

Sydney Bush Walkers Newsletter

OCTOBER 2010

Sydney Bushwalkers
PO Box 431 Milsons Point NSW 1565

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The President Says

Well I hope the rain on the long weekend did not dampen the spirits too much. And that there were many memorable trips and stories to tell.

The club is a hive of activity. 20 on Dan Laver's walk around the Harbour. 12 attended the Remote First Aid course at Pennant Hills Scout Camp. 18 attending the first introductory paddling session at Narrabeen Lakes on 16 October.

And the recent abseiling training at Coolana was a great success laying the groundwork for new canyon leaders to be mentored in the upcoming canyoning season.

When leaders submit walks reports which are Q please state that on the report form as it helps the database manager in recording successful completion so our new members are rewarded for their efforts.

Ron Watters

From the Committee Room

A summary of proceedings at the Committee Meeting on 6th October 2010.

The meeting opened at 7pm with 6 Members present and 5 absent with apologies. The Minutes for the September meeting were confirmed

Correspondence:

- Email regarding advertising for Members in club magazine. Agreed discounted rates for members - rates to be decided. .
- Email regarding printing and binding of club magazine. Approved for 2009/2010 editions.

Treasurer's Report:

- Report for September approved. Accounts approved for payment: KNC \$400, Snap Printing \$114.05, Don Finch (Coolana) \$338.32
- 90 unfinancial members are currently listed. Agreed to contact once more before removing from database.

General Business:

- Membership list to be emailed to all full and prospective members and posted to those without email.
- Revisions to simplify the Constitution are being drafted
- Paddling Committee - draft standards to be finalised in next 6 weeks
- Confederation meeting with Club Presidents - attended by Ron Watters, Tony Holgate and Caro Ryan. General discussion on why some clubs are growing others declining. Confederation will send out a report.
- Archiving SBW records - agreed that the club should look at ways of scanning & archiving club records.
- SBW data base and email lists - agreed to look at software programs to speed up process of compiling email lists.

Next meeting: Wednesday 3rd November 2010

Helen MacDonald
Secretary

Editor's Note

Hello everyone,

Hope you are out there doing lots of walks. It is great time of year to be out and about. Not too hot, not too cold.

There is quite a bit of information in this newsletter about changes that are occurring. See Ian Wolfe's article on the unofficial SBW affiliation with the Northern Rivers bushwalking Club. This affiliation should be great for the members of both clubs.

I would also like to point out that Bill Capon, Barbra Bruce, and Tony Marshall have recently completed their Walks Data Base for the period 1928 - 2010. (See Page 3.) This has been a massive effort to compile a database of all the walks the club has done. Don't forget to have a good look at this next time you are looking to find somewhere new to visit.

Thank you to all who have contributed. Hope you enjoy this month's articles.

Melinda Turner (editor@sbw.org.au or turner.melinda@gmail.com)

Letter on Member Numbers

The recent half yearly annual general meeting was effectively cancelled due to the lack of numbers to form a quorum. It reminded us of the importance of numbers.

The recent federal election also reminded us of the importance of numbers. There is no one in Australia who doubts the ability of Julia Gillard or Tony Abbott to count to 76.

SBW is different to the federal government. Not surprisingly, our “numbers” are different. We have a 15-member committee that “consumes” 15 person-years of service per annum. To survive we therefore need to recruit an average of 15 person-years of service per annum from the members. If for instance, we recruit 15 new committee members every year, then each can only serve one year. If we recruit only one new member per annum, then every new member would have to serve an average of 15 years. Other combinations are sustainable as long as the long-term average recruitment equals the consumption of 15 person-years per annum.

In the decade 1985-1994 we recruited 38 new members onto the SBW committee (i.e. an average of 3.8 per annum). These new members (i.e. persons who had never been on the committee before) went onto to provide a total of 133 person-years of service before they “retired” (i.e. never served on the committee again). The average service for each new member recruited was $133 \div 38 = 3.5$ years. 133 person-years recruited for this decade means that the average recruitment was 13.3 person-years per annum (or 89% of the consumption).

In the following decade of 1995-2004, the corresponding figures are 33 new members (i.e. an average of 3.3 p.a., down 13%). The total service recruited was 80 person-years (down 40%). The average service for each new member was $80 \div 33 = 2.42$ years (down 31%). 80 person-years recruited for this decade means that the average recruitment was 8.0 person-years per annum (or 53% of the consumption).

For those hoping for a turnaround (a “J curve”), the situation unfortunately continues to deteriorate. More recent figures for the half decade 2005-2009 are 11 new members (i.e. an average of 2.2 p.a., down another 33%, or a total decrease of 42% relative to 1985-1994). It is too early to calculate how many person-years of service these members will provide because we can only do that after they “retire”.

There are two factors that would have a minor impact on these statistics but not on the overall picture - (a) the committee structure changed in 1988 and (b), four of the 71 (38 + 33) committee members recruited in the two decades 1985-2004 have not yet retired.

These figures indicate that our club hasn't been sustainable for the past 25 years and that the situation is getting steadily worse. About 10 years ago on this increasingly steep downward sloping curve, we passed the point where our recruitment was only half of what it needs to be. We have survived due to a number of factors. Some positions haven't been filled. We've “un-retired” some members - e.g. the two treasurers who served for the three years 2004, 2005 and 2006 had “retired” from the committee 14 years and 18 years previously. (Un-retired members don't count as new members). And we've had to rely on members serving for longer - e.g. the social secretary has clocked up six continuous years of service when no other social secretary since the 1970s has served more than two years.

It has happened that some members have confused a management plan for the club with the ownership of Coolana. This is a bit like confusing pen and paper - there is a relationship, but they are different subjects. Even without Coolana, the club cannot survive without an appropriate management plan. With an appropriate management plan we could manage ten (10) or more properties similar to Coolana (obviously subject to enthusiasm and finance).

One of the basics in management is to develop a management plan. Take an overview - there is more to this than head down and plod along. We've proceed one step at a time without a long term strategy and without understanding how something that can make sense in the short term can be detrimental in the long term.

Experts in management advise to decentralize management structures. We are making our club more centralized. If we were to develop a management plan we'd realize that we are presently actually going out of our way to make things hard for ourselves.

Eddy Giacometl



Eddie and his family are currently living in Perth. They have joined the Family Bushwalkers of WA whilst over there. Note all of the children.

Walks Data Base 1928 - 2010

There are well over 1,000 overnight and extended trips on the members section of the website. All you need is your code to access lots of ideas. Please note that the trips are all from past programmes and therefore do not include private ones.

Apparently some members don't know this treasure is there.

The sections - e.g. Kanangra need introductions of say 250 words. There are no doubt mistakes and omissions and the data base committee (Barbra Bruce, Bill Capon, and Tony Marshall) would welcome corrections & contributions. Tony is away. Best to contact Bill by phone 9398 7820 or disaware@optusnet.com.au

Hope you find the information useful.

Changes in the NSW Association Incorporation Act

The operation of Associations (which includes Clubs) in NSW is governed by an Act of Parliament and associated Regulations, administered by the Department of Fair Trading (DFT). The Act was introduced in the early 1990s, and was upgraded by amendment last year to streamline matters.

The new Regulations came into effect on 1/7/10. Clubs are not required to immediately change their Constitutions. However, if they are intending to conduct amendments for their own purposes, then they are to do so in light of the new Model Constitution, and bring theirs into line. Details of the changes can be found at:

http://www.fairtrading.nsw.gov.au/Cooperatives_and_associations/Associations/Associations_legislation/Changes_to_associations_legislation.html

Of the changes the most relevant is that it brings in voting by Postal Ballots (which can be done electronically). There are also a number of other changes.

For those Members who receive the Newsletter electronically, the Dept of Fair Trading's Model Constitution is attached for perusal by Members. Alternately it can be downloaded from: http://www.fairtrading.nsw.gov.au/Cooperatives_and_associations/Associations/About_the_constitution.html (go to the bottom of the Page).

The Committee is appraising the options i.e. amend in whole or part, do nothing at present etc. This is in light of the perceived need to streamline the existing SBW Constitution, in order to facilitate the operations of the Club, and recognize current practice.

Bill Capon

Model constitution

Under the Associations Incorporation Act 2009

About this model constitution

The constitution of an incorporated association forms the structure within which the association operates.

To assist associations develop their constitution, NSW Fair Trading has prepared this model constitution, which covers the matters required by law. An association may:

- Adopt this model constitution; or
- Draft its own constitution.

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July 2010

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This publication must not be relied on as legal advice. For more information please refer to the appropriate legislation or seek independent legal advice.

SBW and the Northern Rivers Bushwalking Club (NRBC) have informally affiliated

The Committees of the SBW and NRBC have recently agreed to form an unofficial affiliation between the two clubs, in order to promote interaction for the mutual benefit of our Members

This includes:

- Promoting each Club in Newsletters, Magazines, at Meetings and on Web sites
- Encouraging Members to attend NBRC/SBW Trips when visiting each Club's area
- Encouraging Leaders to contact Leaders in the other Club to gain local knowledge when planning walks in their area
- To advertise the details of such trips to each Club, so that their Members could potentially attend a joint trip
- Re-affirming and encouraging full Confederation Visitor rights to each Club's Members when attending any Walks, Meetings or other functions. This includes overseas trips
- Extending the invitation to any of their interested Members to join our Google Group email distribution list (which provides electronic advice of the Trips Program, new Trips, Newsletters and Magazines)
- Placing a nominated Member of their Committee on our Google Groups lists to receive the above items - this person to be a focal point in their Club, who is known to their Members, and can be contacted by interested Members, to gain information on upcoming SBW Trips.
- Joint participation in suitable Confederation and National events
- Other areas of collaboration as appropriate i.e. Conservation, lobbying of NPWS & Governments, Leadership training etc

The NRCB points of contact are: Tina Robertson tinar@lis.net.au and Ian Pick ianpick@ceinternet.com.au

Their web site is: <http://northernriversbushwalkersclub.org.au/> (look carefully at the photo, and see how many SBW Members you can spot, who are also NRBC Members)

Their Walks Program is viewable from one of the Tabs, and you can see that they have a good range of activities and are coming South to Bundanoon in Oct (thus this is a good opportunity for Members to link up).

NRBC does not have a Prospective Membership process with Q walks, so their Committee has suggested that our Leaders make sure that any NRBC Member, who enquires about a walk, is fully informed of the grade of the walk. The reverse also applies, as NRBC regularly runs trips in the Border ranges i.e. big steep jungle covered hills.

Regards,

Ian Wolfe
SBW Vice President

Message from our colleague, Christina Day

I was wondering if anyone would be interested in some Remote Bushcare Trips in the Blue Mountains area. Below are the details and contacts for anyone who would like to go along. The second one is particularly looking for experienced bushwalkers with a week spare.

Sat 30/31st October Acacia Flat (OVERNIGHT) Great Grose Weed Walk (NPWS)

Two days of weeding and wading along Govetts Creek treating weeds along the way. Overnight camping at Acacia Flat. Contact 47873112 (NPWS) or vanessa.richardson@environmnet.nsw.gov.au

30 October/6 November: COLO COLOSSUS (EXTENDED BUSHCARE TRIP FOR THE ADVENTUROUS)

This fourth Colossus will start on the Wolgan River at Rocky Creek, and proceed down into the Colo River and finish on the Culoul Range. Magnificent scenery, with all logistics and costs taken care of. However, boulder scrambling and deep wading is involved, so participants must be fit and experienced off-track walkers. Participants will be involved in the treatment of cape ivy, tree of heaven and willows (if any) along the way. On-site training will be provided, but preference may be given to those willing to be involved in glyphosate herbicide spraying. Maps: Mount Morgan and Six Brothers. Limit 8. Contact andymacqueen@gmail.com or 47571083

Escape from the Walls / A Winter's Tale

Richard Lowson

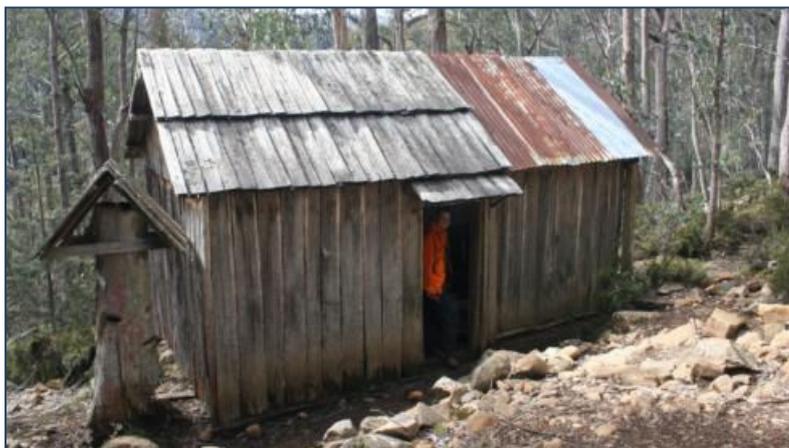
THE WEATHER AT THE WALLS OF JERUSALEM, NATIONAL PARK, TASMANIA, IS A RISKY BUSINESS AT THE BEST OF TIMES, IN MID-WINTER IT IS DOWN RIGHT INHOSPITABLE. SUCCESSFUL TRIPS REQUIRE TIME, FLEXIBILITY AND OPPORTUNITY. ALL THREE ATTRIBUTES ARE MISSING FROM THIS TALE.

The Walls car park

What on earth am I doing here? Either I am a slow learner or is my IQ lower than I care to admit? My first deep winter overnight camp was 50 years ago below Grib Goch, Yr Wyddfa (Snowdon) and I was the young guest to two explorers just back from Spitzbergen. They knew how to pick a site. The Pen-y-Gwyrdd hotel was within spitting distance complete with toilets and fine dining. The plan was to do the Snowdon Horseshoe. We did get as far as Bwlch Glas before glissading down the snow covered slopes of Crib y Ddysgl to a conveniently located club house in Llamberis pass. So here I am 50 years later, with my adult son who will act as guide, cook and partial porter, at the start of a six day walk in the Walls in winter, hopefully with just the right amount of snow for a bit of snow walking, clear skies, crisp cool days - you wish. Compared to the Welsh Pen y Pass, the Walls car park resembles an abandoned quarry, the nearest pub is 20 km away and club houses are non-existent. The packs weigh a ton due to the addition of snow shoes, walking poles, gaiters, heavy duty clothing, a couple of kilos of electronics in the form of a digital SLR, GPS, mp3 as a diary and a PLB + three types of battery and six days food supply + spares. After the warmth of the car the unwelcoming coolness of the winter air suggests full body amour. So we extract the thermals, fleeces, anoraks and over-pants from our carefully packed packs, repack our disaster-ised packs and eventually set off an hour later than intended.

Trappers Hut is only 2.25 km from the car-park. Theoretically not a problem - should only take half-an-hour at a quick trot. The grim reality is 350 m of an unrelenting climb with full packs - allow 2 hours. We optimistically register for a six day wilderness walk at the registration hut at the start of the walk. It quickly becomes apparent we are over-dressed for the occasion and start stripping off the anoraks and over-pants. Another repack and then repeat the exercise yet again as we strip down to shorts and T-shirt. The track climbs the side of the Fish River valley. The valley has a lazy bend away to the left; constantly suggesting the ridgeline is only a few metres away. The slope briefly levels out into attractive glades before reasserting itself with an even steeper grade. White lichen painted rocks strewn the path for the unwary. The vegetation thickens, the track becomes a stream, and then YES, Trappers - lunch with half-an-hour to spare.

Trappers is a reconstructed slab hut, too hot in the summer in-spite of the open plan air-conditioning, a convenient shelter in winter when there is threatening rain and a nasty little Antarctic breeze. The packs are disasterised yet again in an effort to find the lunch food now buried underneath mountains of heavy duty clothing, will we ever get this right? An hour's break sees us ready for the walk to the camping platforms at Wild Dog. The track out of Trappers continues to climb; there is still another 130 m vertical height until we are on the Central Plateau. As we climb, the Junction Lake track peels off to the right and we look down on Lake Loam and across to the Christian diocese of Curate Bluff, Vicar Bluff, Dean Bluff, Bishop Peak, Cathedral Mountain and the hidden Cloister Lagoon, Chapter Lake, Chalice Lake and Convent Hill. In the distance are the southern sentinels of the overland track. The



Trappers Hut

climb finally relents as we enter the Central Plateau. The lakes and tarns of Solomons Jewels, ringed by clasps of Pencil Pines, make it all worthwhile. Grey sky, a chill wind, threatening rain or is it sleet, calls for a re-evaluation of shorts and T-shirt. King Davids Peak comes into view, the track winds on and drops into a Pencil Pine forest with broad board walks. This is starting to become familiar territory. We crest a ridge and look down on the saddle of Wild Dog creek, Herods Gate and YES - there in the middle distance the Wild Dog Creek Toilet Block.

A double plank board walk winds between the Irish green mosses of the Wild Dog saddle. We climb into the portal of Herods Gate before

peeling off to the camping platforms taking advantage of the availability of the commercial platforms during the winter months; they are closest to the toilet. To tell the truth, I'm bugged but then you have to earn the right to walk into the Walls. We have walked 6.1 km, climbed 500 m and it has taken 4 ½ hours. The platforms are clear of snow but we can see remnants buried in the bush. We set up tent and watch the sun set on Clumner Bluff some 6 km to the north before cooking dinner. Don't get too excited its only dehydres. Never try dehydres at home they always taste pretty crummy, but after walking into the Walls it's a different matter they are a feast fit for a king.

Escape from the Walls / A Winter's Tale ^{cont.}

Damascus Gate

A fretful night, getting used to the tent and sleeping bag, the wind, the noises of the night and is that rain - sounds too light? A crow badly in need of voice training is a poor substitute for an alarm clock. It wasn't rain; it was a couple of centimeters of snow. A low GI breakfast of muesli and coffee while we consider options. I would like to revisit the Vietnam Hut at Tiger Lake. It's not marked on the map but it forms part of the history of the Walls. It was built by a Returned Soldier during a long recuperation after serving in Vietnam. A solid structure and still in use. It has an aura of peace, tranquility and healing. The Lake Ball hut below Mount Moriah has a similar history for a POW of WWII. The excursion to the Vietnam hut would be an off-track trip and involve crossing the strongly flowing Wild Dog creek with a thin covering of snow. So we decide instead to head into the Walls proper for a day trip on marked trails. The climb through Herods Gate was uneventful. There was a thin but increasing snow cover, not enough to justify snowshoes, and we could see Lake Salome.



Eastern end of Lake Salome, left to right Zion Hill, Mount Jerusalem and the Temple

creek below Damascus Gate. This is a small permanent spring in summer, now it is torrent. The snow had thickened up and we could make out old snow shoe tracks. I started looking for the side track to Lake Bethesda, it was pretty obvious last time I was here - we pressed on. Further on there was a spring within the creek so strong it was generating a mini fountain. Somewhere beneath our feet was a two plank board walk as we climbed the slope into the saddle of Damascus gate. I've rarely had success with the weather at Damascus Gate. This time was no different. As we came over the ridge we met the full force of an Antarctic southerly. This was definitely not what we had come for. Lunch at Dixon's was no longer a possibility. A brief look towards the Temple on our left and Solomon's throne on our right - it would be miserable up there - and we beat a hasty retreat. The wind followed us



Camping platform at Wild Dog, with Clumner Bluff in the distance

down slope and then ran round the sides of the valley to attack us from the north. We sought refuge in a small forest of pencil pines. Pencil pines are not designed to be a wind break. Lunch, a quick photo-shoot of icicles and snow gums before seeking the shelter of the West Wall and the track back to Wild Dog. Back at the platforms a TAFE Leader Training group had arrived. The news was not good. The combination of an intense depression and southerly front was on its way with snow down to 300 m. The snow sounded good, the intense depression was another matter. We would sleep on it. That evening the tap froze; it was

going to be a cold night, our water bottles normally banished to the vestibule were now

invited into the micro tent. There is one problem with cold nights - the trip to the toilet. After lying there for hours convincing yourself you can last the night, you finally give in. You unzip the sleeping bag and extract yourself from the silk inner lining taking care to leave the end trapped in the sleeping bag and the opening obvious and available for your return. You remove the dry sleeping socks and replace them with the stinking day socks - don't muddle them up. You unroll the over pants and in an extreme form of tent yoga pull them on without waking your sleeping son or messing up the carefully arranged silk inner lining with its disappearing opening. You unroll the fleece and pull it on the right way round. Unroll the anorak and put it on, do up the inner zip and then the outer zip - don't muddle them up. Unzip the tent door. Find your boots. They will be frozen. To get them on they will have to be fully opened and then with one hand gripping the tongue and the other under the heel, levered onto the foot in a slow sustained rocking motion. Do the laces up. Roll into the vestibule. Zip up the tent, unzip the fly

Escape from the Walls / A Winter's Tale ^{cont.}

and roll the fly back so you can extract yourself without getting covered in snow. Zip up the fly; you never know who is around. Walk to the toilet, careful it's very icy. In the toilet take off the anorak....I got the whole process down to 20 minutes.

Retreat

The tone deaf crow announced the morning with what was now becoming customary incompetence. No additional snow, but the ground crunched beneath our feet with a heavy frost. Foot prints indicated that the crow had carefully inspected the tent. Breakfast was delayed with the discovery that the canteen made from two interleaved two litre milk containers - a trick learnt on an earlier SBW walk, had gone walk about. We had carefully double packed all our food and waste fully aware of the tenacity of the Tasmanian possum. A search revealed a crow pecked milk container below the camping platform. He must have been desperate. We watched the cloud curl ferociously over Clumner Bluff. Two wallabies nibbled fresh shoots just below the camping platform. Unlike the skittish NSW Swamp wallaby, the Tassie wallaby was totally indifferent to us. The leaden weight of the sky promised a worsening day. The TAFE Leader Training course packed up early and headed for Dixons. Perhaps their training required them to experience a full blown winter storm. They also had a sat. phone. We on the other hand didn't wish to sit out a storm for two days in a very small tent and then find the car trapped under a metre of snow 20 km from habitation. We had flown in on cheap non-transferable flights and one of us had a job to return to. We decided to retreat. Repack the ruck sacks; we're getting quite efficient at it now. We pull down the tent and say good-bye to Wild-dog. The first snow starts to fall as we pass Solomons Jewels and head for Trappers. Trappers is in bright sunshine, a cruel joke to be digested as we as drop down to the car pack. We drove round to Cradle in the faint hope of being able to sit out the storm and the hotel has a warm inviting bar. The National Parks Information Centre had the uneasy feel of being suddenly abandoned. The last message on the board is a weather report with an official Australian Government Bureau of Metrology letter head. There is no good news; it is all warnings with supporting evidence of 148 km/hr wind gusts. The office at the camping ground is more informative. They advise us to leave as soon as possible if we don't want to get caught. We escape to Freycinet - just in time, that night was Cradle was cut-off and it was going to be sometime before anybody could get in or out. We never did get to use the snowshoes.

WILLIS'S WALKABOUTS

Walkork for Willis's

Leading my bushwalking tours has been one of the most rewarding experiences of my life. Although the other guides feel the same way, changing circumstances have forced many to retire.

I need more guides, especially people who would be happy to lead only one or two trips a year and who be able to take on a trip at relatively short notice.

If you are an experienced bushwalker with time on your hands. If you enjoy working with mixed groups of different ages and abilities. If you are willing to get the necessary qualifications (not many), give me a call or send me an email and ask for more information.

It just might be one of the best things you've ever done.

bushwalkingholidays.com.au

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rrwillis@internode.on.net

What does Chalk and Cheese taste like?

And does Oil and Water Mix?

I will be honest enough to admit that I was, for many years, a blatant Racist. I looked down on Snow Shoers as a lesser Race of benighted folk, who had shunned the Shimmering Light of Knowledge, and in the process lost the True Path. But, in testament that we are multifaceted evolving dynamic creatures, capable of insight and personal reconstruction, I have repented (in part).

In appreciation of Generation X, Y and now Z, I condescended to advertise my 3-4 day XC Skiing trips this year as also for Snow Shoers/Boarders. You have heard the phrase "Built It and They Will Come", well they did! (Except that there were no Boarders). I had 3 intrepid Shufflers (as I now affectionately call them) attend 2 of my trips. Whilst there were some challenges, these were overcome by application of an adaptive and flexible perspective by all.

Here are some insights:

- On average, in mild undulating terrain (Jagungal & Tabletop Plateaus), XC Skier are approximately 30% faster than Shufflers
- On average, in hilly terrain (Main Range), XC Skier are approximately 10% faster than Shufflers
- Shufflers climb straight up medium hills 20% faster than Skiers (who have to zig zag back and forth). This should not be seen as an excuse to give them extra Party gear to carry
- Shufflers don't do well when traversing significant slide slopes, as the foot mountings only have a small amount of lateral swivel. As a result, their ankles get pushed out at an angle from the vertical. This leads them to whinge, and this erodes my "karma"
- Shuffles do well on firm snow, and get bogged in soft snow. They can alleviate this, to a degree, by putting on their "extensions" (Clip on extra bits of plastic to add another 30 cm to the length of the Shoe). However, they still sweat and this reduces my "wha"
- Snow Shoes can have an addition to chock up the heel when climbing steep hills - this is a good idea, as it saves their Achilles Tendons
- Shufflers have some problems when descending straight down steep slopes - this can be very entertaining for the XC Skiers as they schuss by. Shuffles can toboggan if they bring a sheet of plastic to sit on, and use their stocks as brakes
- The different rates of travel and terrain characteristics means that the Leader has to think about the route that the Party will take in a fair amount of macro and micro detail. This is actually quite beneficial, as it heightens ones appreciation of terrain.
- The best approach is to split the party into two sub groups of Skiers and Shufflers. The Shufflers need to be a self contained group with their own Maps, Compass/GPS (and have the ability to use these in the mountains), Tents, Stove and Food to guard against inadvertent separation.
- The Leader needs to carefully brief the Shufflers, and point out the route on the ground. Easily recognizable and definitive rendezvous points need to be nominated. **These should be only 500m or so apart, and have "go no further than" points.**
- Ideally, both groups should be able to see each other for 80% of the time, and get together every 30 mins or so
- It's well worth while working out some hand signals so that you can communicate at a distance (as shouting into the mountain wind is pathetic)
- It's a good idea for the Shuffler to start 15 mins before the Skiers, and be resigned to swiftly gobbling their food down at breaks before heading off again. They also need to have a positive and deferential attitude i.e. they are privileged to be in the company of the elite
- If it looks like clagging out, then everything needs to be tightened up. In a White Out everyone needs to stay together
- Shufflers are very useful when it comes to ascertaining the edges of Cornices, dodgy snow bridges over creeks, and collecting firewood
- On no account should Shufflers be allowed to try out XC Skis, instead they need to be given sincere positive reinforcement at all times i.e. "Gee, you're doing so well", " I could never be that persistent and resilient", " You know, you can go places that I never dreamt off" etc

So, to the current and prospective XC Trip Leaders, be not proud and elitist, instead actively consider putting on combined trips. Kneel down and extend a helping hand to the less fortunate folk (you will feel good for humbling yourself, and any whiff of sanctimonious condescension needs to be self righteously immediately snuffed out).

Walks & Other Activities 1 - 30 September 2010

Stephen Brading

Leaders: After an activity please email completed Walks Attendance Form and Activity Report to:

walksreporting@sbw.org.au
brading123@optusnet.com.au
databasemanager@sbw.org.au

This ensures that the 5 people who take action on Walks Reports receive them promptly.
Please keep the signature sheets as these are a legal document.

Date, Walk Location & Route	Activity Participants
<p>SAT 4 SEP - Day Walk - X333 45km Annual Kanangra Walls to Katoomba in a Day: Endurance walk - 45k via Cloudmaker - Strongleg - Yellow Dog and Narrow Neck. Walk cancelled due to poor weather</p>	<p>Vivien de Rémy de Courcelles</p>
<p>SAT 4 SEPT - Day Walk - M212 Fabulous Falls of Hazelbrook: <i>Adelina Falls - Junction Falls - Federal Falls - Cateract Falls - Victor Falls - Terrace Falls - Willawong Pool - Bedford Pool.</i> Walks Report: The weather looked gloomy, but fortunately the rain hardly fell at all the whole day. As a consequence of the rain from the day before the falls were really impressive! This is a part of the Blue Mountains that seems to be generally overlooked because it does not have the "grandeur" of the Jamison Valley or Grose Gorge. It is really very pretty and well worth a visit. The walk finished a little early and we rounded off the day with afternoon tea in a Lawson café.</p>	<p>Ian Thorpe Paul Bishop (P) Rebecca Lorch (P) Lily Ng (P) Eve Chen (P) Emlyn Crockett (P) Caroline Vale (P) Elanore Sum (P) Kate Brown (P) Renee Neely (P) Jon Bracs (P) Mel Mole (P)</p>
<p>WEEKEND 4-5 SEPT - Weekend Walk Q Nattai National Park: <i>Transmission Line Clearing (Crags Rd) - Mt Waratah - Spellbinder Rock - Anticipation Spur - Sluice Box Falls - Fish Pool - Nattai River - upstream to Waterfall flat camp - Box Vale Creek Junction - The Incline - Old Box Vale Railway - Box Vale Track Head.</i> Activity Report: The original Nattai route was rain affected. 15 came along. We did a day walk on the Saturday, Box Vale Track-incline up the Nattai and back via 40 ft falls. We car camped the night at the Box Vale track head and decided to review the next day. Very windy and all but 4 went home. Remainder did a short walk around Mt Alexander. 5 perspectives credited with a day walk.</p>	<p>Ron Watters Mark Dabbs Lisa McCarthy, Patrick McNaught Phillip Worledge Glenn Draper Phil Hayes Anton Sokolovski Judy Tent Carina Dennis Hubert Habicht Helen L alas</p>
<p>WEEKEND 4-5 SEPT - Weekend Walk - M222 18km Q Nattai National Park: <i>Jacks Corner -Griffins fire Trail - Yurrunga Creek - Maunandoo Creek Junction -to camp- ascend to the saddle and meet McPhails Fire Trail and follow it around the base of Carrialoo and down to Jacks Corner Road.</i> Walk Report: This walk went ahead as description. We started Sat morning took the fire track to get to the campsite and then ascend to the clearing in the next day and got back to the cars.</p>	<p>Shahram Landarani Sun Clement Annick Boismenu (P)</p>
<p>SAT 11 SEPT - Day Walk - M332 20km Blue Mountains NP: <i>Evans lookout - Horse Track - Govetts Creek - Blackwall Glen - Edenderry Falls - Hilary Falls-Junction Rock - Govetts Leap - cliff top to Evans Lookout.</i> Walk Report: <i>Stephens Comment:</i> Beautiful weather and magnificent views were some of the features of this walk. The Horse Track was a pleasant surprise. First it is officially OPEN! It provided a well graded route into Govetts valley which is probably the best access for those with knee issues. It sufficiently used to have a clear track right to the Rodriguez pass track. The Rodriguez pass track on the valley floor is also sufficiently well used to provide a clear track to follow. We noticed that there once was a constructed track up Govetts creek past Blackwall Glen and Edenderry Falls to Hilary Falls though all that remains are some sandstone steps constructed from sandstone rock plus chiseled steps into sandstone. The climb up to Govetts Leap lookout as well as the Cliff top track provided great views down the valley.</p>	<p>Shahram Landarani Sun Clement John Kennett Stephen Brading Yvonne Brading Roger Xue (P) Marina Chan Peter Hinchy Saeid Ghassempour (P) Annick Boismenu (P)</p> 

Walks & Other Activities 1 – 30 September ^{cont.}

Date, Walk Location & Route	Activity Participants
<p>SUN 12 SEPT - Day Walk -M111 11km Metropolitan Area: - South Head to North Head - Stage 12 <i>Balmoral Beach - Chinamans Beach - The Spit - Clontarf Beach - Grotto Point - North Harbour - Manly Wharf.</i></p> <p style="text-align: center;">Walk Report:</p> <p>This was the second-last day walk in the series from South Head to North Head along the banks of Sydney Harbour and the Parramatta River, and everything contributed to it being an enjoyable one: the early Spring weather, the views across the water, the good company. Even the public transport to and from the start and finish ran to time. We assembled at Balmoral at 10.30am using Bus 245, departed Wynyard 10.06am, or the 257 from Chatswood at 9.45, to get there. The height of the tide prevented us using the foreshore from Chinamans Beach to the Spit otherwise the usual route to Manly was followed with an optional side trip to the lighthouse at Grotto Point. Lunch was taken at 12 45 at the southern end of Clontarf Beach and the crowded 4.15pm ferry trip from Manly Wharf to Circular Quay ended the day.</p>	<p>Ian Rannard Helen Lalas Gisela Schaupp (P) Jo Griffin (P) Rudi Werner Carol Werner Anita McMahon Nigel Wingate Col Rannard (V)</p>
<p>SUN 12 SEPT - Day Walk - M222E Q 16km Carlton Head and Tarros Ladders : <i>Green Gully - Carlton Head - Bushwalkers Hill - Clear Hill - Tarros Ladders - Green Gully.</i></p> <p style="text-align: center;">Walk Report :</p> <p>A great group, great views and a great walk. The views from the tops are probably the best you can get in this area.</p> <p>From Green Gully track head, you climb quickly up to Carlton Head. The first chains are straightforward. From there you scramble onto a narrow ledge below the second climb. The valley drops away steeply on both sides of you and you are faced with a small, but vertical scramble. There is a chain, but the lower metal pins are either missing or not in good condition. Even hauling the packs, this is serious scrambling. Two members of the group decided they were not comfortable with this so they and a member climbed back down to the road and walked around to Medlow Gap where we would meet them later. The third climb was interesting, requiring a stretch to get started, and then a scramble up an open chimney.</p> <p>As you climb, the world opens up. Laid out before you is a sort of bushwalker's paradise. The Megalong Valley, Galong Creek, Breakfast Creek, The Wild Dog Mountains, Gangerang High crowned with Cloudmaker, Kanangra Walls, Guouogang, Paralyser, In a sweeping view you can see years of walking.</p> <p>We proceeded up to Bushwalkers Hill, then along Narrow Neck to Clear Hill and more sweeping views out Lake Burragorang and the Blue Breaks. After pausing briefly for the views we climbed down Tarros Ladders, over Mt Debert and down to Medlow Gap where met up with the others and we had lunch.</p> <p>After lunch we still had plenty of time, so we opted to return via Blackhorse Ridge. Walking down Blackhorse is not as much fun as climbing it and you do need to keep your wits about you with the loose surface. We reached the cars about 5:00 pm.</p> <p>A fantastic and adventurous walk with gob smacking views.</p>	<p>Tony Holgate Rebecca Lorch (P) Jason Lorch (P) Renee Gruber (P) Martin Samociuk (P) Gail Hansen (P) Lloyd Hansen (P) Jim Close Peter Hinchy Nicole Bailey (P) Rob Barrie Marg Barrie</p>
<p>11-13 SEPT - 3 day walk - M223E Newnes to Bell in 3 Days: <i>Saturday: glowworm tunnel, pagoda track to old coach road, cross Deanes Creek and then down to roomy c amp cave at Rocky Creek.</i> <i>Sunday: Cross Rocky Creek, Mt Budgary, Budgary Creek then use tracks to get to Deep Pass. Mt Norris, Derailment Hill, cross Dingo Creek, climb to Waratah Ridge</i> <i>Monday: Bungleboori Creek, cross Dumbano Creek, Shay Ridge, Wollangambe River, Centre of Universe aka Submarine Rock & then to Bell.</i></p> <p style="text-align: center;">Walk Report:</p> <p>The first day was mostly on track, walking up the line of the old railway through the glow worm tunnel, then up onto the old coach road. An off track excursion made for some challenging scrambling, but we still got to camp in plenty of time. On Sunday morning Yuri broke his ankle whilst we were getting up from Rocky Creek. Not sure if it was a break or not, we went on to Budgary Creek by which time it was clear he could not finish the walk. Yuri stayed in a camp cave whilst the rest of the party continued to camp near Bungleboori Creek. On Monday we started early and got to the Wollangambe River by lunchtime, and back to the cars by 2.45pm. Several of the party then drove around to the Mt Cameron trail to pick up Yuri, who had walked out that afternoon. We were pleased to see him in good spirits. The walk finished off with dinner at the Apple Bar at Bilpin</p>	<p>Ian Thorpe Gavin Marshall Fran Zoechmann Lisa McCarthy Mark Dabbs Melinda Turner David Trinder Yuri Bolotin (P)</p>

Walks & Other Activities 1 - 30 September ^{cont.}

Date, Walk Location & Route	Activity Participants
<p>SAT 18 SEPT - Day Walk - M232 18km Blue Mountains NP: <i>Carlons Farm - Breakfast Creek - Gay Dog Ridge - Blue Dog Ridge - Knights Deck - Coxs River - Ironmonger Spur - Ironpot Mountain - Carlons</i></p> <p style="text-align: center;">Walk Report:</p> <p>Clear sunny skies, good friendly group, and two big climbs. An enjoyable day walk in great country with no dramas.</p>	<p>Chris Dowling Melanie Freer Marcia Kaye John Dixon Melanie Ng (V) Sue Bucknell Stephen Dolphin Paul Barton Jason Kennedy</p>
<p>SAT 18 SEPT - Day Walk - MX321 Royal NP - Engadine to Otford: <i>Engadine station-Audley-Marley beach-Coastal track-Otford station.</i></p> <p style="text-align: center;">Walk Report:</p> <p>We met at 7.35am in Engadine under a beautiful sky. The aim was to make the 37 km in time to catch the 4.57 pm train from Otford. It allowed us to go at a good pace without overdoing it. We by-passed Marley beach “just to be sure” and those wanted to stop at the Garry kiosk were asked to run. They obliged but we still had to wait for them enjoying the impressive surf. We had time for a detour to the Otford pantry where service still does not come with a smile. It was great to meet members we did not know yet, see others again and generally have a good time together. It is good to think that we can have such long walks so close to Sydney, accessible by public transport and a nice change from the GNW.</p>	<p>Vivien de Rémy de Courcelles Emmanuelle Convert Ksenya Pakhomov Marina Chan Arthur Panopoulos George Molnar John Kennett Christian Vallence Ken Smith</p>
<p>SAT 18 SEPT - Day Walk - MX321 The Streets of Leichhardt: <i>A walk on the cultured side, the streets and lanes of Leichhardt, visit the sites of the 11 original land-grants dating from 1794 to 1821, walk along some of the 110 streets in the precinct/suburb/ward of Leichhardt, hear the history of the origin of the street names, from Ainsworth Street to William Street. Difficulties and hazards that might be encountered: Information overload and too many coffee & cake stops are possible hazards on this walk. Grade: enlightening and educational; map Parish of Petersham, distance 216 years and 11.3 km.</i></p> <p style="text-align: center;">Walk Report :</p> <p>One visitor, one Prospective Member and thirteen members made up an inquisitiveness of historians who tramped through the wild Streets of Leichhardt on Saturday 18 September 2010. This was a walk on the cultured side; the streets and lanes of Leichhardt. We passed through most of the eleven original land-grants dating from 1794 to 1821, walked along many of the 110 streets in Leichhardt, including Marion and Norton Streets named after John and Marion Norton, along Paling Street named for William Henry Paling of Palings Music in George Street, Sydney. We started at Battle Bridge along Hawthorn Canal, to Leichhardt Market Place for coffee. On the way to Pioneer Park for lunch, we had a conducted tour of Joe’s new house in Burfitt Street, then to the Park with music provided by Sydney Secondary College. Then along White’s Creek (after John White, chief surgeon on the First Fleet) back to Parramatta Road and more coffee. In all we covered about 216 years of local history.</p>	<p>Patrick James Richard Brading Barbara Bruce Mariana Carrasco, Geoff Colman David Eagleton Bill Holland Fran Holland Sharon Jackson Anthea Michaelis Barrie Murdock Marian Plaude David Trinder Melinda Turner Sue Yap.</p>
<p>SUN 19 SEPT - Day Walk - M211 12km Springwood to Faulconbridge via Glenbrook Creek: <i>Springwood Station - Magdala Creek - Perch Ponds - Martins Lookout - Glenbrook Creek - Sassafras Creek - Faulconbridge.</i></p> <p style="text-align: center;">Walk Report:</p> <p>Despite a large group we were able to set off on time and maintain a steady pace. This was a very scenic walk down rainforest gullies. The view from Martins Lookout is spectacular and it is hard to imagine we were only a few kilometres from Sydney. Lunch was at the junction of Glenbrook and Sassafras creeks. The group emerged at Faulconbridge mid afternoon despite some grumbling about the long incline up from Sassafras Creek. For those with the time drinks at the local hotel completed an enjoyable day.</p>	<p>David Bell Misako Sugiyama John Pritchard Candy-San Pritchard Veronica Thorpe Leigh McClintoch Helen Lalas Andrew Vilder Patrick McNaught Eve Chen Tony Holgate Carol Lubbers Lucy Moore Peter Batterham Daniela Nica Stanley Wong</p>

Walks & Other Activities 1 - 30 September ^{cont.}

Date, Walk Location & Route	Activity Participants
<p>WEEKEND 18-19 SEP - Weekend Walk - M332E Blue Mountains NP and Kanangra Boyd NP: <i>Carlons (Dunphys Carpark) - Ironmonger Spur - Cox's River - Scrubbers Saddle - Krungle Bungle Range to Mount O'Reilly - Mumbedah Creek - Lower Jenolan River Gorge - Goolara Peak - Carlons.</i></p> <p style="text-align: center;">Walk Report:</p> <p>It was ideal walking weather, blue skies, only a slight breeze and maximum daytime temp of approx 15 degrees c. The campsite at the Junction of Mumbedah Creek and Jenolan is really pleasant with the tinkle of flowing creek water and we had a warming campfire in the evening. The River was slightly higher than previous (drought affected) years and, although frequent crossings were required, it is relatively easy going. The deep wade at the lower part of the gorge was only slightly higher than normal i.e. about waist high. We had the pleasure of observing Rainbow Trout migrating upstream, assume for spawning. Wildflowers and ground flowers generally at their best. The scramble up Goolara Peak is relatively straight forward (if the "correct" route is taken) and the views were stunning. Had Sunday lunch back at the carpark at approx 1.30pm and all three of us agreed that it was a truly great walk.</p> <p><i>Stephens Comment:</i> Another great walk in the Krungle Bungle area. Perfect weather provided a breeze to cool us as we made our way up the Krungle Bungle range and cloud kept the heat down as we climbed Goolara Peak. The water in the Jenolan River was warm enough for the short almost chest deep wade having acclimatized on a many crossing wades since leaving camp at 7.30am. On Sunday we woke the chorus of birds and wild dogs. There were trout in the Jenolan River and a blacksnake in the drain beside the road on the way back to Dunphys car park. Having extra space in my pack was useful to carry out a couple of abandoned empty gas cylinders from the Mumbedah Creek campsite. It was surprising that there were only three of us on this walk.</p>	<p>Owen Kimberley Michele Powell Stephen Brading</p> 
<p>WEEKEND 18-19 SEP - Weekend Activity Coolana Bush Care Weekend:</p> <p style="text-align: center;">Activity Report:</p> <p>Five people arrived early on Friday to make a start on the jobs wish list, these five stayed until Tuesday. The first job was to obtain a fire permit. Five other people arrived late Friday for the weekend. Lantana and Tobacco plants to the west of the camping flat were cut and pasted as were others in the creek and along the eastern flat right out to the end of the flat under the transmission line. Barry with new Coolana helper Jason stacked up the cut logs, fourteen fires were lit on Saturday and several other piles, built up later, will wait until next year. Weed chipping, slashing weeds with brush cutters and weed spraying went along at a great pace. Tracks were cleared and the water works made to work. Under the direction of Spiro we planted a grove of 16 trees to the memory of Don Aiken on the Eastern Flat. The team of ten people got about half way through the jobs wish list. The Coolana committee will give some consideration to paying a spraying contractor to spray weeds on the camping flat, particularly Swamp Dock.</p>	<p>Don Finch & 9 Others</p>
<p>SAT 25 SEP - Day Walk - M232E Blue Mountains: Red Ledge Pass <i>Red Ledge Pass off the Narrow Neck to the Megalong Valley near Katoomba, follow the old Narrow Neck trail from the locked gate, down to the Red Ledge for lunch, some exposure on corner of Red Ledge Pass, then out via the Devil's Hole.</i></p> <p style="text-align: center;">Walk Report:</p> <p>A fine day, a bit blustery on Narrowneck, but sheltered down in Megalong valley. Enjoyed fine views from the Red Ledge for morning tea, then had lunch by the ruins on Coral Creek. A comfortable ascent of the Devil's Hole concluded with 2 prospectives standing on top of the chock stone. A good leisurely day with great company, all prospectives walked well and will be valued additions to club membership.</p>	<p>Richard Pattison Marcia Kaye Michele Powell Owen Kimberley Ingrid Faber Jason Lorch Rebecca Lorch Rae Ogilvie</p>

Walks & Other Activities 1 - 30 September ^{cont.}

Date, Walk Location & Route	Activity Participants
<p>SUN 26 SEPT - Day Walk - M233E Blue Mountains :Walls Pass: <i>Walls Pass off the Narrow Neck into Cedar Creek valley. Early start for a 10km road bash along the Narrow Neck past the fire tower, then out to Walls Pass, a very exposed 20m climb down chains with an awkward jump off, then follow a narrow ledge to Cedar Head and bush bash down the ridge into Cedar Creek with 2 or 3 exposed down climbs. Amble up open bush to the Ruined Castle, then back to them Golden Stairs.</i></p> <p style="text-align: center;">Walk Report:</p> <p>A great day out, 8 ½ hours in total with leisurely breaks above Walls Pass, at Cedar Creek and atop the Ruined Castle. Everyone descended Walls Pass well albeit with some swinging. The descent down the spine of Cedar Head was exciting, the handline being a nice comfort. The leader zig-zagged a little down to Cedar Creek but his navigation was never in-doubt ;o) Easy ramble up through clear bush to the Ruined Castle and followed the trail back to the Golden Stairs. Jason set a prospectives record of 11 mins 6 secs for the Golden Stairs ascent, surely he's leader material! Great company, great walk.</p>	<p>Richard Pattison Marcia Kaye Jason Lorch Rebecca Lorch Chris Dowling</p> 
<p>SUN 26 SEPT - Day Walk - S111 Chatswood to Lane Cove River via Blue Gum Creek: <i>Through Chatswood Golf Course and Blackman Park, down true left of Lane Cove River to Linley Point and back to Chatswood by bus.</i></p> <p style="text-align: center;">Walk Report:</p> <p>There were 27 people on the walk (Patrick's record) and 26 people at the barbeque after - two extras came to the barbeque and 3 walkers dropped out.</p> 	<p>Patrick McNaught Ron Watters Veronica Thorpe, Helen Lalas Marina Chan Hubert Habicht Judy Tent Rob Barrie Margaret Barrie, Andrew Vilder Alex Vilder (V) Kerry Alsop Connie Lee Kaye Walker Joanne Griffin, Margaret Conley Bev McKenzie Francis Bertrand George Bertrand Rachiel Maslouchi (V), Colin Fulton (V) Sue Yap Denise Shaw Tanya Amanovic Paul Irwin Ted Nixon Phil Hayes</p>
<p>WEEKEND 25-26 SEPT - Weekend Activity Abseiling Instruction - Coolana, Kangaroo Valley <i>Saturday - The Basics. Sunday - advanced techniques.</i></p> <p style="text-align: center;">Activity Report:</p> <p><i>Melinda's comment:</i> I'm sure all of the participants would like to thank Claudia for running another excellent training weekend at Coolana. It was great to see some of our avid canyoneers paying very close attention to the various techniques that Claudia demonstrated.</p>	<p>Claudia Douglas & friends</p>

Walks & Other Activities 1 - 30 September^{cont.}

Date, Walk Location & Route	Activity Participants
<p>WEEKEND 25-26 SEPT - Weekend Walk - M222E Q Morton NP -Mt. Talaterang <i>Mt. Bushwalker - Gadara Point & Pass - Pallin Pass - Mt. Talaterang - Talaterang Creek & return.</i></p> <p style="text-align: center;">Walk Report:</p> <p>Numbers fell quickly the week before the walk but we managed to keep a good small group of 7 walkers (50% of original bookings). The weather was good until we reached the start of the walk and found that it was very windy and obviously was even more so the weeks prior to the walk, as the roadsides were littered with fallen trees and branches. The strong winds cleared the skies quickly, so we had spectacular views in every direction and many photos were taken of the scenery during the day. Sunset was a little ordinary as all the clouds had disappeared leaving us with a slightly orange sunset. Happy hour was enjoyed, out on happy hour rock, watching the sun set behind The Castle. By morning the wind had died and temperatures started to rise and by afternoon some even braved a swim in the icy waters (in preparation for the canyoning season). Dinner was enjoyed by all at the Nowra Ex-Serviceman's Club.</p>	<p>Tony Manes Arthur Panopoulos Rachel Brennan Tom Brennan Julian Martin Rosemary McDonald Mike Arnott</p>
<p>WEEKEND 25-26 SEPT - Weekend Activity NSW rogaining championship somewhere South West of Sydney</p> <p style="text-align: center;">Activity Report:</p> <p>Three SBW members took part in 2 teams: Paul Barton joined force with 2 non club members to participate in the 15 in 24 hour category while Emmanuelle and I went for the full 24 hours. The course was set in the Abercrombie River NP and the surrounded farmland. Controls were widely spread and a lot of contours gave a nice reddish colour to the map.</p> <p>As said in the program the grading in a rogaine is up to each team's liking. Emmanuelle and I went for the X333: we spent more than 22 consecutive hours on the course, walking over 60 km and climbing up and down more than 3400m: a good workout. A couple of mistakes cost us a fair bit of energy and points but our standing was quite good and we might not have improved it by finding more flags. Paul's team did great finishing 6th overall in their category. They struck the finest balance of the top 12 teams between spending time on the course and eating their way through the offering at the hash house.</p>	<p>Vivien de Rémy de Courcelles Emmanuelle Convert Paul Barton</p>

BUSHWALKS WANTED FOR SBW SUMMER PROGRAM 2010

What bushwalking ideas do you have?

We are so lucky in Sydney. We can easily walk in the mountains close by, in parks that thread their way into the suburbs of Sydney, along beaches, through rainforest covered mountain ranges or our awe inspiring Alps.

Those walks you have always wanted to do, those walks others would love to do, SBW needs your help! We need all trips; easy through to hard. There is also room for trips that look at history, cultural or environmental issues. Or maybe a gourmet walk!

The Summer Walks Program is now being compiled; get those walks to me as soon as possible.

Tony

02 9943 3388 (h) / 0434 968 793 (m)

tholgate@optusnet.com.au

Coolana Report

The September bush care weekend at Coolana attracted a total of ten people, all but one was a regular contributor. Five people stayed for five days the other five for the weekend, a total of 35 person working days was the result. Although a lot of work was done and a great result achieved the jobs wish list was only about half way complete by the end of the weekend. One urgent job is the spraying of swamp dock on the camping flat, which is slowly invading the camping area and increasing annually. We have known about this weed for several years but just do not have the person power to tackle it. A quote to have the swamp dock sprayed professionally has been called for and the Coolana committee will consider that option in the next few weeks.

Some of the jobs completed or started are listed but I have abandoned chronological order; Barry fixed the water supply to the flat and the shelter shed was blown clear, Paul and Rick maintained the power equipment and the sawdust for the toilet was replenished from the ample supply under the toilet. Shahram, Rick, Ros and Spiro started into the lantana along the river bank to the west of the camping flat, the infestation continued along the steep bank to the west well past where they stopped cutting and pasting. Don and Ros cut and pasted tobacco plants in this area as well. Ros sprayed the swamp dock in the immediate area around the campfire counting over 400 plants treated. Tobacco and lantana in the creek and all along the Eastern Flat and up the hill was treated. The very large area of tobacco which is on the Quakers area and under the power line was also treated. Mae chipped away at the thistles and other weeds on the EF while Chris cleared some tracks. Paul spent five days on one end of a brush cutter to great effect on standing weeds. Chris did some penance on the brush cutters as well. The new brush cutter in particular is particularly effective with the right blade selection and a new more comfortable harness for the old brush cutter is on order. Barry and Jason stacked up chain sawed logs and on Saturday, pursuant to the requirements of our fire permit, fourteen pile fires were lit. The jumble of logs under the power line and onto the Quakers were cut up and stacked some were burnt others left for next time, but easy access is now possible to the weeds in the steep gullies running down to the river. We all helped Spiro plant out a grove of 16 trees to the memory of Don Aiken. Rick who has mastered the star post puller used it to remove star posts from around many trees. Barry ran a 100 meter extension of the water pipe line out along the EF. The remains of two wallabies were found on the eastern flat one recent and the other mostly skeleton, rabbit droppings and digging were noted and lots of wombats too.

Don Finch

Vacancies for Trekking in Peru / May 2-June 4 2011



Trekking in the Cordillera Blanca and Cordillera Huayhuash plus Machu Picchu via Choquequirau and Salcantay

Fully supported walks in the most spectacular parts of the Peruvian Andes. / Options are available for one, two or all three walks.

This will be a joint walk with Darwin Bushwalking Club.

Due to a number of withdrawals, a number of places have become available on this trip

Section 1 - Cusco to Machu Picchu via Choquequirau, then Alpamayo circuit in the Cordillera Blanca

Section 2 - Huayhuash circuit.

Do the whole trip or one of the sections. Email me for full itinerary and costs

For more information contact Lesley Clarke at: lj.clarke@optusnet.com.au

Please contact Lesley as soon as possible because there is a great deal of organizing required.

Goodbye, Sheila Binns



Sheila Binns 16/10/1924 - 31/8/2010

Another of our longstanding members, Sheila Binns, recently departed this earth.

In her heyday Sheila was very active as a walker, a leader and especially as Honorary Secretary. She first served as Hon. Treasurer in 1953, followed by several stints as Hon. Secretary, at which she excelled. To many of us it seems that she was there 'forever' in that role. Both Sheila and Kath Brown typed all essential SBW documents - walks program, magazine, annual reports and membership lists - on the old Gestetner stencils. This required great accuracy and was quite fiddly, both the typing and the printing! There are many of us who remember Sheila as a real brick - she would love that expression.

Sheila was born in the UK and migrated to Australia in the very early 1950's, if my memory serves me correctly, and I believe she joined the SBW not long after her arrival. Over the years she returned to her native Austwick many times, especially after her retirement from the Geology Department at Sydney University in 1989. Following her retirement Sheila moved to Moss Vale where she joined the Country Women's Association, becoming a stalwart with them and developing new friendships in the process. When living at Moss Vale she loved to visit Fitzroy Falls, where she became well known among the National Parks rangers.

Sheila and I became good friends, no doubt helped by the fact that I worked in another department at Sydney University in the late 1960s and early '70s. I am grateful to her in many ways, not least of which is for being the person who introduced me to ballet performance, at the old Elizabethan Theatre in Newtown. After her retirement I occasionally visited Sheila at Moss Vale for weekends or would call in for a cup of tea if I knew I would be 'passing'. She would be found ensconced in her comfortable lounge chair listening to her favorite classical music and quite often knitting a woolen jumper for someone or other, as this was another area of her expertise.

Sheila was recognized for her work for SBW by being made an Honorary Member in 1988.

I understand from some of her friends that an occasion to remember Sheila is to be organized in coming months, possibly December 2010 or January 2011.

Barbara Bruce

Training Events

Sat 23 Oct	Navigation and First Aid Training Come and enjoy a day of Navigation and First Aid in Centennial Park. Members can brush -up and prospective members can fill the requirements for Club Membership. Grade: Easy Leader: David Trinder, 9542 1465, 0417 113 006, dt28@tpg.com.au	Map: Botany Bay
13 -14 Nov	Navigation training Meet at the Mill creek picnic area near Wisemans Ferry for a review of the basis of navigation in the bush. We will then plot a route using grid references and navigate the ridges, spurs and gullies of the area over the remainder of the weekend. Everyone will take turn at leading the group. The area offers good views, nice rock shelves and rock overhangs as well as aboriginal engravings. Grade: M222 Leader: Vivien de Rémy de Courcelles, 0435 030 201, 9960 1640, vivien.rc@exemail.com.au	Map: Gunderman (provided to all by leader)

The Midweek Walkers

Unfortunately, I had to abandon the Yawal trip in September when the seven people booked turned into three as one by one, and with good reason, people cancelled. Never mind - you win some and you lose some and we'll get back to Yawal at a later date.

The New England trip in October is booked out and it looks like being a very good week. We have been there twice already and the area has attractive walks and magnificent scenery. **Dunns Swamp** scheduled for 22nd - 26th November is also attracting lots of interest so the rest of the year looks set to finish on a satisfactory note.

So now is the time to plan the coming year and set some firm dates. The return to **"Villa Paradiso" Myola** has been booked for 14th to 18th March 2011. This time we have booked the larger house but numbers are limited to eight people. I will accept firm bookings even at this stage as long as a \$50 deposit is paid.

I would like suggestions for other months. Here are some already made:

February: How about the camping ground at **Myall Lakes**. The area is attractive for kayaking, walking swimming and bird watching.

Another suggestion is camping at **Wheeny Creek** camping ground on the Colo. This is a car camping site with swimming and walking opportunities.

March: We have booked a return to Myola - see above.

April: Here's a suggestion:

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



"Bielany" is a 40 acre Semi Wilderness recreational, picnic and camping ground located on the Banks of the picturesque Colo River, approximately 80km north west of Sydney. It was established and is managed by the Polish Community of Sydney. Bielany is opened to picnickers and campers throughout the year and is also available for group bookings such as 4WD Clubs, Scouts, church groups, social gatherings, and other occasions.

Cost range from \$10/night for a camping site to \$50 for a room - however the latter cost can be lower for a group booking.

For later in the year we have possibilities of a return to Yarrangobilly Caves House.



Yarrangobilly Caves House

The are excellent opportunities in this area. The nearby caves are described as being a beautiful collection of limestone caves on the edge of the Snowy Mountains and even better than Jenolan Caves. There is a thermal pool as well and you may want to join in some walking or simply enjoy the historic features of Caves House. Caves House has been refurbished and caters well for our type of activities.

Early indication of interest would be appreciated so that a firm booking can be made.

Also, We could consider a return to Newnes cabins around mid-year. Another suggestion is to Philip Island or The Grampians in Victoria.

Bill Holland

Spring Social Program

Kathy Gero

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

OCTOBER

20 Oct 8pm **Somerset to Santiago de Compostella - Some Walks in the Woods**
Club member and walks leader Richard Darke and his wife Susie will speak about their recent 2 month home exchange in the UK and walking experiences there.

NOVEMBER

3 Nov 7pm **Committee Meeting**
Observers welcome

10 Nov 8pm **New Members Night**
Introduction to SBW for intending Prospective members

17 Nov 8pm **The Gardens of Stone Stage 2 Park Proposal Presentation**
The Gardens of Stone Stage 2 Park Proposal plans to conserve the beautiful pagodas, lush valleys and shrub swamps found in the Mt. Airly, Mt Genowlan and Newnes Plateau region. These lands were left out of the current Gardens of Stone NP because of coal mining below the surface. The more recent category of State Conservation Area now makes it possible for these landscapes to be protected. Tara Cameron, President of the Blue Mountains Conservation Society will discuss this plan by showing a series of vivid slide shows set to music. So come and learn about the home of the 300 sisters.

COME AND SUPPORT OUR GUEST SPEAKERS!

Why not come along and meet for dinner at Kirribilli before one of the social evenings?

Our Social Secretary, Kathryn Gero has changed her email address.

Her new email 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!



Paddy Pallin



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regret are the ones
I **didn't do.**"

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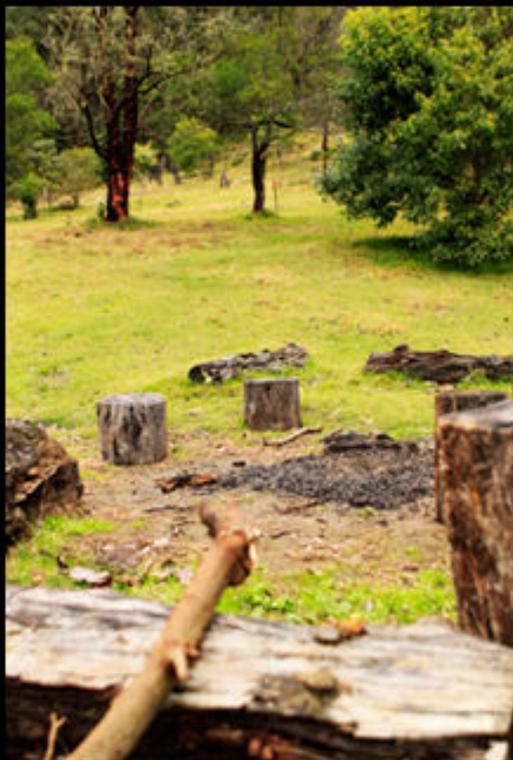
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