

# BANKSTOWN BUSHWALKING CLUB INC.

THE OUTDOORS CLUB THAT DOES IT ALL!

## BUSH TELEGRAPH

2017 No. 1  
AUTUMN



### Thornleigh to Hornsby

by Jon Gray

Seven other members joined me on my walk on 13 November 2016 from Thornleigh to Hornsby (thanks Abdul, Barbara J, Carol, George, Shannon, Susan and Thaïs). The 11 km walk, much of it along Berowra Creek, forms part of the Great North Walk, but used to be known as the Benowie Track (and perhaps still is).

A highlight was our lunch spot at some interesting and beautiful cascades along Berowra Creek. It made us feel like we were doing a canyon! Several water dragons also joined us and were happy to get any morsels thrown their way. We also spotted a large eel in one of the pools.

On departing after lunch we noticed a lone walker examining a book, which turned out to be a Guide to the Great North Walk (from Sydney to Newcastle). None of us had seen it before but we all agreed it would be a useful addition to the Club's library. Our Club President and Chief Librarian took an executive decision right there and then to fund the purchase of the book, and I am pleased to report we do now have it!

It was a pretty hot day and most of us felt the climb up to Hornsby over the last few kilometres. We rewarded ourselves with some nice cool drinks at an upmarket café in Hornsby centre, before catching the train back to Thornleigh or beyond. It had been an enjoyable and successful day in Sydney's northern bushlands.

Pics by: Thaïs Turner



#### Inside this issue:

Thornleigh to Hornsby	1
President's Piece	2
Thornleigh pics	2
Where's Wally	3
NavShield Awards	3
Davies Canyon	4
Meeting dates	4
Snippets	5
Club Info & New Members	6
Recipe	6
Rogaines	6
Books/DVDs/Maps	6
Snippets	7

All opinions and recommendations contained in this magazine are the individual authors' alone, and do not constitute official endorsement by the executive or members of the Bankstown Bushwalking Club Inc.

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## President's Piece

By Thaïs Turner

It's been a long hot Summer and it's not over yet. What a difference from last year! January 2016 was extremely wet and cool. January 2017 is extremely dry and hot. Unfortunately some of the waterfalls in our favourite places have dried up for the time being, but for those who enjoy canyoning there is still plenty of water, and there are many waterfalls to be found. The weather was even drizzly and cool at Mt Wilson for one brief night on a January canyoning camp trip weekend.

The extreme weather has meant that total fire bans have been declared on some days. While this can curtail our adventures it keeps us safer. Always check the forecasts and the websites of the relevant authorities before venturing out.

Speaking of safety – Bushwalking NSW have issued some new Risk Management Guidelines. Our very capable Walks and Abseil Committees are working on developing our procedures, updating our forms, and updating our website in line with these guidelines. In April they will make a presentation to our Club Meeting to run through the changes and keep you up to date. Make an effort to attend that meeting - it will be very enlightening for members and leaders.

An article in this issue of Bush Telegraph also highlights the need to follow our most basic walking group rules to do our best to stay safe and avoid serious incidents and injuries.

Meanwhile in the admin side of the Club we have been looking at the NSW Fair Trading updates to legislation that govern how we operate. Our Constitution hasn't been updated for over 10 years so the Management Committee is bringing it into line with the current Acts and Regulations and we will be putting the changes to you, at the upcoming AGM, for

endorsement.

The AGM (Annual General Meeting) in March is your chance to guide your Club in the direction you'd like it to go into the future. All positions are declared vacant and we will hold elections for the 2017-2018 office bearers, committee members (Walks/Abseil/Social) and other positions. The list of role descriptions will be available at our meetings and is also to be found on the Club website. Please start thinking about which position you could nominate for, to help keep improving your Club. We have an excellent program of walks, abseil & social activities and we'd love to keep this going, which we can with YOUR help.

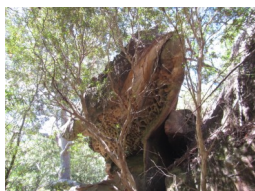
The Bush Telegraph is struggling to gather enough stories for some of our issues. Can you please help by writing a short paragraph or two after each of your adventures? These may be for activities on our quarterly program and those done privately. Other Club members love to read your stories and see your pictures from adventures locally, intrastate, nationally or even internationally.

After our Club Meetings we try to always have supper and a presentation for members. In April the topic is the website updates as mentioned above, and in May it's a night to learn everything you ever wanted to know about the basics of navigation. Who knows, it could even be you doing a presentation of your pictures from your adventures, in June, July or August! Just approach the Secretary with your ideas, we'd love to include you in our Winter, or even our Spring, program.

See you out there on the track.

Thaïs

## More Thornleigh to Hornsby pics



## Where's Wally?

By Bruce Cockroft

When we are teenagers rules often seem stupid. It seems like they were made up by control freaks to take away our freedom or inhibit our pleasure. Whether they are the rules of our parents, our teachers, or the Creator Himself, they don't really apply to us, because we know better. However when we become parents we often think, "Now I understand why my parents had that rule. They were trying to protect me from dangers that I didn't really understand."

When we get older, nothing much has changed. The rules of the authorities or Bushwalking Clubs, or even the Creator Himself, don't really apply to us, because we know better. I know that is true of me, and I think it is true of you too. However, while I wouldn't want us to be a slave of legalism, I think we need to recognise that even though we may not understand them, rules are usually made for our protection and the protection of everyone else. This was illustrated on a recent walk we went on. We lost a member of our group (whom we'll call Wally) because some basic rules were not followed.

It was a great day for a walk. Temperature was in the mid 20's, sun was shining, path was dry and the Blue Mountains were looking wonderful. Our party of 11 set out just before 9 am to walk down from Evans Lookout to Beauchamp Falls and then to come back up through the Grand Canyon and Neate's Glen. We had range of ages from two children to some well into their seventies. After slowly descending the first few hundred metres one of the older members of the party said, "I'm sorry, but I need to keep moving." Our leader said, "Well, if you go ahead, make sure you wait at the creek." When we got to the creek, Wally was not there. "He knew where we were going so obviously he has continued on to Beauchamp Falls." When we arrived at Beauchamp Falls, Wally was not there. We had some debate about whether the real Falls were the section lower down. Perhaps Wally was waiting there. We decided that some of us would stay where we were while others went down to check the lower section. They soon returned. "The track is very steep. There is no way he would have gone down there. He must have gone back up the Grand Canyon."

We had a very pleasant walk up the Grand Canyon, not unduly concerned, quite sure that we would meet up with Wally again somewhere. There were plenty of people on the track and groups of abseilers descending into the Canyon and travelling along the

bottom. But we didn't see Wally. Just before the big climb out through Neates Glen, we stopped for lunch, but we didn't see Wally. We climbed back out to the cars, quite convinced that Wally would be waiting there, but he wasn't. It began to become concerning because his mobile phone was not answering.

While some of us stayed at the Neates Glen entrance, others went back to Evans Lookout to see if he was there. He wasn't. After waiting an hour the possible scenarios were not looking that good. Even if he had waited a long time for us further down, he was walking much quicker than the group, surely he would be out by now. If he had returned to the cars before us, got sick of waiting and decided to walk into town, surely he would be answering his mobile phone. If he had fallen over the edge somewhere, with all the people on the track, surely he would have been noticed, but there were sections where it could have happened. We had been asking groups down there to look out for him, we were asking people going down and coming back, but nothing. Part of our group went to the National Parks at Govett's Leap to report it and waited there while the Police Rescue came from Katoomba. We continued to wait and some prayed. The Police Rescue van arrived at the Neate's Glen entrance. The rest of the group arrived back from the National Parks office. A little while later the police came over to tell us he had been found. Where was Wally? He was coming out of the Valley at Govett's Leap, a possibility we had not even considered.

The rules are there for our protection, our groups' protection and the protection of the Rescue workers. Always stay with your group. Don't even go to the toilet without letting your group leader know where you are going. Never go past a junction until all your group have caught up.

### AWARDS AT NAVSHIELD 2016

**Danny O'Connell (10 years) and Neil Beer (5 years) received their participation awards at NavShield 2016—held at Wombeyan Caves.**





## Davies Canyon — Jan 2017

By Chris Ward

Great rope skills and a great team spirit helped seven adventurous canyoneers to complete a very big canyon in Kanangra over the weekend of 28-29 January 2017.

There were 9 abseils in Davies Canyon, and although it was a big day out we got to camp with enough light to chill out and relax.

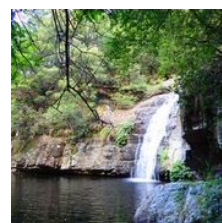
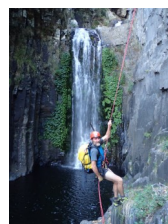
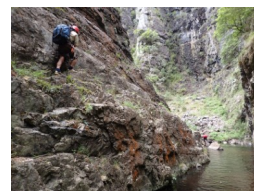
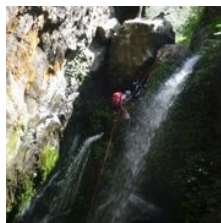
Thanks to Ulyanna for her navigation input. It made sense to cut over west when we did. Thanks to Peter, Kshitij and Danny for rigging abseils. Thanks to Andrey for hauling the rope tirelessly out and up some 800 vertical metres.

We had a minor incident when I felt a very sharp sting to my ankle. I thought it was just another of the many stinging nettle hits that we had been getting during the day. A few seconds later I saw a "Gold Crowned Snake" a few inches from my leg.

I don't think the snake bit but it was a few minutes of concern for everybody.

It's the time of year to wear thick gaiters in thick scrub.....

Pics by: Andrey Moskalev, Kshitij Sahni, & Ulyana Lisovik.



### BBC Meetings throughout 2017

Jan	Mon	No meeting	
Feb 13	Mon	General meeting	7:30pm
Mar 13	Mon	AGM	7:30pm
Apr 10	Mon	General meeting	7:30pm
May 08	Mon	General meeting	7:30pm
Jun 19	Mon	General meeting	7:30pm
Jul 10	Mon	General meeting	7:30pm
Aug 14	Mon	General meeting	7:30pm
Sep 11	Mon	General meeting	7:30pm
Oct 09	Mon	General meeting	7:30pm
Nov 13	Mon	General meeting	7:30pm
Dec 11	Mon	Christmas Party	6:00pm

### Bushwalking NSW Meetings in 2017

Bushwalking NSW is the peak body representing NSW bushwalking clubs to the national organization Bushwalking Australia. All members are welcome to attend BNSW general meetings, along with the official club delegates. Official proceedings begin at 7:30pm. Most meetings have a guest presenter. Meetings are held at Redfern Town Hall, 73 Pitt St Redfern.

Feb 21	Tues	General meeting	7pm
May 16	Tues	General meeting	7pm
Aug 15	Tues	AGM	7pm
Nov 21	Tues	General Meeting	7pm

## SNIPPETS

Compiled by Thaïs Turner

- Cahill's Lookout at Katoomba has re-opened (Nov 2016) 2 years after a bushfire went through the area. The popular track and lookout have been upgraded by Blue Mountains City Council and has one of the most spectacular views in the region.
- Other upgraded tracks in the past year include: the Katoomba Cascades section of the Prince Henry Cliff Walk; Buttenshaw Bridge at Elysian Rock Leura; and other sections of the Grand Clifftop Walk.
- There is also now a great cycling/walking track (off the highway) from Katoomba to Blackheath.
- Thaïs walked 110km across the Blue Mountains from Emu Plains to Bell, as part of a group of pilgrims, in early January, over 7 days. It was an event called the Epiphany Pilgrimage. The maps used, show that it is entirely possible to link the series of known bush walking tracks, to make an 'across the Mountains' route. While we stayed in church halls each night, I don't know if there are as many, or as strategically placed, overnight tent camping areas, to be able to complete the route as a continuous, week long, backpacking trip.
- NSW Rural Fire Service have created a useful leaflet - 'Bush Fire Safety for Bushwalkers' and a brochure - 'Caravan and Camping Bush Fire Safety'. Check them out today & follow the advice.
- World Wetlands Day was held on Feb 2 and World Environment Day will be held on Jun 5 in 2017.
- Clean Up Australia Day is held on Mar 5 and Earth Hour (turn off lights from 8:30pm-9:30pm) is held on Mar 25 in 2017.
- For a bit of a laugh, have a look at [www.comedywildlifephotography.com](http://www.comedywildlifephotography.com)
- Penrith has a walk suitable for foot, bike or scooter – the Great River Walk – where you can discover the beauty of the Nepean River. It is an 8km long walking track, featuring sculptural seating to sit and watch boats and wildlife and stop at the lookouts. It is within walking distance of Penrith and Emu Plains Stations. Maps can be downloaded from the Penrith City Council website. Car parking is available at Tench Reserve, Weir Reserve or Regatta Park.
- From July 2017 the NSW Government will require each local Council to collect a new land tax – the Emergency Services Property Levy (ESPL). This new State Government tax will be included on all Council rate notices.
- Keep an eye out for the Australian Adventure Activity Standards. They are again being discussed at Bushwalking Australia levels and could result in some very heavy requirements that volunteer associations like Bushwalking Clubs could find very hard to implement. Previously they were applied only to commercial adventure companies and some other organised groups, we hope that in this new round of discussions they are not imposed on Bushwalking Clubs.
- Identify plants with the new PlantNet app.
- NPWS have created a complete website dedicated to safety at the Figure Eight Pools. Recently many issues occurred there with hordes of people going every day, to get an Instagram picture, and not heeding the warning signs. The same occurred at Wedding Cake Rock, and some other places in the Royal National Park. Don't risk your safety for a selfie!
- There's been a new upgrade to the Tasmanian South Coast Track.
- Participate in WaterAid's annual water challenge – Walk for Water or DrinkJustWater for March.
- NZ Travers-Sabine Circuit can be walked again, as the norovirus outbreak is now over.
- The annual Sculpture at Scenic World exhibition is at Scenic World in Katoomba from 7<sup>th</sup> April to 7<sup>th</sup> May 2017. Enjoy the sculptures which are placed in the outdoor rainforest environment along the boardwalk at the base of the Scenic Railway. Look out for the walk (down and up the Furber Steps) that Thaïs has scheduled on Wed 19 April.
- From Lynda: First koala spotted in 75 years in Kosciuszko National Park  
A koala has been spotted in Kosciuszko National Park — the first confirmed sighting in 75 years.  
NSW National Parks Area Manager Matt White said a motorist spotted a healthy male koala crossing the Snowy Mountains Highway in late November, near Blowering Dam, east of Tumut.

More details available at: <http://www.abc.net.au/news/2016-12-06/first-koala-spotted-in-75-years-in-kosciuszko-national-park/8095178>

**CLUB MEETINGS EVERY MONTH**

USUALLY HELD ON 2ND MONDAY OF MONTH—  
EXCEPT JANUARY

**Georges Hall Community Centre**  
**188 Birdwood Road**  
**Georges Hall NSW 2198**

**Club email address:**  
**bankstownbush@gmail.com**

Contributions to this newsletter are always  
welcome & can be emailed to Thaïs.

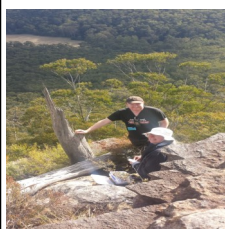
Deadline for Winter issue is: Fri 28th April 2017

**Meetings coming up in 2017:**

March	13th - AGM
April	10th
May	8th

**We're on the Web!**

**[http://  
www.bankstownbushwalkingclub.  
org.au](http://www.bankstownbushwalkingclub.org.au)**



Paul shows Thaïs how to find a Geocache—perched on the side of a cliff overlooking the Megalong Valley.

**Rogaines coming up in 2017**

Feb 12/13	(Sat/Sun)	Australasian champs	24Hr
Feb 25	(Sat)	Metrogaine	6Hr
Apr 9	(Sun)	Minigaine	3Hr
May 6/7	(Sat/Sun)	Australian champs	24Hr
May 20	(Sat)	Autumngaine	6/12Hr
Jun 18	(Sun)	Paddy Pallin Rogaine	6Hr
Jun 24/25	(Sat/Sun)	NavShield	12/39Hr
Aug 5	(Sat)	Lake Macquarie	6/12Hr
Oct 7/8	(Sat/Sun)	NSW Champs	8/24Hr
Nov 26	(Sun)	Socialgaine	6Hr

**NEW MEMBERS**

*Please make our new members welcome:*

**Melanie Freer**

**Christmas Party Recipe from Louise Glynn**

**SUMMER TRIFLE**

This recipe makes a large trifle so you will need a very large bowl or HALVE the ingredients to make a smaller serving. The trifle can be made the day before serving.

**INGREDIENTS**

4 large Jam Rolls

Sweet Sherry ½ to 1 ½ cups (remember it's alcohol, and drink driving)

Large tin plums (approx 825g). Reserve ½ cup of the plum juice, remove stones

Large tin sliced peaches (approx 825g) drained

2 tins pitted black cherries (approx 425g per tin), drained

1 large thick custard

1 large thickened cream

1 pkt Lime jelly, (make the day before)

1 pkt Port Wine jelly, (make the day before)

Fresh or frozen berries to decorate, (strawberries, blueberries, etc.)

**METHOD**

Cut the jam rolls into 1 cm slices and line a glass bowl bottom and sides. Sprinkle with a little sherry.

Randomly add ½ of the plums, peaches and port wine jelly. Spoon over 1/3 of the custard.

Add a layer of jam roll slices, sprinkle with more sherry. Add 1 tin of pitted cherries and rest of the plums, drizzle with plum juice and ½ the lime jelly.

Add a layer of jam roll slices, sprinkle with more sherry. Spoon over 1/3 of the custard. Add rest of the peaches, cherries and both jellies.

Add a layer of jam roll slices, sprinkle with more sherry. Spoon over 1/3 of the custard.

Beat the cream and layer over the top. Cover and leave in refrigerator for a few hours or overnight.

Just before serving, decorate with berries.

**Books / DVDs and Maps**

In future issues of the Bush Telegraph we hope to bring you a list of the Club's **Library** titles, and a current list of the **Topo Maps** held. For now though we would like to hear **your ideas** for books and maps that you think should be considered for **purchase** to add to the Club Library. We also encourage the **donation** of good quality copies of books and DVDs. Titles should have broad appeal to outdoor enthusiasts e.g. walking guides; outdoor activities in NSW, Australia or New Zealand; biographies of outdoor adventurers. The Club Library of books and maps are stored at Thaïs' home. They are brought to each Club General Meeting where you are able to borrow and return items. Thaïs assesses any titles donated (no strings attached) before any additions are made to the Club Library.

## SNIPPETS

Compiled by Thais Turner

- A new film festival has come to Australia! Telluride Mountainfilm Festival was launched at the St George Open Air Cinema at Mrs Macquarie's Point Sydney, on Fri 10 Feb. It will be showing at Randwick and Cremorne cinemas in coming weeks, and other cinemas around Australia.
- Other Film Festivals which continue to have an annual Australian Tour are: Ocean Film Festival; Banff Mountain Film Festival; and Radical Reels Film Festival. Another new one for lovers of the long distance Spanish pilgrimage walk is the Camino Film Festival.
- You may have heard of the Great South West Walk – a 250km trail exploring a beautiful part of South-West Victoria.
- If you enjoy walking in the Blue Mountains you should think about joining the Blue Mountains Conservation Society, as they work tirelessly to protect all the Mountains environments from threats like mining, pollution, land clearing, habitat destruction, and impacts on the World Heritage Area.
- Get in to planning ahead – look at [www.sydneylivingmuseums.com.au](http://www.sydneylivingmuseums.com.au) to see when the 50 different buildings can be toured during Open Sydney in November of each year.
- Oxfam Trailwalker (you've heard of the annual event where teams of 4 walk 100km on northern Sydney bush tracks in 48hours). Well there's now a 50km option. You may like to enter this year!
- If you haven't yet signed up for the Great Walks Magazine online e-newsletter, do it now! There is so much info. that bushwalkers would find relevant, you really need to make this your go-to news feed. Some articles to note from the print version of Great Walks Magazine Feb/Mar 2017 issue include: current information on tick removal in Letters (pg8) and an article (pg12); fire safety in the bush (pg68-69); and beating the heat (pg70-71).
- A well known Blue Mountains walker - Jim Smith - has authored another book. 'The Aboriginal People of the Burratorang Valley' is available through the Blue Mountains Education and Research Trust [www.bmert.org](http://www.bmert.org) for \$50.
- The Blue Mountains Heritage Centre which houses the Blackheath NPWS (end of Govett's Leap Rd ) will celebrate it's 30<sup>th</sup> anniversary in April. Changes which will occur in the centre include new interpretive panels to replace the taxidermy, a revamp of the interior, and a new virtual canyoning experience. Visitors will be able to abseil into, and journey through, Claustal Canyon in this new experience which opens in April, and was created by using Oculus Rift VR Technology.
- 2017 marks the 50<sup>th</sup> anniversary of the National Parks & Wildlife Service. Established in 1967 to manage a system of national and state parks and nature reserves, there are now 872 reserves across the state, including Australia's highest peak (Kosciuszko NP) and oldest park (Royal NP).
- Google Street View has mapped the iconic Coast Track in the Royal National Park. The virtual view highlights the recent major track upgrade including stairways, boardwalks and signage.
- Stage 3 of the Three Capes Track experience in Tasmania has begun. This includes upgrades to the Cape Raoul and Shipstern lookout tracks. When complete there will be the opportunity to experience all three capes, or it can be explored as a day walk.
- Don't forget the NSW/Vic border area. You can experience floodplain wetlands, ancient red gum forests, and cruises on the rivers and creeks on the Murray River Walk.
- Closer to home we have a new critter to watch out for: *Arion ater* (*European Black Slug*) has been found in one place in the Blue Mountains so far, and poses a threat to native species.
- By June 2017 the Noxious Weeds Act is changing and the Biosecurity Act 2015 comes into force. Keep up to date through your local Bushcare group and through Bushwalking NSW presentations.
- A new website is in creation: Blue Mountains Nature Website ([bmnature.info](http://bmnature.info)). It is a collaboration between Alan Page and Ian Brown. They aim to have in one place the ability to learn about flora, fauna, ecology, landscape and geology of the Blue Mountains Natural Heritage. It is a non-commercial enterprise built by enthusiasts for the environment.





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