

BANKSTOWN BUSHWALKING CLUB INC.

THE OUTDOORS CLUB THAT DOES IT ALL!

BUSH TELEGRAPH

2017 No. 2
WINTER



DAVIES CANYON BY CHRIS WARD

(The expanded version of Chris' story)
28-29th January 2017.

Participants: Chris & Michelle Ward, Danny O'Connell, Kshitij Sahni, Peter Figiel, Andrey Moskalev and Ulyana Lisovik

The alarm went off at 5:30am to rouse us all out of bed. We had a big day planned with seven of us planning to get through Davies Canyon.

Frantic packing up and a gulped down breakfast saw us on our way and at the track head by around 7:30am.

We had planned to enter Davies Canyon via Thurat Ridge. Everyone was in fine spirits as we trundled along on a GPS plot to a point where we would turn left and scramble down some 300m of loose scree slope to Sally Camp Creek.

Interest was raised as we all passed a distinct elevation band that coincidentally has massive specimens of giant grass trees. This seems to be a peculiar phenomenon in the Kanangra area - a distinct band that seems to be ideal for growing grass trees.

Also of interest was the discussion of alternative bushwalking attire. Some of the lads in our group were most convinced that Pith Helmets, Safari Jackets and Kilts were about to make a big comeback. Nobody had worked out the abseil harness and kilt thing though!

By 10:00am we were at the first abseil -

61m from a tiny prow of rock down into a sun bathed chasm. In all we had around nine abseils all between 25m and 60m. Some very tricky, some very straight forward, but all exciting and spectacular.

We had a minor incident when I felt a very sharp and painful 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 small brownish snake, a "Gold Crowned Snake", a few inches from my leg. Several of the team and myself immediately inspected my leg for tell-tale puncture wounds.

Unfortunately at this point in the canyon my legs were a mass of tiny scratches and small bloodied puncture wounds already, due to the vegetation. A quick vote was taken to watch me and see if I would fall over in the next 20 minutes. Still alive, we pressed onto camp. 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.....

A few more abseils and we were at the rock platform that was our bivi spot for the night. All of our party dived into the idyllic water hole next to our campsite for a cooling swim. After a spartan meal of cold sushi and hot miso soup Michelle and I collapsed into bed and I am pretty sure the rest of our party did the same.

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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

Another AGM has come and gone. Reports presented at the March AGM are published in this issue of the Bush Telegraph.

At this AGM, apart from elections to the various Club positions, a Special Resolution was presented to update the Club's Constitution (previous update 2003) by changing to the New Model Constitution 2016 provided by NSW Fair Trading, which covers all relevant parts of the Associations Incorporation Act 2009, and it's Regulation 2016. Two modifications to the Model wording were agreed by members – Clause 15 (1) Election of Committee Members, and Clause 47 – Financial Year.

I'm pleased to report that the vote to accept this Special Resolution was carried by a majority of 77% of members present eligible to vote, and has now been registered with NSW Fair Trading and became effective from 19 April 2017.

The Minutes of the AGM were circulated to all members by email last month, and the Management Committee will work on the promised Club Policies, Procedures & Standard Practice documents as well as minor alterations to some Club Forms, in due course during 2017.

Along with the Management Committee the Walks, Social, and Abseil Committees are continuing to work on updating the Club's Risk Management Procedure and processes, including updating the content of website pages. Following a presentation by Mike on behalf of the Walks Committee, at the April

General Meeting, all members were asked to look regularly at the Club's website, especially taking note of Guidelines provided for your information for both Participants and Leaders. The relevant committees welcome your feedback about any aspect of the website content.

At the AGM we were very pleased to present the Member of the Year award to Abdul Zaitoun who had done the most activities during 2016. Well done, Abdul, whose activities were all walks. (Also see picture of the presentation in this issue).

This award (and the Leader of the Year award presented at the Christmas party) are counted from the Activity Registers submitted by leaders so we encourage these being passed in as soon as possible after an activity.

Winter will be upon us soon, and it's turning cold already, though we've been blessed with some lovely Autumn days - ideal weather for walking & other activities. The extreme weather events of the earlier months of the year seem to be over, so I encourage everyone to look at the Club Activities Program and to do as many activities as possible.

Plenty of useful info to be found on our Club website too. Take a look at:

www.bankstownbushwalkingclub.org.au

See you on the track,

Thaïs

Lindfield to Roseville Marina walk – a lesson learnt

by Jon Gray

Seven of us recently enjoyed a pleasant 12 km walk in Garigal National Park on a perfect mid Autumn day. The walk was along the Two Creeks Track, so called because, you guessed it, it takes in two creeks! (the Gordon and Moores Creeks). But the main highlight of the walk was the fine upper reaches of Middle Harbour. This seems like a superb spot to do some kayaking in the future.

One thing that I particularly noted in leading this walk, was how unreliable the street directory and Google maps were in recording the correct track routes, particularly where they joined residential areas. Fortunately I had done some reconnaissance and got the start of the walk sorted out beforehand (otherwise there might

have been mutiny!). I found later that the proper topographic maps were much more reliable. A lesson I have learnt!



Upper reaches of Middle Harbour, Garigal NP (Jon G)



Melissa, Barbara, Lance and others enjoying the Two Creeks Track (Abdul Z).

2016 Management Committee Report

March 2017 AGM

Activities Programs

Club members have enjoyed another year of adventurous outdoor activities, although sometimes the extremes of weather affected planned trips. Nevertheless we've had a packed program each quarter. Thank you to the Walks, Abseil & Social Committees for creating a great program of fun activities. Thank you to all the leaders (especially new leaders) and to all the participants (and a special welcome to new members). May many more of you be inspired to lead activities which showcase your favourite places.

Behind the Scenes

Thanks also to the people working hard behind the scenes, especially the Management Committee (Thaïs, Margaret, Wai-Lin, Louise, Kerrie & Mike). As she is not standing again in 2017 as Treasurer and Membership Officer, we offer a special thanks to Louise for so capably carrying out these two roles, as well as a variety of other roles, over so many years.

Thanks as well to all those who volunteered to provide our tasty suppers at Club Meeting nights, and the presenters who have provided such interesting and diverse topics on Club Meeting nights. Thanks also to those who organise the annual Christmas Party, and the sausage sizzles before some club meetings, with donations going to worthy groups allied to our interests in the natural environment.

Club Promotion

Some initial approaches were made to contacts within Bankstown Council, to include our Club in their newsletters, and to local newspapers. The Council amalgamations meant that we'll need to follow up with new contacts in 2017 to get this rolling again. Suggestions about a Club T-shirt and a new Club logo were also raised in 2016, and may receive further attention in 2017.

Bush Telegraph

The Club's Newsletter - Bush Telegraph - was again produced each quarter. Thanks to the contributors who shared a wide range of interesting stories & pictures of Club trips, and trips from further afield, as well as recipes, snippets & poems. At times, however, it becomes quite difficult to get enough articles to fill an issue for publication. Could leaders please consider appointing one participant from their activity to write a brief report to share with other members

through the Bush Telegraph?

Risk Management

Bushwalking NSW issued new Risk Management Guidelines in the latter part of 2016. The Walks Committee will be making the necessary updates to our forms & procedures during 2017 so that we conform to the latest safety principles. Our very informative website

(www.bankstownbushwalkingclub.org.au) will also receive some updates. Check it out and come along to the Club meeting in April 2017 to find out the latest.

Due to an increase in incidents in our favourite National Parks across the State in 2016, the Police, NPWS & other agencies continued to remind walkers & other outdoor adventurers, to carry a PLB if possible, and to follow some basic rules to minimise the chances of incidents occurring & to ensure the best outcome if incidents do occur. Bushwalking NSW meetings (quarterly – all welcome) & their monthly newsletters are another good way to keep up to date with ways to stay safe outdoors.

Club Constitution

In September 2016, Fair Trading (the gov't department overseeing Associations) updated the Associations Incorporation Act 2009, with Regulation 2016 and a new Model Constitution. As our Club Constitution hadn't been updated since 2003 we started discussions about moving to the new Model. This is to be further discussed and actioned in early 2017, with voting expected at the March 2017 AGM.

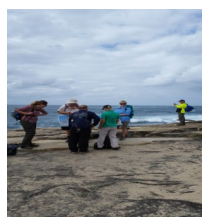
Insurance

In 2016 a new insurer was chosen by Bushwalking NSW on behalf of their member bushwalking clubs. We now have our personal accident, and liability cover with Jardine Lloyd Thompson Sports Division. See our website and Club Information Sheet for details.

We've had a very active year, and look forward to sharing many more with all our members.

We'd love to chat with you at a Club meeting soon, and to see you out on the bush tracks.

Thaïs Turner, President,
on behalf of the Management Committee



Photos from Shannon's Bundeena-Jibbon Head -Cronulla walk on Sunday 2nd April 2017.

DAVIES CANYON (CONT'D)**BY CHRIS WARD**

Next morning we were all up at dawn and pushing up Dorrielawry Spur and out to Nioka Ridge. By the time we reached the cars it was 2:30pm and we had climbed up, and then climbed down, and climbed up, and then climbed down, and climbed up and then climbed down, some 1200m. Most of us had drunk up to 3 litres or more of water due to the humidity and heat.

In the washup of the trip I want to say thanks heaps for great rope skills from everyone and a great team spirit that helped all seven of us complete a very big canyon.

Thanks to Ulyana for her navigation input. It made sense to cut over west when we did.

Thanks to Peter, Kshitij and Danny for rigging ab-seils.

Thanks to Andrey for hauling the rope tirelessly out and up some 800 vertical metres, and to the rest of our rope porters.

Special Note:

I received an unconfirmed report later that the snake in question died several days later after a slow and painful decline.

Cheers, Chris Ward

Still Alive

(Photos appeared in the Autumn issue)

TREASURER'S REPORT YEAR END 2016**AGM MARCH 2017**

This year the club has incurred a loss of \$1,138.34. Some reasons for the loss include:

Membership income remains relatively unchanged this year although abseil income is down by \$290 compared to 2015.

The Club's Xmas party had a loss of \$289. This amount is rather minor considering the quality and quantity of food and door prizes presented on the night.

Our insurance PA and PL decreased by \$1.47 pp but Bushwalking NSW fees rose by \$2 pp being an overall increase of 53 cents per person this year (x 131 members) i.e. \$69.

The total cost per member for the 2016/17 year was \$15.60 (x 131) made up as follows.

Public Liability \$4.17, Personal Accident \$3.93 = \$8.10 and Bushwalking NSW fees \$7.50 pp.

Printing, Hall Hire and Suppers have all had increases amounting to \$276. We also spent \$145 on updating or expanding our library books and map collections.

The club remains financially sound with total net assets of \$5,093.23 (included in this amount is abseil funds of \$2,085) with an excess funds balance of \$3,008.23.

Louise Glynn

Treasurer

SOCIAL COMMITTEE REPORT 2016**AGM MARCH 2017**

The Club's social activities have reduced over the years however we have still managed to have a number of events on the program.

Vicki organised a dinner night at the Budda Raksa and once again an archery day which was well attended by a number of our members. A few were able to hit the bull's eye although a number of arrows seemed to sail over the top of the targets.

Thaïs has once again been busy encouraging members to come along to various social activities such as Brigadoon, the Banff film night, the Winter Festival at Katoomba, the Cumberland gang show and dinner, just to name a few.

The gold coin donation sausage sizzle before the October meeting saw funds raised go to the Colong Foundation.

The Club's Xmas party was once again well attended by 52 members. This year saw the last of the current sit down meal arranged by Louise with a lot of help from Janelle, as we have decided to hang up our party aprons. I hope you have enjoyed the past 11 years of parties that we have been involved in organising.

The Committee would like to thank all members who provide supper at the Club's meetings.

If anyone has any thoughts as to social events please contact one of the committee members.

The Social Committee

Louise, Thaïs & Vicki

2016 Walks Committee Report

March 2017 AGM

Hello everyone

It's Saturday Feb 11th. The BOM indicates it is currently 45.8 in Penrith. There is a statewide total fire ban in place and nearly all National Parks are closed for "our" protection.

Over the past few years "extreme" weather has become more common and with it the closing of our playgrounds, the national parks. That, unfortunately, means leaders have to cancel or alter their trips or reschedule them to a later date. Yes, it's disappointing, but we hope you can understand those decisions.

Again this year we've had the usual busy and varied program. There were walks to all the National Parks we love especially the Royal and Blue Mountains. Lots of other activities including the easier bike rides; caving trips and heaps of abseiling trips and training days are very popular and well attended. We also had a good selection of backpacks this year and an encouraging increase in base camps, which are plenty of fun. Thanks to the members who arrange these trips and invite everyone else along.

The Walks Committee say a huge thank you to all those who willingly donate their time to put activities on the program for everyone to enjoy. Without you the program wouldn't exist and neither would the Club. And we are always looking to improve what's on offer. Is there anything we can do better?

What is encouraging is the increase in trip coordinators! As you would appreciate a larger number of leaders can provide more variety in the trips programmed for you to attend. We understand people's worlds change and many past regular leaders cannot commit as much as before, which is fine, so having this leader increase is pleasing. Let's keep it up for this year too. Are you willing to volunteer one day every 3 months to put an activity on the program? The Walks Committee can help and offer advice etc if you are unsure of what is involved.

Also, the Walks and Management Committees have decided to review the Clubs forms, processes and website etc in light of changes to Bushwalking NSW's risk guidelines. This is currently underway and hopefully will be finalised in the next couple of months.

In finishing the Walks Committee can only say a huge thank you to all the coordinators who make the program what it is; hugely successful and satisfyingly varied. Keep up the great work.

See you in the bush.

Chris, Geoff, Lynda, Margaret, Mike, Shannon & Wai-Lin

The Walks Committee

2016 Abseil Committee Report

March 2017 AGM

It was another busy year for the canyoners. We revisited a lot of our favourite canyons. Chris took a group down Davies Canyon, this time making it to the planned exit instead of having to pull out early due to water levels. It was great to see some of our new canyon leaders putting trips on and helping out with other trips. One of the benefits of being in a club like ours is the sharing of knowledge and skills.

Water levels this summer have been decidedly lower than for many years, even with the wet winter we have had. This seems to be a result of waterways silting up following fires and / or potentially the water table being lowered because of mining cracking the underlying rock. Another environmental issue we have all noticed is the decline in water quality of the Wollangambe canyons due to a mix of erosion and run off caused by the State Mine Fire and the spill of coal waste from the Clarence Colliery. If you love the outdoors and you love your canyons then it is worth considering what you can do to influence government policy on environmental issues and to raise awareness with others you know who don't get out into the bush.

Caving weekends were again popular. Not only the caves, but the camp site socializing. And it was good to see non-cavers come along and enjoy the social side of the caving experience. And of course we had our usual practice days, along with some extra caving SRT training and rescue training. It's gratifying to see the numbers who turn up on an abseil day keen to refresh or add to their skills. Having

well trained trip participants who are competent at self rescue certainly helps your leaders have a better time when they are out there.

Your rope money has been put to good use. We purchased 180m of 9.5 of Edelrid Safety Super for use in canyons and some new carabiners. As well we replaced all of the club's Prusik loops due to the age of the cord in the old loops. Club members are reminded that they should check the condition of their Prusiks regularly and replace them every few years. We have also purchased sacrificial tape and spare maillons. Every participant on a canyon should really be carrying some spare tape, so remember to pick yours up at the next practice day.

The abseil committee will be changing a bit in 2017, with both Danny and Lynda stepping back due to family commitments. But we have such depth in the committee that activities will continue as they always have. And both Danny and Lynda will continue to lead trips and help out on practice days – so you may not even notice the change.

Chris, Danny, Lynda, Paul, Peter, Ric & Tim

Your Friendly Abseil Committee

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 Spring issue is: Fri 11th Aug 2017

Meetings coming up in 2017:

June 19th

July 10th

August 14th

We're on the Web!

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

NEW MEMBERS

Please make them welcome when you see them on the
next activity.

Jorn Andersen

MEMBER OF THE YEAR

Awarded to the Club Member who participated in the most activi-
ties during 2016

ABDUL ZAITOUN

Congratulations!



Thaïs pre-
sented the
Award to
Abdul at
the AGM
on 13th
March
2017.

Pic by Wai-Lin

BALMAIN WALK BY SHANNON

On Sunday 26th March 2017, Cheryl led us on an afternoon walk through the streets, parks and reserves of Balmain. The majority of us had never explored this part of Sydney and were amazed at its hidden treasures. We were in awe of the buildings and homes, both old and new, and the spectacular views of the Harbour.



SNIPPETS

Compiled by Thaïs Turner

From Shannon:

- **Cherry Blossom Festival** - Visit the Auburn Botanic Gardens during mid to late August and see the spectacular Japanese Sukura (cherry blossoms) in full bloom. Visitors to the garden will be treated to a variety of performances, demonstrations and activities during the festival. Gardens are open 9am-5pm. \$5 entry fee. More info - www.auburn.nsw.gov.au
- **The Rocks Aroma Festival** - If you love coffee, this one is for you. Over 60 stalls of coffee roasters, tea, coffee machines, chocolatiers and delicious fine food. Where: The Rocks, Sydney. When: July 2017 (date to be confirmed). Free entry. www.therocks.com OR www.sydney.com
- **Archibald Prize** - The annual Archibald Prize exhibition will be held at the Art Gallery of New South Wales between the 29th July 2017 to the 22nd October 2017. \$18 adult \$16 concession. www.artgallery.nsw.gov.au
- **City to Surf** – This annual event is on Sunday 13 August this year. See many harbour-side suburbs as you run or walk the 14km to Bondi Beach.

From Thaïs:

- Adani, the company that is proposing to create a coal mine where the impacts will be felt for years on the Great Barrier Reef, has recently (2/5/17) been fined for a huge coal spill that has severely damaged some wetlands of North Queensland.
- The e-newsletters of the outdoor magazines (WILD, AG, Great Walks) continue to provide interesting reading. In a recent WILDNews (17/2/17) is an article about the reasons for, and the impacts of, less printed maps being made available, and the trend towards reliance on, and availability of, digital maps. In a recent Great Walks e-newsletter were links to articles on how to use your PLB + walking on Lord Howe Island. Also a report about a father & son who were recently rescued in Tasmania after 3 days lost on the Scott's Peak Circuit. This highlighted the need to Be Prepared / Have the skills & capabilities / Be aware of your own skills & capabilities. It is recommended that everyone should read the NSW Police Think Before You Trek information.
- Club members continue to enjoy the many rogaines on the NSWRA calendar. Teams have competed recently in the 6hr Metrogaine (Sat 25/2/17) around the Lane Cove River, and the 3hr Minigaine (Sun 9/4/17) at Cronulla. Coming up are the Autumngaine (Sat 20/5/17); Paddy Pallin Rogaine (Sun 18/6/17); and Lake Macquarie Rogaine (Sat 5/8/17). Talk to Thaïs about teams for these events or check the website www.nswrogaining.org. Also the NavShield Rogaine (Sat 24/6 & Sun 25/6/17) is being organised by Bush Search and Rescue (BSAR) (formerly known as BWRS) for emergency services personnel, Bushwalking Clubs and Rogainers, with several options available – 1 or 2 day events + various categories of entry & team size. Check the website www.bsar.org.au. Using www.bwrs.org.au will still link to the new site until all transitions and functionality are up and running.
- On a recent Biodiversity Survey weekend with the Blue Mountains Bushcare groups, we had a talk by some experts on microbats. (These ladies are also cavers and interested in bats in caves as well as in the open bush). It was suggested that we look out for an App for our devices called Bat Calls of NSW. Spotlighting at night meant that we saw some rare fauna – a yellow bellied glider and Greater gliders. Birds were also observed early morning in the Megalong Valley location and anything by our guides Carol Proberts and artist Fiona Lumsden, is of interest. Native bees were also a focus of the annual Bushcare picnic, with many people making bee hotels for native bees. There are many Bushcare groups attached to Councils in the Sydney Region including Canterbury Bankstown Council. Check out one near you.
- In the latest AG magazine there are some fascinating facts about the amount of floating space debris in orbit within 2000km of the Earth's surface. Among the facts presented, there are 5000,000 pieces bigger than a marble, which means they are trackable.
- Check out www.chrisbrayphotography.com for a free online photo course.
- If not aware already WILD magazine has been sold and is under new ownership. Good news - Sydney based paddler / bushwalker / entrepreneur Roland Handel will continue to provide a print publication, expand the adventure features, and give more Track Notes, as well as develop digital offerings.
- Blue Mountains Police Rescue are frequently responding to incidents in the Blue Mountains due to its popularity as an area for many types of outdoor adventure activities. The extreme heat of February saw 3 separate rescues on Sat Feb 4th 2017 – Megalong Valley Six Foot Track, Sublime Point Fire Trail, and Kedumba Valley. Heat exhaustion / dehydration were factors in all 3 incidents. Please stay safe while outdoors and carry adequate food, drink, shelter and clothing for the prevailing and potential conditions, and expected length of your activity.
- On March 3, 2017 a headline that struck me, having recently toured the Victorian High Country and Alpine regions, reported this news: "MT BUFFALO: PRIVATISING PORTION OF NATIONAL PARK PROPOSED. The recently released 'Vision for Mount Buffalo' document proposes the development of a skywalk, multiple new facilities and to excise land from the national park." Read more on the Parks Victoria website.



icebreaker.com
PURE MERINO



For specials,
Join the Alpsport club
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website or in store.

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