

BANKSTOWN BUSHWALKING CLUB INC.

THE OUTDOORS CLUB THAT DOES IT ALL!

BUSH TELEGRAPH

2020—2021 No. 4
SUMMER

Celebrating 40 years in 2020!!



Guidelines for writing articles for Bush Telegraph (...not!!)

Submitted by former editor Jon Gray, October 1994

The following guidelines are presented for the information of all would be writers who submit material in the hope it may be published in our esteemed journal, the *Bush Telegraph*. Failure to adhere to these guidelines will result in editorial rejection. These guidelines are deemed necessary in view of the worrying increase in morally unsound material that is being presented for publication. Let it never be said that articles in this publication have led to the moral decay and corruption of any one of our members.

Of particular importance in this regard is that there is to be no mention, either directly or indirectly, of that subject (you know that subject!). This of course includes any thinly veiled references alluding to the matter, such as therapeutic massages. It is, however, permissible to refer to verbal discourse between members of opposite gender, but nothing more explicit than that. Remember, this is a "good" publication.

Language used in articles must be vocabularically correct. Any form of swear word is to be totally avoided,

particularly those four-letter words that seem to be creeping in with disturbing regularity (drat, darn, damn, etc). Where strong emotive words are deemed essential, they should be confined to one of the following: flip, dash, blinky or both-eration, but even these should be used as little as possible in view of the offence they may cause. Remember, a clean article is a good article.

Writers must refrain from any reference to beverages of an intoxicating nature. Just because there are a few radical undesirables who cannot resist the intake of such beverages whilst sitting around the campfire, this does not make it acceptable to report such behaviour in our journal. Reference to the occasional intake of caffeine-based stimulants such as tea or coffee is acceptable, providing one does not appear to be promoting the use of these addictive substances.

The author must also retain awareness of the basic integrity of the Club when confronted with environmental issues.

(Cont'd on Page 2)

Inside this issue:

Guidelines for articles	1
Editorial	2
Guidelines for articles	2
Cycling the M7	3
Newnes walk	4
BNSW Nov Meeting	4
Hiking benefits	5
Club info	6
New members	6
Christmas carol	6
Snippets	7
Cicada pics	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.

Club email address:

bankstownbush@gmail.com

Postal address:

PO Box 7061,

Mt. Lewis NSW 2190

Membership Officer Ph No.:

0405 644 757

EDITORIAL

BY THAÏS TURNER

We are rapidly reaching the end of another year, one that will likely be remembered for a long time to come, although others may prefer to forget, and see it draw to a close more quickly.

Outdoor pursuits, including bushwalking, have continued to see the easing of the restrictions that were brought about by the COVID 19 pandemic, and so the Club's program has a full and varied offering for this Summer season.

Volunteer leaders are the backbone of the Club. So too the participants—for without members continuing to support the programmed activities they couldn't go ahead, so a big thank you to all who have made that possible, is passed on to you.

A very Happy Christmas season and holiday break to all Club members and their families, and hopefully 2021 brings even more opportunities to get outdoors and into the bush!

In this Summer issue of the Bush Telegraph, you'll find articles from past decades which demonstrate the range of topics that have been covered during the past 40 years of the Club's history.

Our feature article is a humorous take on what is required to make a great magazine article. There are walking and cycle trip reports, BNSW Nov Special Meeting report and even a Christmas Carol bush-walker style.

The names of our newest members are included — welcome to the Club. We hope you will enjoy many years of activities with us.

Many of us may have already known, but it's good to find that studies have been done which agree that there are so many great benefits for mental and physical health to be had by hiking/walking etc. It's a very healthy pursuit for the whole body.



A recent Club walk on 25 Oct included visiting some of the historic railway infrastructure of Glenbrook/Lapstone. This is the northern portal which used to house a mushroom farm.

Guidelines for writing articles for Bush Telegraph (...not!!) (Cont'd from Page 1)

Articles dealing with the burning of naturally occurring ground timber in evening campfires must be couched in such terms so as to cease the affront to the ecologically aware. All cooking is to be reported as using portable camp stoves and thus not interfering with the natural forest-nutrient-resource-recycling system.

Would-be writers must also bear in mind the need to present the Club and club trips in the best possible light to the general public. For this reason, there must be no reference to club members becoming geographically embarrassed. Any such episodes should be explained in terms of general group consensus on the desirability of a previously unplanned side-trip. No reports are to be made of any inclement weather on club trips, the weather is at all times to be reported as fine and sunny. Writers must make every attempt to portray trip leaders and management committee members in their true and correct light, i.e. abounding in qualities of leadership, courage and endurance.

As a general rule, humour should be avoided. It has been found this tends to detract from the informa-

tive nature of our journal articles, which is clearly desired by most club members. It is hoped that these guidelines provide a clear indication to would-be writers on what is appropriate format and content for our journal articles. This should help to make the articles more interesting and enjoyable to read but more importantly to reverse the trend of moral decay setting in within the Club.

(concept for these "guidelines" was borrowed from a SPAN Outdoors magazine, early 1990s)



Glenbrook/Lapstone walk 25 Oct 2020 visiting historic railway infrastructure. Above left: Lapstone Viaduct. Above right: southern portal of historic tunnel which housed a mushroom farm.

Cycling the M7 in gale force winds (2006) *by Thaïs Turner*

Party: Thaïs Turner (Leader), Lance Carter, Jin Nam, Warren Thurtell

Initially expecting 6 attendees, we ended up with 4 hardy souls willing to ride the M7 cycleway on Sunday 24th Sept. 2006. There had been news reports in previous days of some very “interesting” weather patterns about to arrive.

The intention was to ride from Rooty Hill (where the train station is closest to the M7 cycleway) to the southern end at Camden Valley Way and back (approx 50km round trip) and then head off to the north-eastern end at Old Windsor Rd and back (another approx 30km round trip). The best laid plans....

There is a completely separate cycleway beside the M7 which has its own lighting, bridges, underpasses, emergency phones, centre dividers, etc. so one never needs to mix with cars the entire distance. It is a remarkable piece of free infrastructure designed for cyclists so I encourage you all to go and ride it, if you haven't already.

We (Thaïs, Lance and Jin) started about 9:30am from Rooty Hill Station. Warren, living closer to the southern end, would join us at Camden Valley Way. He had a long wait as there was a mixture of experience in our group and we had several rests as we went along. We also had to get used to the hills which do exist on the cycle track, although it seems the road is flatter, or at least it's a lot less noticeable in a car!!!

The wind started to pick up about halfway along and we were being covered in dust being blown across the cycleway. 2 hours after starting I eventually met Warren who'd been whiling away the time having coffee. Lance then caught up, but Jin had left the cycleway for some sustenance.

We then headed north into the very strong wind gusts coming head on or from the side. More dust, and a lack of other cyclists going either way, in the afternoon. Smart people – they'd done their rides in the morning!

We were frequently split up as we were each going at different paces but the wonder of mobile phones! We could all keep in contact (by voice or SMS) and the best options worked out for each of us.

Warren was quite quick so I next met him returning from the M4, with a tailwind, to his starting place, which, on his new lightweight road bike with slicks, took him hardly any time at all. Jin made her way back from a food establishment much later and cycled back to Rooty Hill, Lance was ahead of me and gave up as we'd agreed to do, at Rooty Hill and got a train back home.

I'd had to walk the bike a lot of the way as the wind was so strong it was either trying to knock me off or send me backwards. Cycling into a headwind and side wind, which was approaching gale force, while leaves and dirt and dust were being blown into my face, was not a pleasant sensation. I envied the 2 guys I saw with little petrol motors attached to their bicycles! Those on recumbent bikes and John McLean, the Paralympian and triathlete, whom I saw twice, either got off the cycleway earlier or made sure they had a tailwind to get them home!

The day was forecast to be extremely hot, but the strong winds had a coolness to them, though the sunscreen was definitely needed (and all the black dust in the air stuck to it!). It took me about 3 hours to make it back to Rooty Hill Stn, having walked and cycled in stops and starts, and stopped for a late lunch under the M4 roadway, where I could be assured of tree branches, which had been blown down already, not actually landing on me! Train connections, never the best at weekends to the Blue Mountains, conspired against me too, so it was actually 2 more hours before I got home. To fill some of the time I rode from Penrith to Emu Plains, while waiting for the connecting train. At home I had to then clean up the fallen branches in my backyard after the wind storm. I was lucky not to get the lengthy blackouts some others in the area suffered.

We decided we would attempt to do the other part of the M7 cycleway on another day – but not a windy one!!



Current train line in Glenbrook Gorge viewed from escarpment lookouts on 25 Oct 2020.

October long weekend: Newnes – Rocky Creek – Newnes (What are these six people doing out there in the rain?)

The Club Blonde (alias Lynda Paju), submitted Nov 1993

It is six am on Saturday morning of the long weekend and the mystery man (MM for the benefit of readers of New Idea who will definitely understand what MM stands for) wakes me up for the first time. He is extremely happy because it is raining and he can safely gloat over how cold and wet and miserable I am going to be over the next three days.

The Gail's arrive just before 7 and we head off for Lithgow and breakfast. When we meet it seems that almost everyone except me on this walk has the flu and is determined to share it. We sit in the diner at Lithgow and discuss alternatives, or if it is too wet to walk at all, but deep inside each of us is the masochistic voice of the true bushwalker urging us to do painful, uncomfortable and unpleasant things to ourselves. It only takes a few moments of sunshine when we reach Newnes to makes us decide to give it a go – after all, we didn't drive all this way for nothing and the weather will clear, won't it? There are no prizes for guessing that the rain started just as we reached the campsite and stopped 5 minutes after the last tent was pitched. Of course, it started again just after we finally got the camp-fire going and dinner half cooked (when else?).

The next day was beautiful in a damp misty sort of way and the Gail's, Mike and Ian headed off to explore. Gloria and I stayed at the camp site to unwind and enjoy the challenge of starting a fire with wet wood. The camp site was really lovely and the view of the nearby cliffs covered in mist more than made up for the minor discomfort from the rain. Still, at

lunch time we decided that discretion was the better part of valour and headed back to find a campsite closer to the cars. This turned out to be wise move as once again the heavens opened up at tent pitching time.

Dinner was forgotten as we partook of warm drinks and port and munchie things that live in packs. Two of the female participants on the walk (not blondes but we won't say who so they don't get embarrassed) decided after a small excess of port to open up a massage parlour in their tent. Gloria and I have no idea what was going on with the boys in there – we were too scared to look – but whatever it was it sure generated a lot of steam (I bet we start getting more starters for backpacks now).

A short walk out on day 3 in the rain was really quite pleasant until just before we reached the cars when it came down in torrents until we were all changed and in the cars. It was no surprise to anyone when 10 minutes later the sun was out.

So was it worth it? A definite yes. The bush is at its most beautiful in the rain, and the chance to experience it/her in all her moods is one of the privileges we share. For those of you haven't tried a backpack yet you don't know what you're missing. It is impossible to describe the way your perspective in the bush changes after your first backpack, of the great feeling of camaraderie that develops in the group.

A final thankyou to our glorious leader, young Mike who only needed to be threatened with stoning once to bring him into line.

Attracting funds for new walking tracks (BNSW Special Meeting 24 Nov 2020)

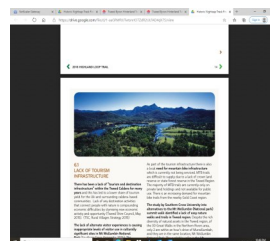
Report by Jon Gray BBC BNSW rep

Hugh Flower gave an interesting and enlightening account of his experience in attracting funding for the creation of long-distance walking and mountain bike trails in the Tweed- Byron Hinterland of far northern NSW. After years of campaigning by Hugh and other locals, the NSW Government finally came good with over \$ 7 million for this project. It aims to "create high quality nature-based visitor experiences" focusing on a signature walk from near the village of Uki to Minyon Falls. It will also see new sustainable visitor infrastructure at several waterfalls and other key locations. The project seeks to acknowledge the Aboriginal significance of Wollumbin (Mt Warning) National Park.

Hugh stressed the importance of persistence over long time frames and the need to be 'stubborn' (and drink lots of tea!). Proposals must be framed in terms that the Government and other potential funding bodies can understand, such as economic values and health benefits. The project must fit in with their visions and strategies such as

tourism and employment. As BNSW President Bill Boyd concluded, "*when we experience a long-distance trail in the future, we shouldn't take its presence for granted, but be aware of the large effort that would have gone into its creation*". Further insights from Hugh's presentation are available from BNSW.

The Special Meeting also passed an updated Constitution for BNSW, but no changes directly affect our Club.



<https://www.environment.nsw.gov.au/topics/parks-reserves-and-protected-areas/park-management/community-engagement/walking-tracks-and-trails-in-national-parks/tweed-byron-hinterland-trails>

Tweed valley and Wollumbin (Mt Warning) National Park (Roberts & Flower 2018)

What Hiking Does to the Brain is Pretty Amazing.

By Michael W. Pirrone

(Originally published on Apr 11, 2016 on www.wimp.com)

The great outdoors might just be greater than you think. There are plenty of us who love to spend as many hours of the day outdoors as we can, and hiking is obviously quite healthy for the body, but few of us ever give a lot of thought to how hiking could benefit our mental health as well. It turns out that hiking might just be your ticket to a brand-new brain, whether you're passionate about the outdoors, or just force yourself to take a stroll around your local park.

Recent studies about the effects of hiking and nature have been directed at understanding just how this recreational activity affects both the physiological and mental aspects of our brains. One of the main reasons for this glut of research is because we're spending so much less time outdoors, overall. The average American child now spends half as much time outside as compared to only 20 years ago. HALF. Only 6% of children will play outside on their own in a typical week. Conversely, kids are now spending almost 8 hours per day watching television, playing video games, or using a computer, tablet, or phone for recreational purposes. That number actually jumps up to 10 hours if you count doing two things at once! Overall, Americans now spend 93% of their time inside a building or vehicle.

So, what does this mean for human beings? Well, unless we get a little more proactive about embracing fresh air and dirt under our feet, the prognosis is pretty grim. The bright side is, as with all great medicine, when it comes to the outdoors, a little goes a long way.

NATURE REALLY DOES CLEAR YOUR HEAD.

According to a study published last July in *Proceedings of the National Academy of Sciences*, a 90-minute walk through a natural environment had a huge positive impact on participants. In a survey taken afterwards, those people who took the natural walk showed far lower levels of brooding, or obsessive worry. The control group who spent that 90 minutes walking through a city reported no such difference. Not only that, but the scientists went a step further and did brain scans of the subjects. They found that there was decreased blood flow to the subgenual prefrontal cortex. What in the world does that mean? Well, increased blood flow to this region of the brain is associated with bad moods. Everything from feeling sad about something, to worrying, to major depression seem to be tied to this brain region. Hiking deactivates it.

UNPLUGGING MAKES YOU MORE CREATIVE.

Psychologists Ruth Ann Atchley and David L. Strayer found in their 2012 study that after a four-day-long hike in the wilderness, with no access to technology, participants scored a whopping 50% higher on a test

known as RAT, or Remote Associates Test. It's a simple way of measuring the creative potential in people. A series of three words are given, for instance, "same, tennis, and head." The test-taker has to find a fourth word that connects the first three. In this case, the answer is "match." A 50% increase is a huge leap up in performance by research standards. Problem-solving skills like this are thought to originate in the same area of the brain that we also use for selective attention and threat detection, meaning our ability to think creatively is being overwhelmed by the constant stimulus of digital, indoor living.

HIKING BOOSTS YOUR FOCUS.

We mentioned selective attention in the previous section but this is bigger than that. Anyone who has ADHD or has raised a child who has been diagnosed with the disorder can tell you, it's a daily struggle to maintain grades, work performance, even relationships with friends and family. Medication can help alleviate the symptoms, but often ADHD persists into adulthood and that daily habit of popping stimulants can take its toll on your health and your wallet. Well, what about a good hike? A 2004 study came to the pretty obvious conclusion that getting outdoors and doing something active can reduce the symptoms of ADHD. More than that, it can do so for anyone, regardless of age, health, or other characteristics that can change the effect of medication.

CHARGE YOUR MIND'S BATTERIES WITH A HIKE.

Hiking is a pretty solid aerobic exercise that burns around 400-700 calories per hour. This is great on its own, but aerobic exercise also has a really positive effect on your brain: it improves your memory. It's even being studied as a way to help seniors fight off dementia, because it doesn't just increase your ability to store information, it also reduces memory loss. Outdoor activity has also been shown to improve grades, so it's a pretty solid choice all around for juicing your grey matter.

FEEL BETTER ABOUT YOURSELF, FROM YOUR SWEATY HEAD DOWN TO YOUR MUDDY BOOTS.

According to a 2010 report in the *Journal of Environmental Science and Technology*, even getting out into nature for five minutes at a stretch is enough to give your self-esteem a substantial upgrade. Spending the entire day outdoors results in a second jump upwards! Walking near water seemed to have the biggest effect, so when planning your next hike, be sure to seek out a location with some great streams, rivers, or lakes.

Is hiking the solution to all of life's woes? Probably not. But what science is showing is that it's actually a pretty solid candidate for making everyone's lives a lot better, with very little input.

CLUB NIGHTS**Social Evenings / Meetings****Club AGM 2021 March**

Check the Program or watch your email inbox to find out when the next meeting/event will be held.

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

Contribute items by Fri 19 Feb for the Autumn 2021 issue.

Club email address:

bankstownbush@gmail.com

We're on Facebook!

Look for Bankstown Bushwalking Club.

We're on the Web!

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

NEW MEMBERS

Please welcome our new members when you next see them on an activity.

Daniel Obando

Luke Timbrell

Milena Sekulovski

Susan Lindsay

Michelle Mak

Bushwalkers Christmas Carol

From Summer 2011-2012 Bush Telegraph. No author attributed.

On the first day of Christmas my true love gave to me: a turd trowel in a backpack.

On the second day of Christmas my true love gave to me: two smelly socks, and a turd trowel in a backpack.

On the third day of Christmas my true love gave to me: three holey volleys, two smelly socks, and a turd trowel in a backpack.

On the fourth day of Christmas my true love gave to me: four rolls of film, three holey volleys, two smelly socks, and a turd trowel in a backpack.

On the fifth day of Christmas my true love gave to me: only five sheets of toilet paper, four rolls of film, three holey volleys, two smelly socks, and a turd trowel in a backpack.

On the sixth day of Christmas my true love gave to me: six turkey legs, only five sheets of toilet paper, four rolls of film, three holey volleys, two smelly socks, and a turd trowel in a backpack.

On the seventh day of Christmas my true love gave to me: seven serrated bread knives wrapped in silver foil, six turkey legs, only five sheets of toilet paper, four rolls of film, three holey volleys, two smelly socks, and a turd trowel in a backpack.

Eighth dayeight puritabs.

Ninth daynine ironed hankies.

Tenth dayten marshmallows.

Eleventh dayeleven tent pegs.

Twelfth daytwelve snorts of port.

SNIPPETS

Compiled by Thaïs Turner

- The Warragamba Dam wall raising proposal has featured in the news throughout most of this year. There are many cultural and environmental reasons for opposition to this proposal. The debate continues. Meanwhile large investors such as IAG have withdrawn their support.
- The Blue Mountains National Park has recently been granted \$900,000 for upgrades to signage and camping areas. The benefits may be seen during club walks in 2021.
- On 29 Nov 2020, the Greater Blue Mountains World Heritage Area celebrated 20 years since it was first listed, having been granted World Heritage status by the United Nations in 2000. There are 434 species within its area which are currently of international significance, with the greatest challenge considered to be climate change.
- In a record of significance: a 3yrs 11 month old child recently walked (not carried once) the 46km Six Foot Track with her parents. She has also walked the 62km Trans-Catalina Trail in southern California which included 5200 feet of elevation. Further world explorations will no doubt be occurring when the COVID 19 travel restrictions allow international ventures once again.
- Devotees of the City to Surf, the Trek for Timor, and a variety of other marathon style walks had to readjust themselves this year and the concept of virtual walks came into its own. People elected to do their walks in a local National Park or in a hotel room if they were currently in quarantine. A small space is no impediment to completing a 14km walk such as the City to Surf—it just takes dedication and endurance.
- Some recent webinars using the now very familiar Zoom conferencing software have included a Q & A on climate solutions with Professor Ross Garnaut with the Australian Conservation Foundation and enlightening information about how to attract \$7.5million to establish bushwalking/hiking trails with Hugh Flower through Bushwalking NSW. Check online for recordings of these webinars in case you missed them.
- Bushcare/Swampcare/Landcare programs throughout City Council areas have recommenced after COVID19 restrictions were eased. Check out the projects you could become involved with in the Canterbury-Bankstown LGA. A great way to have input into improving the environment in your local area.
- Visitors to Katoomba will be pleased to check out the brand new viewing experience at Echo Point. After 12 months of construction the spectacular new development has been completed. The significant enhancements include a gathering place (community amphitheatre), a new Prince of Wales Lookout providing a closer view of the Three Sisters, and a 140-metre accessible, elevated, night-lit boardwalk connecting the lookouts, amphitheatre and Visitor Information Centre. A stylised 'Map of Country' is etched into the concrete floor of the stage area of the new gathering place. Other amazing new features include LED lights in the stage to mirror the four constellations of the night sky, including within the Seven Sisters (the Pleiades). The Prince of Wales Lookout had been closed for 10 years.
- Cicadas. (All picture credits on pages 2, 3, and below: Thaïs)



Cicadas have been emerging in plague proportions, especially across the mid-to-upper Blue Mountains, this year.



icebreaker.com
PURE MERINO



For specials,
Join the Alpsport club
Free to join on our
website or in store.

1045 Victoria Rd West Ryde NSW
www.alpsport.com.au
contact@alpsport.com.au
9858 5844