopoulos sounds like he had a great day out in the Royal, Mark Dabbs on the other hand, tells us about the great day we all missed out on. (Make them walk the gangplank next time Admiral!)

Dirk Goes' article on the history of Hannells Spur is excellent. If you have some interesting information about the social or historical background of one of your favorite bushwalking areas why not share it with the rest of us!

Jean Klovdahl's article on her venture into the Middle East also makes for an informative read. If you are travelling somewhere whilst the rest of us are sitting back dreaming about it, tell us about it. Let us share your adventures!

Don Finch's 'Coolana Report' discusses all the work that has been going on at Coolana. Have a good look at his photos, Coolana is looking '*absolutely fabulous*'. If you haven't visited recently, get down there on the Reunion weekend. This is our property, let's enjoy it!

As always, I thank all the members and leaders who have contributed articles and trip reports, and/or accompanying photographs. Many members are telling me that they are enjoying the newsletters and magazines; and that is because you are contributing great articles!

Keep sending your photos in as attached JPEG files, not embedded in word documents. This allows for better reproduction of your beautiful images.

See you on a walk soon,

Melinda

editor@sbw.org.au or turner.melinda@gmail.com

Please welcome the following new full member:

✿ Christian Vallence

From the Committee Room

A summary of proceedings at the Committee Meeting on 3rd March 2010.

The meeting opened at 7pm with 6 Members present and 6 absent with apologies

Matters arising from the Meeting:

- **The Minutes** for the February meeting were confirmed
- **Canyoning Competencies:** Ian Wolfe had circulated the latest draft for 'Required Competencies for Canyon Leaders and Participants'. The Committee agreed that the process should be implemented. Improvised rope rescue training with Claudia will start on 13/14th March. Insurance cover has been checked and the training is covered under the SBW policy.
- **Correspondence:** Auditors Report received from Chris Sonter confirming the 2009 financial reports.
- **Membership List:** Agreed that due to delays in updating the Membership Database the Membership List would be posted out after 1st July to give members time to pay subscription renewals and update any changes to their details.
- **New Members' Secretary:** To assist with the increase in the number of enquires for membership this role has been split into 5 parts - New Members' Secretary (Committee Member), database manager, internet enquiries assistant, Google Group manager & presentation night assistant.
- **Treasurer's Report:** The 2010 Budget was discussed and will be re-circulated upon amendment. With the amendments it is estimated there will be a budget cash profit of \$1030.
Approved for payment: KNC \$300, K Gero \$15.20, Wild Aid \$456.50, Snap Printing \$2029.08 (mag + annual report + walks program), PO Box renewal \$351
- **Members Invoice:** Draft forwarded to database manager. To be posted to all Members after the AGM.
- **Full Membership Application:** Received and approved for Christian Vallence.
- **Committee Positions:** All positions become vacant at the 2010 AGM on 10th March. The Vice President, New Members' Secretary and Conservation Secretary have advised they do not wish to stand this year.

Next meeting: Wednesday, April 7, 2010

Helen MacDonald
Secretary

WILLIS'S WALKABOUTS

Great

September-October 2010

From the fynbos wildflowers of the Cape in the west to a guided walk in a game park in the east, we'll show you some of the best walks that South Africa has to offer.

Highlights include

- a luxury isolated cottage and day walks on the Cape of Good Hope
- Namaqualand wildflowers
- watching the whales at De Hoop
- mountain views in the Cedarberg, Drakensberg and more
- seeing the wildlife up close, on foot.

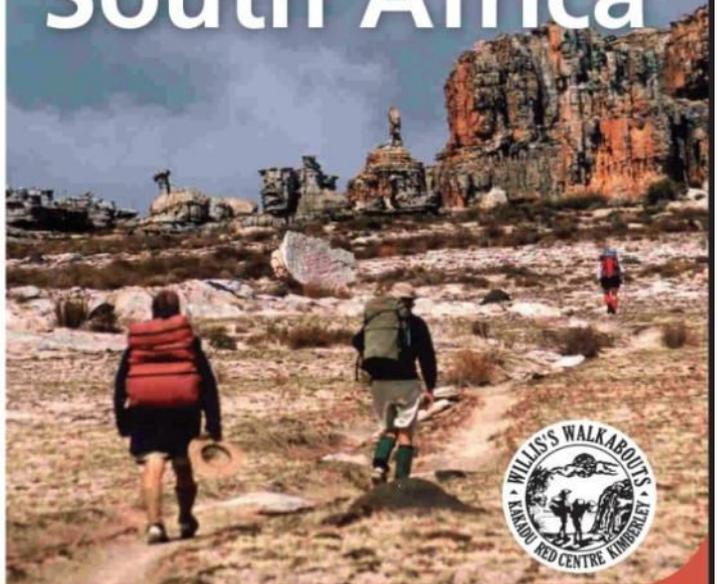
Visit our website or ask us for the trip notes.

bushwalkingholidays.com.au

12 Carrington St Millner NT 0810 rrwillis@internode.on.net

Phone 08 8985 2134 Fax 08 8985 2355

walks of South Africa



Royal NP / Jan 16

Cronulla wharf, Bundeena, Gibbon Beach, Port Hacking Pt, The Cobblers and Bundeena Wharf.

Participants:	Simon Ellis	Bob Galloway
	Kerrie Allsop	Patrick McNaught
	Diana Whitnall	Joanne Lindelauf
	Joanne Lindelauf	Kaye Walker
	Helen L alas	Ron Watters
	Arthur Panopoulos	

Weather was fine 26 degrees and with a northeast breeze slowly building. We joined the ferry to Bundeena with a variety of scenery to view along the way and a relaxed way of meeting everyone. On arrival we leisurely headed off along the shore around Gibbon Beach with further view of the surrounding area including Cronulla and up along the Hacking river. We eventually reached Port Hacking Pt with view to the Cronulla beaches and towards the city.

Nearby we viewed the aboriginal sculptures of varies animals and much discussion was made in what they were.

Onwards we headed south along a trail with ocean views which took us to an area named "The Cobblers where we stopped for lunch. I had plans to stay inside a "shack" for lunch but I had somehow missed its location. After lunch we had another search for it and found it (was located directly below us where we had lunch). We all had opinions of what this Sandstone blocks shack was used.

We arrived back at Bundeena for a well deserved ice block. All enjoyed themselves and each other's company made it an enjoyable day out.

**Article by Arthur Panopoulos
Photographs by Patrick MacNaught**



Group enjoying views near Gibbon beach



Aboriginal rock art



A well deserved rest



Scenic coast line of Royal NP

Hawkesbury River ~ Patonga Kayak Trip / Jan 19 - 22

It started out really well with a total of 7 participants. As I was away for 3 weeks before the trip everything was arranged. Returning to Sydney the day before the trip I phone around all participants only to find they had varying excuses for not attending. ... the cat stood on my foot, the car ran over the cat, the cat ate the dog, the cat was thrown at the wall etc ... But some of the excuses were a little more believable.

So there was one participant, the leader. Great easy drive to Patonga, I didn't have to arrange transport sharing, meeting time or coffee on the return.

The weather was unbelievable - sunny the whole time, hot and mild wind. What more could you possibly ask for.

Time was spent in the kayak, then falling out and climbing back in, using the row boat and checking out the fish (diving). Fortunately the neighbour insisted on inviting us (me) over for a pork roast dinner. What was the choice ... sausages again, chips or the roast. What a choice.

The second last day I was invited to join the TACK group (Tea and Cake Kayakers) from Gosford. A great day paddling around the Brisbane Waters, under the Rip bridge (yes the water was ripping along) then out to the bay's entrance where all the larger waves make for interesting kayaking - if you wish to stay up right. A great day and very pleasant group, worth joining if you are up that way on Thursday mornings.

The final day was a return to Sydney early to catch up with another group kayaking Middle Harbour. A 5:30am rise to be back in time. A great morning paddling over to Watson's Bay thence North Head, Manly and return to Clontarf Beach during the 40 degree day.

Shame you all missed out on a great paddling week.

Mark Dabbs



**MACPAC
2010 EASTER
SALE**

UP TO 50% OFF

SALE STARTS WEDNESDAY 17TH MARCH

MACPAC SYDNEY - SHOP 42, TOWN HALL ARCADE, 464-480 KENT ST, CBD - (02) 9267 3510
MACPAC CHATSWOOD - 416 VICTORIA AVE - (02) 9419 2011
SHOP ONLINE AT WWW.MACPAC.COM.AU OR PHONE MACPAC MAILORDER ON 1800 128 504

Discount off RRP. For a limited time (17th Mar 2010 - 18th Apr 2010) or while stocks last. Some items may not be available in all stores.

IMAGE © MANA WAHINE

macpac

SUNDOWNER VEST RRP \$249.95 NOW \$124.95 50% OFF	RESOLUTION JACKET RRP \$599.95 NOW \$449.95 25% OFF	OLYMPUS TENT RRP \$899.95 NOW \$674.95 25% OFF	ESCAPADE RANGE RRP FROM \$329.95 NOW FROM \$219.95 33% OFF
---	--	---	---

A Venture into the Middle East

Jeanne Klovdahl

Reflecting over the past five weeks I would have to say that the experience was a mixed one. Countries visited were Syria (eight days), Jordan (eight days), Israel (four days) and Egypt (ten days). The remaining several days were spent in transit. Similarities I observed in all four countries were in grasp of the English language, cultural mores, driving habits, crossing roads, toilet, showering and accommodation standards, accommodation, food, directions given, opening hours of public places (Sabbaths, holidays and afternoons) and in the quality in merchandise. The pressure to buy things, be taken places and/or be given information was constant everywhere, particularly in Egypt. Pricing and *baksheesh* (tipping) were always negotiable, even when we went to dinner. Although I was sympathetic to the economic desperation of the people, I was 'ripped off' and given misinformation a number of times, and was actually robbed once. On the status of women, my companion and I noticed that while young girls were very beautiful and attractively dressed, many older women were quite unfit and covered up with dark chadors with only a small opening for eyes. I had read that Egyptian women have the lowest literacy standard in the countries we visited (59.4%). Some mosques barred women, even in Amman the capital of Jordan. Groups of young men and women would go promenading, but rarely together. Not once did we see a couple holding hands. We were told that Muslim men don't even shake hands with women in most Muslim countries. Also, a western-looking woman on her own, regardless of age, could be seen as 'fair game'! Other differences we were confounded by were footpaths and curbs in poor condition, a shortage of internet cafes and ATMs that accepted VISA cards, and ANY place where we could have a glass of beer or wine. One last thing: the often-recorded call to prayer, which occurred five times a day, began at about 4.30am and could be extraordinarily loud and long, sounding something like a distressed cow giving birth to my uninitiated ear!

Admittedly this was a negative approach to describing the overall journey, so on to more pleasant topics. First, it was a thrill to fly over the Persian Gulf, the Euphrates River and the Fertile Crescent, all of which we had studied at some point. Damascus, our point of entry, is the oldest continuously inhabited city in the world. It was looking extremely chaotic and poor to us, but we soon became acclimatized. We joined our 'Explore' tour on the first night, 20th December. My friend and I had visited the National Museum that afternoon, as we could walk there. While in Damascus the group went to the National Museum (again), the Ottoman Azem Palace, the Omayyad Mosque, Saladin's Tomb and the souk. In the 7th and 8th centuries Damascus was the centre of the Islamic world and there are still numerous memorials to the age of Saladin and the Ottoman Turks. Many of the places we saw seemed to rise up out of nowhere, as much of Syria is dry, sandy and flat. Also, Greco-Roman, Christian (Crusader) influences were prevalent throughout, in archways, porticoes, capitals and colonnades. One of the Highlights in Syria was the Krak des Chevaliers, the best preserved castle in the Middle East. In the Palace at Ugarit (Ras Shamra) the world's first alphabet of 30 cuneiform letters was found. Syria's main port, Latakia, was named by the Greek leader Seleucus I, after his wife. On the way to Aleppo (second largest city in Syria) the group stopped at Apamea, an important ancient garrison site, irrigated by the Orontes River. Founded by Seleucus I, it was occupied by the elephant trainer Hannibal and visited by Cleopatra and Mark Anthony after the campaigns against the Armenians. In Aleppo efforts are being made to restore the old city to its former state, following the original plan. Aside from its enormous citadel which is surrounded by a moat, it offers an old world-style souk and a former mental hospital now turned into a medical science museum. Not far from Aleppo is the monastery of St Simeon, named after an eccentric holy man who spent 42 years preaching from the top of a column, which by now has been extensively souvenired by visitors! After visiting Lake Assad and the Euphrates Dam the group continued on to the pilgrimage ghost town of Rasafa, from which the views of the Euphrates River and mud ruins of a basilica are most impressive. Then, an Armenian Memorial Church near the town of Deir ez-Zor on the Euphrates, houses a museum memorializing the 1915 genocide of a million+ Armenian Christians who were forced out of Turkey into Syria. Three other sites included in the Syrian journey were Dura Europos (another Greco-Roman Fortress), Mari (a remote and partially buried city) and the ruins of Queen Zenobia's Palmyra, one of the most famous caravan cities in the world (3rd century AD).



Krak des Chevaliers

A Venture into the Middle East^{cont.}

Jordan has been described as “[a country] of peace and stability amidst a very tough neighborhood.” Indeed, as we crossed the border from Syria into Jordan we immediately noticed that the latter was greener, appeared more prosperous and well-organized, and - dare I say - more westernized. Amman and Jerash are cited as cities of the ancient Roman Decapolis, while biblical sites include Bethany-Beyond-the-Jordan’ where Jesus was baptized, and Mt Nebo (Jebel Neba), the pilgrimage centre for Christians where Moses is believed to have looked out over the Promised Land. Most widely known is the magnificent capital of Petra (‘Rose Red City’ of the Nabataeans), hewn from reddish sandstone cliffs. Other memorable sites visited in Jordan were Madaba (Christian town with exceptional mosaics, especially the Great Map of Palestine), Kerak (fortress built during the Holy War against Islam) and an old Roman road to Wadi Rum (meaning valley flanked by cliffs), where scenes of the film ‘Lawrence of Arabia’ were shot. The sixteen-day trip gradually wound down with a day in the Gulf of Aqaba, where the group was taken out by boat for snorkeling and a BBQ lunch. The next day offered an opportunity to swim and float in the Dead Sea. The last night was spent in Amman, Jordan’s chaotic capital, renowned for its well-maintained citadel and museum, but also for its wayward and over-charging taxi drivers! Most likely nowhere else in the Middle East could provide camping in the desert in a goat-hair Bedouin tent one night and elaborate waterside western-style accommodation the next!

Israel came next. It could be rightfully said that Jerusalem is a centre of contradictions. We were there for only a few days, between tours, but could clearly witness the faithful lying over sacred ground, as well as praying at the Wailing Wall. In contrast to this taxis cruised around the outer walls ready to woo hapless tourists, hawkers pressured visitors to purchase poor-quality goods with small children doing the same, litter mounted up in the Old City daily and men in military garb carried pistols and AK47s. In short it is a city of unbroken unrest, and an underlying tension could be continually felt. However, since our time there was so limited I endeavored to see all the Christian sacred sites due to a photographic project I was working on. Thus, my compliant friend and I waited in long queues at Bethlehem (the accepted spot where Jesus was born) and at the Church of the Holy Sepulchre in Jerusalem containing the sites of the crucifixion, deposition, entombment and resurrection of Jesus. In the same church was a prominent marker signifying the spiritual centre of the world. We were fortunate also to join a free tour, which guided us through the four quarters of the Old City: Jewish, Muslim, Christian, (**Lonely Planet*, ‘Middle East’, 6th edition, p. 335.) and Armenian (the latter, the smallest). This included indicating the Upper Room where the Last Supper took place, and the route taken by Jesus (Via Dolorosa) while carrying the cross from where he was condemned to where he was crucified. The Stations of the Cross were clearly indicated also, which added meaning to these experiences.

During that time we also went to the Mount of Olives, where Jesus prayed alone in the Garden of Gethsemane, and to the place where He taught The Lord’s Prayer to His Disciples. As it was quite late in the day we were unable to see the tomb of the Virgin Mary and the Church for all Nations -also on the Mount of Olives, but we were treated to a glorious sunset over Jerusalem as a consolation. Another site visited was the Dome of the Rock, where ideally all religions can co-exist in peace. However, non-Muslims can go there for only one hour per day. It is revered as the place from where Mohammed ascended into Heaven, and the spot upon which Abraham prepared his sacrifice. Another church we stepped into, the Lutheran Church of the Redeemer had a very long spiraling stairway up to a 360-degree viewing platform. And just to the west of the city centre was the Museum of Israel, which had a very impressive display of the Dead Sea Scrolls (facsimiles), with an informative guide and explanatory labels, plus a sculpture garden. Very sadly, my two digital cameras were stolen out of my backpack just before we boarded the bus for the Tel Aviv airport. That was a devastating blow to me, as all the pictures of the past three weeks went with them - no use to anyone else. Also, when we arrived at the airport we were not able to find a policeman anywhere (!), to report the loss to for insurance purposes.

Well, on to Egypt, where we were to spend the next ten days. First, some words about information and impressions gained during that time. According to one source children go to school for only three hours a day. Thus, a teacher can reach twice as many students each day. However, children from wealthier families can go to school five hours a day, and the teacher reserves time in the afternoon for those needing special tutoring. The tour guide stated that higher education is free in Egypt, but only 10% actually qualify for it. There are private schools, of course, for which parents pay dearly. Egypt has endured a history of struggle. Its current population is eighty million, growing by about a million per year. The population of Cairo alone is twenty million. Most workers receive very low wages (the average being about US\$5,500 p.a.), as living costs continue to spiral upwards. There is limited arable land, and infrastructures are crumbling. Roughly 90% of the population is Muslim, while the remaining 10% is Coptic Christian. I couldn’t help but wonder if birth control was practiced very much at all. On the whole, men were out on the streets. Women very rarely seemed to be working, and must have been mainly at home. Coffee houses appeared to be bastions for men only, where they sat and chatted, smoked long pipes and played board games. The tour guide mentioned that women in Egypt are looked after, even if they are educated and making an income. If a woman was begging that was her choice for earning a living. He also stated that the elderly are looked after, too - just how and by whom wasn’t made clear.

A Venture into the Middle East^{cont.}

Cairo was a huge, sprawling, polluted city, and was very hard to get around in, at first glance anyway. Taxi drivers often indicated they knew where to go whether they did or not, and overcharged in any case. Street names in English were almost non-existent; good maps were hard to come by. Canal banks were choked with debris, and most people appeared to live in slum-like conditions. Many had satellite dishes, though, as so many poor people had stereos in the USA many years ago. On the first night in Cairo I said to my friend, "Well we've seen the Nile - let's go home"! I was really feeling jaded by then. But there were several 'must-see' sights - the pyramids and the sphinx in Giza, Saqqara the step pyramid/necropolis of Zoser (Djoser), the Citadel and the Egyptian Museum -- then we were on our way southward through the Western Desert to Luxor, by overnight train.

Once settled in Luxor the group visited the Temple of Amun at Karnak (a vast compound built by numerous pharaohs), plus Deir-el-Medina (with deeply-carved columns) and Medinet Habu (with frescoed tombs). This part of the trip was very relaxing, as we were a group of eighteen English and Australian people on a comfortable, unassuming boat that had character and relative comfort. I am convinced that this was the best way to see Egypt, as we visited various monuments along the Nile on our way to Aswan: the Colossi of Memnon, remains of the Temple of Amenhotep III, the Temple of Hatshepsut, the Valley of the Kings and the Edfu and Kom Ombo Temples.



Jean and friend on camel trip, Coptic monastery of St Simeon in background

Other memorable features during these six days were a donkey trek on the west bank of Luxor, a camel ride to the deserted Coptic monastery of St Simeon (in view of the High Dam), an evening's exploration of the Nile's backwaters, a visit to a Nubian village near the dam wall and the passage through the great lock at Esna (built in 1906). The Nile's most unusual feature is that it flows from south to north. Therefore Aswan is the southernmost city of Upper Egypt, while Cairo to the north is in Lower Egypt. Aswan itself had a freer, more colorful feel about it, as it is defined as the frontier meeting point of the Arab culture with Nubia and Black Africa. The intensive cultivation of the Nile Valley is most evident in this region also. As there was some free time in Aswan my friend and I went to the Nubian Museum, which featured a detailed display of how the rock-hewn temple of Abu Simbel was raised some 61 metres during the creation of Lake Nasser. Forty countries assisted with this massive relocation project during the 1960s.

After the Nile trip ended my friend and I had 2 ½ more days to spend in Luxor. During that time we saw an unfinished obelisk, and visited a remote temple undergoing restoration (Dendara), the Luxor Temple, two more museums (one for mummification), an orphanage and a hospital for injured and abused animals. This served as a wind-down period for reflection and assessment. While we were greatly saddened by the abject poverty we had witnessed daily we were looking forward to returning to our familiar surroundings. The efforts to extract money from us in any way possible had been constant, and almost every man smoked continually, anytime and anywhere. I came to realize that the personal space and clean air and water we take for granted at home is a luxury in countries such as these. While I longed for peace and privacy I felt ashamed at the same time. I just wished I'd had more to give to those who really did help us out happily and unselfishly. Before closing I'd just like to relate one humorous incident that occurred in the souk (market). I had made a simple purchase and said to the young man "lovely". He spontaneously replied, "I love you, too"!

Hannels Spur History

Dirk Goes

Long before white man came to the Snowy Mountains the “Bemeringal” or mountain people had visited all the mountain tops in their annual pilgrimage to feast on the Bogong Moths, which start arriving each October.

The first recorded European ascent of Hannels Spur and subsequently Mount Kosciuszko was by Polish nobleman, explorer and geologist Paul Edmund de Strzelecki on Thursday 12th March 1840. He made the ascent together with James Macarthur who was investigating grazing land between the mountains and the coast. Two aboriginal guides, Charlie Tara and Jacky (surname not recorded) also took part.

It appears they made the climb over two days. They started the climb in moonlight after a hot day reaching the base of Hannels Spur. When the moonlight faded they camped for the night. The next morning they climbed for a further five hours and came out above the tree line to a spot with water. This was probably Byatts Camp.

They started climbing Abbott Ridge and heading towards Mount Townsend, which is the peak, they were aiming for. At this point they became concerned about getting caught out at night and the two aboriginal guides returned to retrieve their gear, which they had left at the previous night’s camp.

On reaching the summit of Townsend Strzelecki used his instruments to determine that one of the nearby peaks was about 60 feet higher. From the top of Townsend Strzelecki named this peak Mount Kosciuszko after the Polish hero (and hero of the American War of Independence) Thaddeus Kosciuszko. The shape of Kosciuszko from Townsend reminded Strzelecki of an elevated tumulus in Krakow named in memory of Kosciuszko.

From the summit of Townsend Strzelecki continued on to the summit of Kosciuszko while Macarthur returned to locate Charlie and Jacky and set up camp. After some trouble in locating each other they set up camp in Wilkinson’s Cirque.

Strzelecki did not return to the campsite from Kosciuszko until well after dark. While the popular story says he was guided down by the campfire it appears Jacky also went looking for him and helped him down as he had several falls while descending in the moonlight.

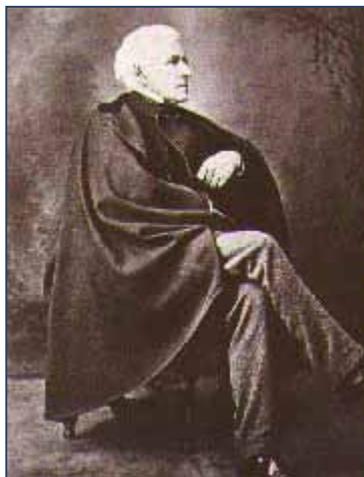
For maybe 50 years after Strzelecki’s ascent Stockmen knew Townsend as ‘Kosciuszko’ as it was the most prominent peak from the western side.

The Hannels Spur track as it exists today was cut in the mid-1920s to take cattle up to the alpine zone. Alf Hannel and Kerry Pierce organized the work. Leo Byatt, a well known stockman chose the route.

However it seems that no stockman had much luck in getting cattle up the steep track.

The track was re-cleared by the Kosciuszko State Park Trust in 1946.

According to Jan Mohandas the track was cut and marked for hikers 10-15 years ago. Dick Smith funded this work. The brand new looking National Parks sign at the base of the spur was probably erected after the 2003 bush fires.



Count Paul Edmund de Strzelecki

Snakes & Gaiters - advice from Sea to Summit



Paddy Pallin regularly receives questions about the use of gaiters for snake bite prevention. Thankfully, so do the guys at Sea to Summit who have kindly put together the expert advice below to help you understand how safe you are trekking around in your gaiters.

This information has been offered by Bob Cooper, an Australian expert in reptiles and outback survival.

NB: These guidelines are relevant for Australian snakes species and are intended as guidelines only.

Prevention better than cure:

- When in remote areas or where snakes are present wear closed in footwear at all times.
- Use a stick or trekking pole to probe your way through long grass.
- Wear long trousers and or gaiters (or both) for maximum leg protection.
- Always carry three snake bite bandages and be well practiced in the First Aid treatment before “reality bites”.
- Consider snakes eat animals such as frogs and mice, not human legs. Keep your campsite clean of rubbish & food scraps, therefore attracting fewer critters that snakes like to eat.
- Do not try and catch snakes without being qualified to do so.

Gaiter advice:

The most densely woven, puncture resistant gaiter currently made by Sea to Summit is the Quagmire Canvas Gaiter. All Sea to Summit gaiters will add protection, but can never offer 100% protection against snake bites. However, wearing gaiters along with taking care in snake prone areas will greatly reduce the risk of being bitten.

Facts about snakes:

Source Bob Cooper -www.bobcoopersurvival.com We have about 20 species of snakes in Australia that are dangerous to humans, they all belong to a family called Elapid - which means they all have fixed front fangs, the two K9s are the only teeth producing venom.

Fortunately for us these Elapids have an average length of their venom delivering fangs at about 5mm. In very large snakes it is longer (e.g. a 2 metre King Brown can be 12 mm in length). Most don't have true hypodermic fangs but they are so close to being hollow that their delivery system is nearly as good. The fact that they can all bite a flat surface means when they strike, they open their mouth up very wide to ensure a strike on their target - but they snap their mouth shut on first contact with the target. This means for us, they will often bite our trousers, clothing, boots or gaiters rather than our legs. This is the reason long furred cats and dogs attacking snakes often do not get envenomed. There is no such thing as an aggressive snake - they are all acting in defense.

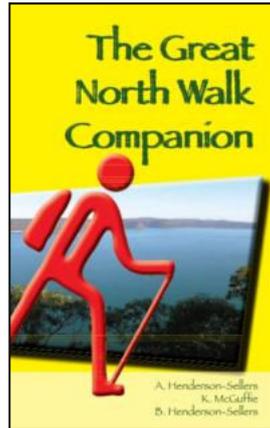
90% of the approx 3000 bites a year in Australia are on people trying to catch the snake. 90% of those bites are on hands or feet. 7% are treading on snakes and the other 3% is made up of putting hands in the wrong place and or sitting on them. 90% do not require anti venom because the snake is striking in defense and not a predator strike which is when they will “hang on” to their prey. The pressure and immobilization bandaging treatment is extremely effective, I believe no one has died in Australia once this had been applied in the first instance. Treat all bites as serious.

To check out the range of Sea to Summit gaiters available at Paddy Pallin follow this link:

<http://www.paddypallin.com.au/default.aspx?page=77&Group=292>



The Great North Walk Companion – A Book Review



The Great North Walk Companion
A. Henderson-Sellers, K. McGuffie and B. Henderson-Sellers
376 pages
ISBN: 9780646522135 (pbk.), 2009, \$27.50

This book recounts the tale of a family walking ‘The Great North Walk’ accompanied by a mystery companion.

As you progress along the track (and through the book) each chapter describes a section of the walk in detail, and is accompanied by historical and social commentary of the route. And as the plot progresses the history of the family going back over 250 years is told and the significance of the route to the mystery companion revealed.

Although a nonfiction work this book is packed with all sorts of fascinating information that will add a great deal of colour to your day the next time you are out there walking or training on different sections of the Great North Walk.

Did you know that there are some of the oldest rock engravings in the world close to the track?

Have you visited all of the obelisks that dot the track and do you know their history?

There are maps and descriptions of the various sections of the walk that can be made as easy day trips or overnight trips. There are suggestions for over 50 places to visit that enliven the exploration of this part of coastal New South Wales.

The book makes for a fascinating read for the mystery alone. It becomes even more intriguing when you start relating all the history and folklore to a track that we travel so frequently!

It can be purchased online from:
<http://www.digitalprintaustralia.com/bookstore/non-fiction/travel/the-great-north-walk-companion.html>

You can also take a ‘virtual tour’ here: <http://www.thegreatnorthwalk.com/>

Melinda Turner

Gear lists on SBW website

Have a look at the new gear lists on our website.

They have been updated recently.

In using these lists be aware that no one list is suitable for all walks under all conditions. Different areas, different seasons, different weather, walks of different durations and different people will require a different approach to gear needed. The requirements may be radically different. If you are unsure of what to take, check with your walk leader for specific gear needs.

Walks & Other Activities 1 - 28 February 2010

Leaders please send your completed Walks Attendance Form & Activity Report to walksreporting@sbw.org.au. This helps the Walks Secretary and New Members Secretary in noting progress of our new members, the Leaders' Development Group and the reporting of walks. Contact President Ron if you need the Attendance form in word.

Please keep the signature sheets as these are a legal document. Thanking you in anticipation - Stephen Brading

Date, Walk Location & Route	Activity Participants
<p>WED 3-FEB - Day Walk - E111 Illawarra Coast - <i>Coalcliff - Scarborough - Coaldale - Thirroul</i></p> <p style="text-align: center;">Walk Report:</p> <p>In spite of many showers of rain during the day and a very large swell on the ocean, we had an excellent walk which everyone enjoyed. We walked on the beaches where we could and around the headlands but the seas made us take to the pavement on several occasions. We stopped to look at the history of the Sea Cliff Bridge after we crossed it and also took note of several sculptures. We finished one station early at Thirroul due to the inclement weather.</p>	<p>Maureen Carter David Carter Anita McMahon (P) Marie Rose Lucy Smiechura</p>
<p>SAT 6 FEB - Navigational Tutorial - M222 (Medium) Metropolitan Area - Ku-ring-gai Chase NP <i>Topics covered will include; planning a route, how to interpret the topography, compass course navigating through varied terrain so as to anticipate and avoid potential problems. Grid references with GPS confirmation. Track, creek and off track walking involved.</i></p> <p style="text-align: center;">Activity Report:</p> <p>A few drops of rain fell at Cowan as the time for the arrival of the 7:36 train came and went. A very long freight train rumbled through Cowan and was followed by the 30 minute late 7:36 train with eight of our party aboard. The rain had stopped a circle formed introductions made some ground rules for safety established and our party of 18 souls was about ready. David kindly took on the duty of looking after the tail end and after a short talk on maps compass and GPS we were off. All of the tasks of navigation were practiced many times throughout the day and the fact that the track as marked is not where it actually is in quite a few places was noted. The team was very enthusiastic although grid references, compass bearings, map datums, position formats etc were starting to lose some gloss by day's end. There were two short rain showers during the day but fortunately not sustained. The walk along Porto ridge is reasonable and a well worthwhile diversion from the fire trails along that section of the GNW. We arrived at Brooklyn in good order with only Gemma's knees holding her back on the run down hill to the pub. Time for a beer thank you Sandra and back to Cowan on the 3:51 where the heavens opened up and it was a run for the cars and home in very heavy rain, we got away with it just. There were over 30 people interested in this day navigation walk, clearly more are needed.</p>	<p>Don Finch Ros KERRIGAN (V) Shahram LANDARANI Marcia KAYE Glenn Draper Melinda TURNER David TRINDER Paul BARTON Paul Irwin Gavin Marshall Misako Suqiyarma Pamela Irving Daniel Laver (M) Gemma Cowan (P) Linda Tarran Jodi Dixon Jim Close Sandra See</p>
<p>SAT 6 FEB - Day Walk - Easy 12km Metropolitan Area - Berowra Valley Regional Park Thornleigh Station -Great North Walk -Fishponds -Steele Bridge -Rofe Park -Walls Gully -BBQ & swimming at leaders home.</p> <p style="text-align: center;">Walk Report:</p> <p>Great North Walk from Thornleigh Station to Quarter Sessions Rd Westleigh completed by 12 walkers. 5 Members continued to Asquith via GNW, Rofe Park, Hornsby Heights, Calna Creek, Asquith. Light/moderate rain all day caused an abundance of leeches to attach themselves to the party without the leader's consent. Blue Gum Creek and Berowra Creek were crossed with some difficulty. Spirits were revived by extended afternoon tea/happy hour/dinner at leaders home.</p> <p><i>Stephen's comment</i> Day of the leech.... Yes it was wet and the bush looked great though 7 members of the group bailed out at Westleigh leaving 5 to walk on to Richard's special lunch overhang complete with presidential couch. After lunch we utilized my hand line to safely cross the storm water swollen Blue Gum creek. The fishponds area of Berowra creek had become a small lake which covered the concrete stepping points making the crossing "interesting". The after walk dinner was a lavish event. Many thanks Richard & Karen for a very enjoyable day.</p>	<p>Richard Brading Karen Brading Melanie Brading (V) Hannah Brading (V) Jasmine Brading (V) Ron Watters Patrick James David Berry (V) Geoff Coleman Mariana Coleman Yvonne Brading Stephen Brading</p>

Walks & Other Activities 1 - 28 February 2010 ^{cont.}

Date, Walk Location & Route	Activity Participants
<p>SUN 7 FEB - Lie Lo Activity - M212 Glenbrook Area - Blue Mountains NP <i>Erskine Creek. Walk in via Pisgah Rock and up to Dadder Cave. Then lilo back down Erskine Creek to Jack Evans Track and walk out.</i> No Activity Report:</p>	<p>Jodie Dixon & Others</p>
<p>SUN 7 FEB - Day Walk - M112 Metropolitan Area - South <i>Kurnell - Cape Solander - Boar Harbour - Bate Bay -Cronulla - Bass and Flinders Point - Gunnamatta Bay - Cronulla Station</i> Walk Report: Staring from Kurnell we followed the rocky coast south to the beaches of Boat Harbour and Bate Bay and around to Cronulla and Gunnamatta Bay and we finished at Cronulla Station. The group was small because of predicted wet weather. We had a few light showers and the walk was pleasant with 4 experienced members, all good friends.</p>	<p>David Trinder Melinda Turner Andrew Vilder Ted Nixon</p>
<p>SUN 7 FEB - Day Walk - M112 Metropolitan Area - North <i>A walk in the southern part of the Kuringai exploring Smith's creek and its watershed down to Spirit Cove.</i> No Walk Report:</p>	<p>John Pozniak & Others</p>
<p>WEEKEND 6 - 7 FEB - Day Walk & Day Bike Ride Southern Highlands <i>Saturday: walk in Morton NP in Bundanoon. Gambells rest, Fairy Bower falls, then down to Bundanoon creek by fairy Bower and Bundanoon creek tracks; up Bundanoon creek and then Dimmock s creek, Dimmocks creek track and back to Gambells rest.</i> <i>Sunday: mountain bike riding in Wingello State Forest</i> Activity Report: The original plan was to walk on tracks to Bundanoon creek and follow it to Dimocks creek to exit the gorge. However, as soon as we reach the first track we were already in a raging torrent. Therefore the original walk was cancelled and we stayed on track checking out a couple of very impressive waterfalls and descending to Bundanoon creek that was very much swollen. The following day MTB ride was cancelled due to the bad weather and poor attendance.</p>	<p>Vivien de Rémy de Courcelles Emmanuelle Convert Phillia Restiani (P) Fiona Howie (P)</p>
<p>WEEKEND 6 - 7 FEB - Weekend Walk L223 24km 600m up& down Budawang NP <i>Yadboro River camping ground. Yadboro River - Wirritin Ridge - Wirritin Mountain - high camp in saddle then optional 3km walk to Mount Roberts. Return via Sugarloaf creek - Belowra creek - Yadboro River.</i> No Walk Report or Cancelled</p>	<p>Frank Hartigan & Other</p>
<p>WEEKEND 6 - 7 FEB - Weekend Walk - M222 Q Cox & Lower Jenolan River <i>Descend through rolling grassland with the magnificent sandstone cliff backdrop of Narrow Neck to the Coxs River. Pleasant riverside walking, impressive views of the Grand Faults near Jenolan junction. Walk and wade through the walled lower Jenolan gorge. Good camp site. Sunday; cross the Cox and follow Breakfast Creek to finish on the saddle above Carlons Farm.</i> " Rerouted to Splendour Rock as Breakfast Creek was flooded"</p>	<p>Sue Bucknell & Others</p>
<p>WED - SUN 10 - 14 FEB - Extended Walk - L222 60+km Moruya to Narooma and, perhaps Mystery Bay (Eurobodalla NP) Walk Report: In essence, rain stopped play. We began our walk from Moruya Heads in dry weather but an hour later the rain began and we walked to our expected campsite in the Eurobodalla National Park at Congo township in pouring rain arriving soaked to the skin. We discovered that the rain would increase the next day and become worse on the third day, so we decided to return home on the morning of the second day driving through driving rain. It is just as well that only two of us came from SBW and three from the Bush Club.</p>	<p>Maureen Carter David Carter</p>

Walks & Other Activities 1 - 28 February 2010 ^{cont.}

Date, Walk Location & Route	Activity Participants
<p>SAT 13 FEB - Day Walk - M111 (Easy) 13km Northern Illawarra <i>Maddens Plains - The Forest Path - Stanwell Park Beach - Old Otford Rail Tunnel - Otford Apple Pie Shop</i></p> <p style="text-align: center;">Walk Report:</p> <p>It was cloudy all day, with almost continuous drizzle until early afternoon. In addition, there was a lot of mist on top the Northern Illawarra escarpment which restricted the panoramic views of the coastline that you get from several spectacular lookouts along the Forest Path that starts from Maddens Plains. We had lunch at a lookout above Coalcliff, and at times the mist cleared sufficiently to give us great views down to the coastal strip and the adjacent coalmine. After lunch we headed down to Stanwell Park Beach, and made our way uphill to the Old Otford tunnel. It's about 1.5 kms long, and we walked by torchlight up the gentle slope to its northern exit. The floor of the tunnel is rough and uneven, and there are bits of junk lying around, but its fun to walk through it, and certainly something different! From the exit it is only a few hundred metres to Otford station, but the track has become overgrown with blackberry bushes and other vegetation, making progress difficult and very slow. The problem with the blackberry bushes is only going to worsen as they thicken up, which effectively means that the trip through the tunnel is no longer possible, which is quite a pity. Overall it was a good day's outing, but the last 200 metres was quite a challenge!</p>	<p>Nigel Weaver Margaret Weaver Lyn Terry Rosemary MacDougal Gerry Leitner Misako Sugiyama Peter Cunningham</p>
<p>SAT 13 FEB - Day Walk - M233E (Medium) 10km Bell Area - North rim Grose Gorge <i>Mt Banks Carpark - Banks Gully - Oronga Ridge/Gully - Wongarra Ridge/Gully - Walls Lookout - Rigby Hill Lookout - Pierces Pass Carpark.</i></p> <p style="text-align: center;">No Walk Report or Cancelled:</p>	<p>Peter Christian & Others</p>
<p>SUN 14 FEB - Day Walk - M111 14km Metropolitan Area <i>Rivercat to Drummoyne Wharf - Wrights Point - Five Dock Point - Drummoyne Park - Blackwall Point - Abbotsford Wharf - Hen and Chicken Bay - Canada Bay - Concord Oval - bus to City</i></p> <p style="text-align: center;">Walk Report:</p> <p>For various reasons only four of the seven people on the list boarded the 9.25am Rivercat at Circular Quay for the trip to our starting place, Wolseley Street Wharf at Drummoyne. Our route from there to Concord passed through enough parks and reserves along the foreshores to sustain our interest and give relief from the hard footpaths. Highlights were an inspection of the exterior of Abbotsford House, a Victorian mansion previously part of the Nestle factory site, and the attractive foreshore and trees in Quarantine Reserve on Hen and Chicken Bay. Very nice. The walk finished at Concord Oval in time to catch the 2.30 bus back to the City.</p>	<p>Ian Rannard Helen L alas Richard Manaschi Col Rannard (V)</p>
<p>SUN 14 FEB - Day Walk - M121 11km Springwood Area <i>Springwood station - Magdala Creek - Glenbrook Creek - Sassafras Gully Creek - Springwood station</i></p> <p style="text-align: center;">No Walk Report or Cancelled</p>	<p>Lucy Moore & Others</p>
<p>SUN 14 FEB - Day Walk - S223E (Medium) 8km Bell Area <i>Waratah Ridge - Bungleboori Creek - return</i></p> <p style="text-align: center;">Walk Report:</p> <p>The forecast looked dire - rain periods with the chance of a thunderstorm - ideal weather for walking down a creek! Yet we had a great day. On the map the creek is an insignificant looking tributary of a tributary of the Bungleboori, but today it featured waist deep pools, towering cliffs, a canyon section where the light filters down through an irregular slot and a spot where the creek disappears underground, only to emerge downstream as a rocky waterfall. Combined with delightful ferny mossy stretches, it is surprising that it appears to be completely unknown in bushwalking circles. There were other highlights in the afternoon, but the mornings creek walking was worth the trip on its own.</p>	<p>Ian Thorpe Sue Bucknell Rachael Grindlay (P) Tom Brennan (P) Jodie Dixon Melinda Turner David Trinder</p>

Walks & Other Activities 1 - 28 February 2010 ^{cont.}

Date, Walk Location & Route	Activity Participants
<p>SUN 14 FEB - Day Walk - M222 Q Bargo Area - 7 swims walk <i>Rockford Bridge - Diesel Pass - Plateau Lookouts - Bargo River - junction Pool (Nepean River) - Bargo gorge - See Through Pool - Rockford Bridge</i></p> <p>Walk Report: Rain, but with some extensive cloudy periods. River running well - made cascades and waterfalls a great sight. Did not go to Nepean Junction due to high river levels involving chest deep wading. Lunch in a cave above main waterfall. Prospectives walked well. Cakes and coffee at Tahmoor Inn at close of walk. Linda won the keeping feet dry prize. Everyone else went in up to shorts level. Began 0930 end 1530. Cave gives good prospects of turning walk into an overnight Q with an extension down river. Jane from UK smiling in the rain said "just like walking at home in NW England." Despite the weather all remained cheerful, good company and enjoyed the day</p>	<p>Ron Watters Linda Tarran</p> <p>Patrick McNaught Vicki Taylor (P) Jae Mather (P) Tim Yewdall Geoff Colman Glenn Draper Pam Campbell Jim Close (P)</p>
<p>TUE 16 FEB - Day Walk - Easy 8km Metropolitan Area - South <i>Garie Beach - Thelma Ridge - Garrawarra - Burning Palms and return.</i></p> <p>No Walk Report or Cancelled</p>	<p>Bill Holland & Others</p>
<p>EXTENDED WEEKEND 18-21 FEB - Bush Care Kangaroo Valley - Coolana A WEEKEND TO PREPARE COOLANA FOR THE REUNION IN MARCH. CLEARING TRACKS TIDYING UP THE CAMPING FLAT ENSURING THE WATER SUPPLY IS WORKING CLEANING OUT THE HUT. WEEDING AND TENDING TO TREES AND ROAD MAINTENANCE.</p> <p>The water tanks on the Eastern Flat were filled from the creek which was flowing. Paul fixed the brush cutter and used it for 4 days on the weeds on the eastern flat. Glenn pushed the MTD mower with gusto and Don tried to keep up with the Masport mower. Gretel and Ros kept at the weed poisoning using over 400 litres of water in the back pack spray units. Hand weeding and tending trees filled up the rest of their time over the four days. The swamp dock on the camping flat is out of control. It should have been sprayed about 5 weeks ago; it now needs mowing with the high level mower to catch the seeds. We really need more helpers at Coolana; Bill's maintenance weekend in January had only Bill present. That was the weekend to spray the swamp dock perhaps next year.</p>	<p>Don Finch Ros Kerrigan (V) Paul Kerrigan (V) Gretel Woodward Glenn Draper</p>
<p>SAT 20 FEB - Day Walk - Easy Illawarra area - Killalea State Park <i>. Walk "Farm Beach" and "Mystics Beach" to the entry of Minnamurra Rive</i></p> <p>No Walk Report or Cancelled</p>	<p>Bill Holland & Others</p>
<p>SAT 20 FEB - Day Walk - M111 Metropolitan Area - Northern Beaches <i>Narrabeen Tram shed walk around Narrabeen Lagoon then up onto Collaroy Plateau and along Collaroy, Narrabeen, Turimetta, Warriewood and Mona Vale beaches, crossing the headlands between.</i></p> <p>Perfect beach walking, swimming ,lotsa coffees.</p>	<p>Pamela Irving & Others</p>
<p>SUN 21 FEB - Day Walk - Easy Illawarra area - Kiama <i>18km of continuous walking track from the Minnamurra River to Werri Lagoon</i></p> <p>No Walk Report or Cancelled</p>	<p>Bill Holland & Others</p>
<p>SUN 21 FEB - Day Walk - M111 Metropolitan Area - South <i>East Hills railway station - Lambeth Reserve - Yeramba Lagoon - Georges River National Park - Beauty Point Reserve - Salt Pan Creek Reserve - Padstow Railway Station.</i></p> <p>Walk Report: <i>Stephen's comment</i> It was a pleasant short day walking through the Georges River NP despite the efforts of pesky mosquito near a waterweed covered lake. Although the weather was hot none of us chose to swim in the muddy river but all enjoyed an ice cream at the shop strategically placed at the top of a hill. The short nature of the walk was well suited to the day's weather.</p>	<p>Glenn Draper Sue Yap Yvonne Brading Stephen Brading Anita (P)</p>

Walks & Other Activities 1 - 28 February 2010 ^{cont.}

<p>WEEKEND 20-21 FEB - First Aid Instruction Wilderness First Aid Course</p> <p style="text-align: center;">Activity Report:</p> <p>This Wilderness First Aid Course is conducted by Stuart Clark of Wild Aid and will be held over the weekend in Lane Cove. It will cover various scenarios including diagnosing and treating fractures, spinal injury, shock, cardiac arrest, snake bite etc as well as handling a multi casualty scenario all in realistic bush settings</p>	<p>Bill Hope (Club Contact)</p>
<p>22-26 FEB - Midweek Walk Rylstone Area: - Dunns Swamp</p> <p style="text-align: center;">Activity Report:</p> <p>We had good weather over the five days. The first two days were warm to hot and next three cloudy and cooler.</p> <p>Some of us were there for the period, others came for three days. The week organized itself into walking in the morning and relaxing with canoeing or reading into the late afternoon. Happy hour/s started about 5 pm under the large tarpaulin followed by dinner and discussion</p> <p>A first class week in a beautiful area! Dunns Swamp is an ideal area with a large body of water, right up to our campsite, and spectacular pagoda rock scenery.</p>	<p>Bill Holland Fran Holland Ian Debert John Poleson Lyn Poleson Joy Hynes Barrie Murdoch Kate Murdoch Patrick James George Mawer Robyn O'Bryan Don Cornell Jenny Cornell Tony Manes Kay Chan</p>
<p>SAT 27 FEB - Day Walk - M222 Metropolitan Area: - Ku-ring-gai Chase NP <i>Towlers Bay - Pittwater YHA - Birney L/O - Salvation Ck - Lovett/Elvina Bay - Mc Carrs Creek - the Duckhole - Wirriander Ck - Spur from Bahai Temple - Deep Creek - Narrabeen Lagoon.</i> "Many scenic highlights 8PM finish"</p>	<p>Roger Treagus & Others</p>
<p>SUN 28 FEB - Day Walk - M222E Katoomba Area <i>Redledge Pass via Narrownneck and Megalong Valley. Exit via Devil's Hole.</i></p> <p style="text-align: center;">Walk Report:</p> <p>Attached are the participants in a most enjoyable walk with no significant events. One Visitor who was a stray walker we picked up by the top of the Golden Stairs and who may join SBW. Rest were members and two prospectives.</p>	<p>Patrick McNaught Ron Watters Laurent Billot Tim Yewdall Martina Taylor (P) Margaret Barrie Rob Barrie Tim Douglas (P) Owen Kimberley Michelle Power Garry Morphet Skye O Donnell Peter Cunningham Annick Boismenu (V)</p>
<p>SUN 28 FEB - Cycling Activity Illawarra Area.</p> <p style="text-align: center;">No Activity Report or Cancelled</p>	<p>Bill Holland & Others</p>
<p>WEEKEND 27- 28 FEB - Weekend Walk - M223 Mountain Lagoon Area: <i>Sam's way, Mountain Lagoon - T3 track - Tootie Creek - Colo River - Colo Meroo - Mailee ridge - Gosper Ridge - Mountain Lagoon.</i></p> <p style="text-align: center;">Walk Report:</p> <p>Holly Valence was a no show so the seven of us started at about 8 am on the T3 track. Views started to unfold when we reach the walking track winding down to the Colo. The first swim was had within the first kilometre on the river. Then we made our way downstream in different fashion: wading between sand bars, bush bashing along the banks or pack floating. Superman flew into camp while we were preparing dinner and Viper showed his "Survivor's" skills by finding a good log to sit on. A good brainstorming session had us creating the Colo river carnival soon to take place on the Colo river. On the Sunday a couple of kilometres into the river led us to the Colo Meroo campground. We delayed the dreaded climb with a long swim and morning tea but had to face our demons and climbed up to Mailee ridge and then Gosper ridge. The day ended at the Apple bar where the staff seemed as tired as we were but the pizzas made up for it.</p>	<p>Vivien de Rémy de Courcelles Christian Valence (P) Caro Ryan Emmanuelle Convert Jodie Dixon Sue Bucknell Melinda Turner</p>

The Midweek Walkers

Last month we returned to Dunns Swamp after postponing our visit due to fires in the area in November. It is a beautiful location and we had a very pleasant stay. For the fifteen participants it was ideal. Some stayed for the whole period, others came for three days. Nice to see Jenny and Don Cornell who travelled from Northern NSW and Joy Hynes and Ian Debert who came in their van all the way from Queensland.

We camped next a large body of water, right up to our campsite, and explored spectacular pagoda rock scenery. The week organized itself into walking in the morning and relaxing with canoeing or reading into the late afternoon. Good weather favored us over the five days. The first two days were warm to hot and next three cloudy and cooler. The large tarpaulin erected over a picnic table gave shelter from the sun and provided a gathering place for happy hours.

Now we can look forward to coming March to May activities:

March : Currawong Cottages (Mon 22nd - Fri 26th March)

The large house has been booked (sleeps ten depending on coupling) and at this time of the year has swimming opportunities as well as walking and relaxing. Preference for rooms etc will be given on receipt of firm bookings. The likely cost will be about \$25/night per person.

March : Canberra: (Mon 29th - Wed 31st March)

We will stay in caravan park cabins but tent camping will be available as well. A visit to the National Gallery - see below -then cycle or relax the time away

April: Camping in Comfort in Kangaroo Valley (14th, 15th April)

If you can make the time (or take a sickie!) you are invited to come to Coolana. This is the Club's marvelous property in the beautiful Kangaroo Valley covering 64 hectares of river flats, rainforest and serrated cliff lines (ideal for exploring). The camping flat has a composting toilet (lights and running water) with piped water available at the camp site. Family members are welcome.

We will have easy walks over two days and a campfire at night. A shelter shed is available but tents and sleeping bags are preferable.

April: Tombarra Holiday Units: (19th -23rd April)

Situated on 28 acres of natural bushland, fronting the beautiful Mongarlowe River, Tombarra is a short drive from the historic township of Braidwood. Tombarra is very close to The Budawangs and other bush walking areas. It offers swimming, tennis, kayaking, barbecue facilities or simply relax with a book and enjoy the peace. Costs will be very reasonable at \$20 - \$30 per night per head depending on numbers.

May: Wilsons Promontory (17th - 21st May)

Subject to confirmation.

Known for its beautiful abundant wildlife. We plan to stay in holiday cabins and walk in the park and to explore major features. We may be able to arrange car sharing to reduce the cost of travel. At this stage I have not made any bookings but your expression of interest would assist the planning.

The Mid Week Walkers are an informal gathering of people in SBW who find the time to enjoy walking, cycling, kayaking during the quiet times of the week when others are working hard to support us.

The range of activities caters for all abilities with emphasis on a more relaxed style of walking. Some even prefer to spend at least part of the time back at base reading, bird watching or just relaxing in the outdoors. In most cases you can join us for all or any part of the Monday to Friday events, but we need to know you are coming. If you would like to be added to our Midweek Walkers mailing list please let me know by contacting Bill Holland 4296 3084 or by email to billholland@bipond.com



Bill Holland

Coolana Report

In January Bill had a maintenance weekend on the program unfortunately nobody else was able to go. Bill was unable to get the brush cutter going which he decided was probable for the better given he was on his own. The day was hot and humid and not conducive to a lot of heavy work.



Gretel and water tank

Moving on to the 18th February we find Don arriving in his fully loaded Town-Ace followed soon after by Gretel, with visitors Ros and Paul in the Forester. Camp was made in and near the shelter shed. There has been some months of heavy rain, the road damage; from the gate the first four water diversion humps had been topped and eroded away the fifth held. Several other humps on the way to the car park were broached but the next held and no sever damage was done. The last two humps into the car park were broached but the one at the lower end held and deflected what appears to be a large flow off the road. Several other minor washouts occurred but the eastern wheel track on the section down through the Banksias is deeply eroded.

The rain water tanks were full and the water was flowing in the pipe, the creek was flowing. The camping flat is looking great although the swamp dock is out of control with fully grown plants with stems full of seeds. These need to be mowed with the high level catcher mower and the seeds burnt in the weed pit. We desperately need other persons to help with the spraying of weeds, if you think you can carry a 15 litre back pack spray unit around please come on any of my maintenance weekends and Ros will show you what to do. Gretel at 75 years vows every trip is her last.



Paul into the weeds

Paul got the brush cutter going the MTD and the Masport mowers were serviced and fired up. Eastern Flat water tanks were filled and the weed load noted. Gretel and Ros started the weeding and tending of trees. Glenn arrived early Friday and a big weekend followed with two mowers and the brush cutter getting into the new weed growth on the Eastern Flat. Some areas of weeds on the Eastern Flat need to be mowed on a regular basis for the next few years, until the grass can compete successfully with the weeds. The ladies also sprayed the Patterson's curse rosettes on the big grassed area, effect to be checked in March. Ros and Gretel collected many bags of scotch thistle seed heads; these were burnt in a fire. We would not have lit the fire without the convenience of the 750 litre water tank to put it out. Over the course of the four days Ros and Gretel used 400 litre of water mixed with 'weedicide' in the back pack spray units.



Healthy trees

The battery in the tool shed was replaced, toilet electrics checked ok. The sump buster lock was sticking after inundation with water both locks cleaned and soaked in oil, diversion ramp reworked. Glenn and Paul cleared walking tracks with leaf blower and rake as required. All road diversion humps were reworked. Steel water tank wooden support is rotting and collapsing the tank is pulling out of shape. New timbers have been purchased and will be in place early March. New blades for the Masport mower have been purchased as well as a new spark plug for the unreliable brush cutter.

Don Finch

Coolana Road Use

Conditions for the use by members of vehicles on the Coolana road between the car park and the shelter shed.

1. Pedestrians have right of way on the Coolana road.
2. Parking at Coolana is only permitted at the existing car park; parking elsewhere is prohibited.
3. Only vehicles engaged in maintenance activities are permitted to proceed beyond the shelter shed. All other vehicles are prohibited from all areas beyond the shelter shed including the camping flat.
4. The Coolana road is a very rough 4x4 road; members use the road at their own risk. Driver must be experienced and the vehicle suitable for the rough road.
5. The Coolana road is not suitable for two wheel drive vehicles or low clearance four wheel drive vehicles.
6. Use of the Coolana road at night is to be avoided. Please remember that vehicles can detract from other members' enjoyment of Coolana; be considerate. Keep vehicle noise to a minimum use low gears and slow speed.
7. Vehicles are authorized to use the Coolana road between the car park and the shelter shed, where standing at the shelter shed to unload or load is permitted, parking at the shelter shed is not permitted, after loading/unloading vehicles are to be removed as soon as possible to the top car park.
8. The sump buster pin should be locked into position *in exactly the same way you found it* as soon as possible. This is to prevent strangers from using the road. So far we have had visits from strangers arriving by foot, horse, canoe, and bikes. We do not want or need car loads.
9. The Coolana road deteriorates rapidly after rain. There are many protruding rock hazards. The western wheel track on the steep section just below the shelter shed has eroded down to clay and is particularly slippery after rain. Several attempts have been made to stabilize this section but success has not as yet visited upon our efforts. The road should be carefully assessed before use every time.
10. If you damage the road by wheel spinning please let me know so I can invite you along to the next road maintenance weekend.
11. If you have trouble with strangers during your stay at Coolana ring Kangaroo Valley Police 4465 1144, Constable Steve Murphy will be more than happy to assist.
12. Do not forget to lock the sump buster pin *in exactly the same way you found it* when you leave to come home.
13. Return the key immediately to Don Finch 4 Pambula Place Forestville NSW 2087.

Coolana Committee November 2009

Training Events

Comprehensive Remote Area First Aid Courses 2010



The BWRS is holding a number of Comprehensive Remote Area First Aid Courses next year. The dates and locations are:

1. April 17th, 18th and May 1st, 2nd at Waterfall Camp Coutts
2. October 9th, 10th and 23rd, 24th at Berrima Scout Camp

For information and registration visit the BWRS Web Site at:

<http://www.bwrs.org.au/?q=remote-area-first-aid>

For more information contact: TEL: (02) 4225 3580 David or Merri Sheppard
Email: sheppard david1@bigpond.com

Kosciuszko Huts Update



Original Pretty Plain Hut

The work on the reconstruction of Pretty Plain Hut has proceeded apace, and the Grand Opening will be held on site on Sat 13 March. Meet off the Alpine Way, near the Murray 1 Power Station at 9.30am - there will be limited 4WD car pooling to shuffle people to the start of the walking track (2.5kms to walk in). Any transport requests to Megan Bowden by ph 02 6947 7016, or email megan.bowden@environment.nsw.gov.au



Workers at Pretty Plain Hut

The reconstruction of Doctor Forbes Hut is proceeding, with the necessary materials having been delivered on site. Work on the rebuild of the Opera House is also to be completed by the end of March. Volunteers are still needed for all huts - contact Megan via the above, or on 0428 294 685.

Please also visit the KHA web site: <http://www.kosciuzkohuts.org.au/>

They now have a Blog <http://khuts.org.blog> and a very active Forum <http://khuts.org/forum> where you can directly interact and have “your say”.

Pretty Plain Hut Video

The 8 minute video was filmed on site on 19 January and features Megan Bowden, NPWS Huts rebuild coordinator, NPWS builders Peter Scobie and Uwe Petersohn, Joan Sinclair who accompanied her father taking stock up to the lease in the 1940's and 1950's, and Bob Moon, KHA spokesperson. It's very well done, congratulations to the film stars, and well worth viewing at the link below:

<http://www.abc.net.au/news/video/2010/02/19/2825290.htm>

Ian Wolfe
(Your humble KHA Huts Association Delegate)

Social Program

Kathy Gero

**ALL MEETINGS ARE HELD AT THE KIRRIBILLI NEIGHBOURHOOD CENTRE
AT 8pm UNLESS OTHERWISE INDICATED.**

March 10 / 8pm **Annual General Meeting**

March 10 / 8pm **New Member's Night**
Introduction to SBW for intending Prospective members

March 13/14 **Coolana Annual Get Together**

Members, family & friends are invited to join us for the 2010 celebrations on the club's property, Coolana, in the Kangaroo Valley. There will be camping, a campfire and party on Saturday evening. More details in Walks program.

March 17 / 8pm **Canoeing the Canadian Arctic**

See a video of club member, Peter Cunningham's wilderness canoe trip down the 750 km long Horton River in the Canadian Arctic. See caribou, bears, moose, wolves, musk ox and prolific bird life AND the amazing Smoking Hills.

April 7 / 7pm **Committee Meeting**
Observers welcome

April 14 / 8pm **New Member's Night**
Introduction to SBW for intending Prospective members

April 21 / 8pm **"The Upper Grose Valley - Bushwalkers' Business"**
A talk by Michael Keats about this new book.

Probably every member of SBW is familiar with the awesome view from Govetts Leap. 2 Committed hikers from the Bush Club, Michael Keats and Brian Fox have produced a researched guide to the Upper Grose Valley.

750 pages includes maps, 59 walks, the origin of every place name, European history of the Valley and notes on fauna, flora, floods, fires and more. Come and get educated!

May 5 / 7pm **Committee Meeting**
Observers welcome

May 12 / 8pm **New Member's Night**
Introduction to SBW for intending Prospective members

May 19 / 8pm **The Forgotten Majority - Are They Hiding?**
Len Willan, an entomologist and bushwalker, will enthrall you with his bushwalker's look at insects.

COME AND SUPPORT OUR GUEST SPEAKERS!

Our Social Secretary, Kathryn Gero has changed her email address. Her new address is:

kathymg73@gmail.com

If you would like to organise a social event for club members contact Kathy and share your ideas with her!

WALKING THE WALK

since 1930

New
Summer Range
in store
NOW

MIRANDA • 587 Kingsway • ph 9525 6829
SYDNEY • 507 Kent Street • ph 9264 2685
CHATSWOOD • 424 Victoria Avenue • ph 9413 2400
KATOOMBA • 166 Katoomba Street • ph 4782 4466

MAILORDER • Customer Service & Information 1800 805 398
ONLINE SHOPPING • www.paddypallin.com.au

Paddy Pallin