

THE BUSH CLUB NEWSLETTER



Summer 2014

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Walks Reports Spring p.

Walks Program Summer p.

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Barrington Tops NP

By Lisa McCarthy

Walkers: Lynn Dabbs, Kevin
Williams, Mark Dabbs.

It was windy and cold when we arrived in Barrington Tops NP in August and, after setting up camp, took a short walk to *Pieries Peak* using a track from the camping area upwards through open forest. We reached the first peak and descended into the small saddle before rising to the 950m summit. The rewards were immediate, outstanding views, with the wind whipping wildly through our hair. We could see our intended route for the next day's pack walk and hoped the sunny weather would hold out.

Next day we did a car shuffle and then it was straight into the Mt Royal climb to the summit at 1184m. We followed a well-trodden path through sub alpine forest and rocks before pausing prior to the little rock scramble required to gain the ridge. Once this was done, we took a breather to admire the views. From here, we entered the lush rainforest which has formed thanks to the basalt cap that adorns this peak. Vibrant green mosses covered the jumble of rocks, while the trees were adorned with long strands of trailing mosses and lichens.

Geocaching? What's that?

We picked our way along until we almost ran into the trig. Being keen geocachers, we performed the necessary tasks regarding logging trigs and entered our names in the damp logbook. (*Geocaching is an outdoor activity, in which participants use a GPS or mobile device to hide and seek containers, called geocaches or caches, anywhere in the world. A typical cache is a small waterproof container with a logbook (with pen or pencil). The geocacher enters the date they found it and signs it with their established code name. After signing, the cache must be*



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placed back exactly where the person found it).

The good track we had followed well and truly disappeared, leaving us to find our own way down the steep slope to the saddle then up the next knoll. After this, was the exhilarating traverse across a narrow, rocky, exposed ridgeline, made more exciting by high winds. As we clung to the rocks, we paused to take in the views of the Paterson and (further to the east) Allyn ranges, Mt Cabre Bald, Mt Cockcrow and distant Barrington plateau. Soon we found ourselves on the tussocky descent to the old road. We had lunch at Sneaky Pinch, where Kevin Williams was the only one to attract a leech. The forest closed in at this point with a little lawyer vine to keep it interesting. The earth was a rich chocolate colour. Higher up, we discovered a beautiful tree fern forest. From the old road, we were serenaded by lyrebirds.

Knoll hoppings

The rest of the way was a series of knoll hoppings with the exception of 250m climb to the junction of the Fal Pinnacle ridge, an extensive grassy area. Our ridge traverse continued until we reached the saddle of our campsite. This was reasonably well protected and we lost no time in collecting water from Davis Creek, establishing tent sites and getting a good fire going. After a pleasant night, we had a leisurely start before heading off pack-less to climb *Mt Cockcrow* 1398m. We dodged most of the tangled vines, admired more giant tree ferns and completed the last simple wander to the summit.

We performed our geocaching duties again and walked to the clearing where more great views awaited us, Liddell Power station, Lake St Clair etc. The icy wind sent us scurrying down to a sheltered grassy slope. We followed this to the end, as we had previously emerged from the scrub higher up.

Back at camp, we saddled up our packs and retraced our steps from the day before. We were at the ridge junction in no time and continued on a southerly approach. This ridge was open, but with many trip hazards which kept everyone on their toes. It involved ups and some steepish downs. Just before *Fal Pinnacle* we took the overgrown logging trail, which saw us leave the ridge and a more gradual descent. Eventually it was just a short walk back to the car.



Apart from its walks and wildlife, Barrington Tops was also famous for its bushland *Barrington Tops Guest House*, which was so popular you had to reserve a room at least a year in advance. It was built in



1925 by Norman McLeod, licensee of the Royal Hotel in Dungog, using timber cut and milled from the property. It stood on 26 acres of forest surrounded by National and State Parks and was so special it was opened in 1930 by Sir Earle Page then Leader of the Country Party and later Prime Minister of Australia.

It sadly burned down in 2006 due to an electrical fault. They say there are plans to rebuild. But, it's been a long time...

Marie Byles' article about a club orienteering contest, written almost 50 years ago, will still ring true to some

There were four or five men and four or five women. It is an observable fact that most women have a deplorable habit of following in the wake of the stronger sex. In order to prevent this, we put the women in one party and the men in the other, gave them a preliminary pep talk and suitable instruction, and sent them off to do the same round walk but in opposite directions.

They set forth armed with maps, compasses and directions. The women's group was given a final reminder that they must start by going up stream, and the men a final reminder that they must start by going down stream. There was a poorly defined track to assist each and make it easy for any ordinarily competent party to accomplish the walk in about forty minutes.



The women started off, and after about ten minutes sat down and started to argue with each other as to which was the correct route. They arrived back in about two hours – instead of about forty minutes – but so far as I could judge, they had followed the correct route.

The men did not need to argue with each other. They knew all about bushwalking, maps, compasses and the rest of it. They strode off manfully. We waited and waited; the women returned; they too waited and waited; and eventually insisted upon lunch. After something

over four hours, the men arrived back having started by going up stream instead of down, and eventually having found their way to a railway station and returned by train.

Marie Byles and Paddy Pallin co-founded The Bush Club in 1939.

Jim Lawler Fifty years of leading Walks

By Michael Keats



'... not 50m into the walk, and within the Otford station precinct, leader Jim stopped. Unbelievably on the side of the footpath was a brilliant coloured fungus, (Phallus rubicundus) standing erect, about 100mm high, the stem intense orange - red, the cap chocolate brown surmounted with a creamy white tip. Everything went on hold as this discovery was captured on his camera...'

It was 2005, Jim Lawler was leading a classic coastal walk in Royal NP. I was fortunate enough to be with him. For Jim, it is always the journey that is important and the discoveries revealed during that journey. Another extract from Track Notes I compiled of that walk:

'...on returning to the track, a blue flower wasp was sighted and landed briefly for closer study. In this genus the female is often without wings. The male finds her by sensing her powerful pheromones and takes her on board. Also spied in the Lomandra rushes was an orange red female ichneumoid wasp with a large projecting ovipositor pointed skywards...'

I was fortunate to interview Jim, and his wife, Pam, a few years ago.

Jim joined the club in 1965 and we gained a member (really two members, Pam accompanied Jim on almost every walk) who would contribute significantly to the quantum of walks and depth of knowledge within the club ranks. At this time, both Pam and Jim had been walking for several years so when they joined

...serious pictures so good they were 3-dimensional...

they brought extensive knowledge of bush craft, map reading, navigation, camping, first aid and, importantly, a love of the great outdoors.

Favourite walking areas for this couple are West Head, Heathcote and the Royal NPs. I probed deeper. Jim's reply was not altogether unexpected.

'There is such a rich experience to be enjoyed.'

To back his claim, out came albums of pictures. Not just casual shots of scenery. These were serious studies, pictures so good they were 3-dimensional - insects flashed their wings; birds with piercing beady eyes stared straight at you; tight buds unfurled their beauty to perfection – all straight from the page.

A classic situation occurred while we were talking. Jim was showing me a picture of an exquisite moth – maybe 10-12mm across the wings in real life, but 4x the size in the picture. It was so good individual antennae cilia could be seen. Then, as if on cue, a live specimen flew through the open door. It was tiny, yet Jim with infinite patience waited for this delicate Lepidopterid to settle and display.

In the 1960s, Jim lived in the 'bush,' just off Fullers Road, Chatswood. His

aunt and uncle operated a dairy there. He and Pam got to know each other playing tennis and at church fellowship. They married in 1963.

As Jim was a pharmacist, and working six days a week, the only time available for walking was on Sundays. Public transport was the way to get to the walk, the ritual of boiling the billy was universal and an open BBQ fire was the format for lunch. Children were always welcome.

Whilst walking close to home has been 'bread and butter walking,' Pam and Jim love camping. Jim says with real emotion:

'There is nothing like waking up in the morning to the sound of the birds trilling a welcome to the new day.'

He talked at length about the richness of his camping experiences. He spoke with passion of the early mornings, the clearing mist, the insect and bird life and the multi sensory wonder of each such event.

I came away with a better understanding of why some bushwalkers – myself included, take so many pictures – we are desperate to capture quintessential ephemera that make up the sum total of our lives. The camera unfortunately only does the visual record. The sounds, smells, tactile sensations and emotions of the moment have to be recalled.

Jim was made a Life Member in 2010. Although still a keen walker, he has decided it is time to enjoy the walks and leave the responsibilities of leading to others.



Letter to the Editor



Editor,

The Australian Immigration brochures and colour slides that caught my eye many years ago, never mentioned days of cold, wet, windy, dismal wintery weather (as Sydney recently experienced). We were offered unremitting sunshine and warmth and days on the beach. I was persuaded. To Sydney town I came.

Strolling in the Sydney suburb of Lillyfield, some 45 years later, I stumbled across a small plaque low-set in the grass. It commemorates a convict boy made good, a lad sentenced to deportation from England during 1800s by the court of Assize sitting in Evesham for stealing ten pounds.

The coincidence made me smile. I, too, come from the town of Evesham. My journey began from the railway station. Money was also transacted in bringing me here. But I *paid* the Australian Government ten pounds.

Mike Pratt

Welcome to our New Members...

Milena Lozanova, Tom Halbert, Greg Chapman, Marty Cameron, Ramon Alvarez, Harold Thompson, Lloyd Davies, Maggie Weiley, Jaeseon Song, Jennifer Hocking.

And congratulations to the following members who successfully completed a recent Leadership Training Day in Lane Cove National Park.

Barbara Fleming, Christine McColl, Jane Milgate, Paul Milgate, Lucy Morris, Vincent Murtagh, Linda Pracy, Sally Reynolds, Julian Saban, John Sharpe, Vince Smith and Phil Stacey.

And a thank you to presenters: Lynne Outhred, Carol Henderson, Bob Taffel, John Hungerford and Noeline Wallis.

But, none of this would have happened without the work and enthusiasm of coordinator, Sandra Bushell.



Beverley Purkis, former club member, *passed away peacefully after a short illness aged 90 years. Much loved sister of Enid and Marjorie (both deceased), Aunt of John and Morag, Graham, Bronwen and Tony, cousin of Brian and Mary and their families. No funeral, no flowers, no fuss. (SMH, September 6, 2014).*

Under Tributes, fellow walker, Robyn Packard wrote: *I'll always remember the lively debates.* And that's how the dwindling core of senior club members remembers Beverley, too. She was intelligent, fun to converse with and always had a point of view.

She was a great traveller and walks leader. She liked to relate how she once left Australia to travel and work in the UK and somehow managed to return to Australia as a 'ten pound Pom'. She served on the committee as assistant secretary between 1980-84 and secretary between 1988-93. She was a vocal proponent of *keeping the club small*. Bev was a cousin of Life Member, Brian Packard, who has been a club member for 56 years.

Michael Pratt

The Gardens of Stone National Park and Beyond Volume 5

By
Michael Keats and Brian Fox

Reviewed by Bob Taffel

A somewhat more modest volume than the previous one but in number of pages only. The preliminary sections of the book, including a page *About the Bush Club* are the same as, or updated from, the first four volumes and give a very comprehensive lead-in to the main subject matter, a listing of place names as well as twenty-six walks in the Ben Bullen Ranges. A read through the first part of the book will impress you that as far as the Ben Bullen Ranges area is concerned, Michael and Brian Fox, 'Have been everywhere, man'.

Guzzlers Gulch? Where's that?

One might expect that a book of place names would be a fairly dry volume but in this case, don't you believe it. The authors have meticulously detailed their descriptions of local place names and the reader will find much of great interest in the derivation and/or historical significance of the names as well as from the description of the actual physical features of each place. Who could resist names such as Minotaur Lair, Stargate Tunnel and Guzzlers Gulch? If you never get to the top of Donkey Mountain, its description, filling almost the whole page, will give you the feeling you almost made it.

In the 24 topo map sections at the start of the place names section, John Cooper, the project's map maker, has named many of the places and features listed in the book. This, along with the map and grid reference for each named place, will be a boon to future walkers in the area. A further plus is the clarity of the reproduction of the maps and this extends to the maps

for each of the walks in the second section of the book.

Twenty-six walks are detailed in Michael's usual format, ie. Maps etc; walk description and route; gear issues; comments, including the date of the walk; background notes and then track notes with the description of the walk including a

...then there's the photos...

table of times, locations and grid references. A chilling aspect of this section of the book is the number of illustrations showing the damage done to this pristine environment by the mining taking place below much of the area covered.

Those on Michael's distribution list will be familiar with the style of the walk descriptions. While some may not find it to their taste, over the years Michael has become a master of bushwalking description and the language used is his way of sharing his delight with each new or revisited walk.

Then there's the photos. The quality of this volume continues on from the previous one and possibly exceeds it in the use of photos to transform the book from merely a walker's handbook into a presentation volume that even non-walkers would delight in.

Every page has at least one high-resolution photo or map and the book is interspersed with many full page views of some of the best walking scenery anyone is ever likely to see. It is obvious great attention has been paid in the printing of the book to replicating the actual colours of the bush, something that often falls short in this type of work.

With the experience of the previous four volumes, the authors have

become expert in the field of accurate photographic reproduction.

At \$50 the book represents exceptional value and, alongside the first four volumes, should be part of every keen bushwalker's library.



Drinking fluids? Does it matter?

Some years ago, one of the club's retired Medicos wrote an article covering anything and everything we need to know about the importance of hydration. With summer around the corner and record temperatures predicted, we're publishing it again:

Water constitutes about 60% of the human body, and has two important roles:

First, is to maintain blood volume and hence cardiac output. Secondly, to regulate body temperature: as the body core temperature increases, heat is transferred from muscles to the circulating blood, and blood flow to the skin increases. In *moderate* temperatures, heat is then lost to the environment by convection, radiation and especially sweat. In *hotter* temperatures the body must also lose

heat absorbed from the external environments; and in the absence of convection and radiation must rely solely on evaporation of sweat, which must be replaced by fluids to prevent dehydration.

Twenty Australian grade cricketers were studied for fluid loss at different temperatures. At 22°C they lost an average of 540ml/hr; at 30°C they lost 700ml/hr; and at 38°C they lost 1,370ml/h. It must be remembered at high levels of activity and temperature, fluid loss will always exceed fluid replacement. That is why, in 1987, Allan Border lost 5kg during an innings of 205 runs at Adelaide Oval in temperatures up to 40°C.

So, what should we do?

During exercise, thirst is an unreliable guide for determining when to drink. Exercise reduces thirst sensation and thirst may be quenched before the body is fully rehydrated. The only truly practical way to assess adequate hydration is to weigh the individual.

Fluid loss of 1-2% of body weight is associated with thirst, discomfort and decreased appetite; between 3-4% with nausea, lethargy and decreased performance; between 5-6% with increased pulse and respiratory rates and impaired concentration; at 8% with dizziness, weakness and mental confusion; and at losses above 10-11% with heat exhaustion, heat stroke and ultimately death.

What's the best thing to drink?

The rate at which rehydration occurs is determined by the composition, volume and temperature of the replacement fluid. For any sports drink to be effective, it must leave the stomach quickly. Most sports drinks are labelled *isotonic*, which means of a similar concentration to blood. Isotonic fluids quickly empty from the stomach to the small intestine, where they are rapidly absorbed into the blood stream.

The energy value of the fluid appears to be the primary determinant of gastric emptying rate. As the energy content of the ingested fluid rises, gastric emptying slows. Many sports



Before, during and after exercise

...during sport, avoid drinks over 8% carbohydrate...

drinks contain carbohydrates in the form of glucose, fructose or a glucose polymer. Glucose solutions of less than 10% concentration appear to empty from the stomach as quickly as water. Concentrations greater than 10% may inhibit gastric emptying. Most sports drinks contain 6-8% carbohydrate, that is 6-8mgms of carbohydrate in every 100mls.

During sport, avoid drinks over 8% carbohydrate. Fructose appears to empty from the stomach relatively quickly. However, it is not absorbed from the small intestine as quickly as glucose, and large amounts may cause gastrointestinal distress and osmotic diarrhoea.

In addition to carbohydrate, many sports drinks contain minerals, such as sodium, potassium, chloride and magnesium which are added to replace losses in sweat, which are generally very small. The addition of sodium may be of benefit as it enhances fluid absorption in the small intestine. It is also believed to enhance rehydration by maintaining the thirst sensation. The level of sodium normally found in sports drinks ranges from 10-25mmol per litre. Low Sodium levels in the blood are really only a problem found in Ultra-endurance athletic events.

The answer to what *volumes* of fluids are needed is generally agreed upon. However, the figures usually published refer basically to athletes at moderate to maximal sustained effort. These are (a) 500mls 2 hours prior to exercise, (b) another 500mls 15 minutes before exercise (c) up to 150mls every 15 minutes in hot conditions, and (d) in the 6 hours post exercise another 1½ times the fluid lost, which is calculated as the change in body weight that occurs during exercise (allowing for the volume drunk while exercising) to fully rehydrate.

Older walkers may not feel thirsty

It can easily be seen, however, these volumes and calculations are quite impractical for bushwalking, and they exist merely as guidelines. The little research that does exist on bushwalking indicates walkers are often drinking significantly less than they require. It should also be noted that older walkers, for reasons not well understood, have decreased thermoregulatory function. This means they respond less well to thirst than younger athletes and hence drink less than they think they need.



As regards what *fluids* to drink, once again there is general agreement that sports drinks will improve absorption and hence performance and the amount needed for rehydration over and above water. However, this may not be of specific relevance to bushwalking,

particularly the ability to stop regularly to eat. In fact when queried on this issue, the Australian Institute of Sport replied: *provided you are consuming food regularly water is a suitable choice of fluid.*

Also the issue of sports drinks is of less importance if the exercise

**...carry variety of fluids...
water, cordial, tea, juice,
sports drink powder, soup...**

intensity is low to moderate. Research demonstrates that flavouring improves intake, especially with fluids containing sodium. For this reason if walking for several days, it would be useful to carry a variety of fluids such as water, cordial, tea, juice, sports drink powder, or soup.



The colouring (unnecessary), packaging (wasteful) and cost of sports drinks is also a consideration. Manufacturers of Powerade (Coca-Cola Amatil) were happy to acknowledge it requires 2.5 litres of water to produce 1 litre of Powerade. Cadbury-Schweppes, the manufacturers of Gatorade declined to comment.

Home made recipes? Maybe

Recipes for homemade sports drink abound on the Internet. The simplest being one squeeze of lemon, one teaspoon of sugar, one teaspoon of salt in one litre of water. But in the opinion of the author, on a cost-fuss-benefit basis, these drinks appear of marginal benefit to water, with the important exception of those specific individuals whose cramps have been aborted by their chosen drink.

John Maltby



How did Katoomba get its name?

The area was originally named William's Chimney by European settlers and, later, Collett's Swamp. In 1874 it was changed to The Crushers after the railway station that served a nearby quarry.

The name Katoomba was adopted three years later from the Aboriginal Kedumba or Katta-toon-bah meaning shining falling water or water tumbling over the hill referring to the waterfall that drops into the Jamison Valley below Harrys Amphitheatre which, in turn, was named after Harry Hammon who first built the scenic railway. It was used on weekdays to haul coal and shale and for passengers at weekends.

