

## THE BUSH CLUB NEWSLETTER



Winter 2015

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

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### CONTRIBUTIONS WELCOME

Please send anything you think will  
interest our members to  
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## Lovely Lake Rhona

By Kaye Birch

**Walkers: Kaye Birch, Trisha  
Molinari, Adele Vickers.**

Earlier this year, the three of us  
walked to Lake Rhona in the Denison  
Ranges of the South West NP,  
Tasmania. I had heard glowing reports  
and seen enticing photos of the white  
sandy shores of the lake and  
determined to go there.



**Sandy shores of Lake Rhona**

Access to the start was via a series of  
forestry roads north of Maydena to a  
lead-in track which crossed the Vale of  
Rasselas thence the main track to the  
lake. At the start, there was a logbook  
and a boot cleaning/spraying station to  
help keep phytophthora out of the area.

**A**fter 2.5kms, the wide upper  
reaches of the Gordon River  
must be forded which at times  
can be impassable due to flooding.  
But we were in luck on this sunny day,  
Trisha crossing via the very long log  
whilst Adele and I walked through the  
shallow river in our Crocs.

It didn't take too long before the mud  
started, though there are a lot muddier  
walks in Tassie and there were only  
some parts that required the skills of a

trapeze artist to avoid a muddy dunking.

As we had picked up a hire car in Hobart that morning, we decided a good camping spot on the first day would be the old Gordonvale station, a long-ago deserted farming property once owned by Ernie Bond, an osmoridium miner and bushman who had lived there for 17 years in the 30s. It was a pleasant open place with a flat grassy camping area. Of course, no fires, but the weather was warm.

Next morning it was onwards towards our objective, the lake. The track was reasonably clear, passing some single tent camping areas further along. Like most bushwalking in Tasmania, the walking itself is not straight-forward: there were deep narrow ruts in the track, and lots of prickly bush and button grass, all with the potential to cause ankle injuries.

**A**fter a strenuous climb, we looked down at the tea-tree stained waters of the lake, surrounded by huge sharded cliffs with bright, white sand around the perimeter. We initially walked beyond the hidden camping areas, which were protected from the wind behind small sand dunes. As we set up for the afternoon, the sun danced in and out of clouds but the wind became cooler so we decided to keep warm in our tents after one or two drops of rain.

Although we had planned to spend another two days climbing many of the nearby peaks and walk to the other smaller lakes, two of us had just completed an 8-day walk north of Cradle Mountain with big climbs so were rather tired, and agreed to be satisfied with a smaller climb.

There are potentially several days walking in the area: Reeds Peak, Crooked Lake, Surprise and Diamond Lakes and, for the fitter, The Spires further west.

## **Sex Offenders Register New Policy**

*The committee has deemed it necessary to establish a policy which will apply to any member who is placed on the Sex Offenders Register for offences against minors. Minors are people under the age of 18. The committee notes that existing club policy does not permit minors to be members. Minors may only go on club walks as guests of a responsible adult and with the prior agreement of the walk leader. The committee agreed on the following policy statement:*

**Any member placed on the Sex Offenders Register may not participate in club activities where minors are present. It is the responsibility of the offender to confirm that no minors will be present on any club activity the offender plans to attend. In addition to the conditions set out in this policy statement, the offender must also comply with any conditions imposed by the NSW Department of Correctional Services or other relevant authorities.**

**Should an offender wish to lead a walk or put on any other club activity that walk or event must be clearly specified to be **Contact Leader and Adults Only**. The offender must ensure that no under age guests participate in the event.**

**Should the offender wish to take part in a walk or activity led by another member, the offender must contact the leader in advance to ascertain whether a minor is expected to be present. If a minor is present the offender cannot participate.**

**Any club member who has been placed on the Register is to be advised of this policy by the president and must confirm acceptance in writing before**

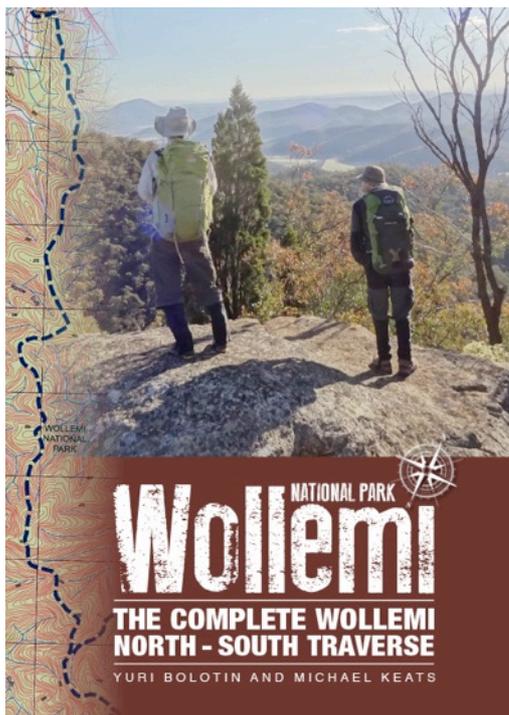
participating in any club activity of any kind.

This policy is to be passed onto Bushwalking NSW as the club's contribution to its deliberations aimed at establishing an overall policy for all clubs. We should cooperate with Bushwalking NSW in this endeavour.



**Book Review**  
**Wollemi National Park**  
**The Complete North-South**  
**Traverse**  
By Yuri Bolotin and Michael Keats

Reviewed by Bob Taffel



This book is the story of three guys, with one in support, who together undertook a crossing of the Wollemi NP from its northernmost boundary to its southern one. The success of this journey of some 280kms, mostly off-track, with a

total ascent of over 12,000m was underpinned by meticulous planning, extending over years, not months, and the bushcraft skills and fitness of those involved. The connecting thread between all the team members is a simple love of the bush.

The book consists of six main sections *About the Wollemi*, *Profiles of the Participants*, *Preparation and Planning*, *The Walk, Days 1 to 18*, *How the Traverse was Run* and a short section on *Bush Tucker* and *Bush Medicine*. Each section is loaded with excellent quality photos, there's not a page that doesn't have one or more photos, a map or tabulation of the day's walk. A remarkable photo is one of Yuri Bolotin, one of the walkers, working away on his laptop in the middle of the bush at the Blackwater Creek resupply point.

The heart of the book is the recounting of the walk. Each day is written up as though it was a day walk with a topo map at the start of the chapter and at the end, a

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...more than enough walks for the authors to continue writing for years...

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tabulation of times and way points through the day. Descriptions, backed up by relevant photos, are generous and make for fascinating reading. The section, in its entirety, would allow another person to duplicate the traverse or pick parts of it where access is possible to a start and end point. They serve as both an enticement and a caution

to those who would follow in the steps of these three adventurers. Interestingly, one of the three dropped out at the end of the second stage of the walk but this in no way deterred the remaining two from successfully continuing to the planned finishing point.

### **First in Series**

It is planned that this is the first in a series of books of walks in the Wollemi NP. The park is big enough and the terrain varied enough to provide more than enough walks for the authors to continue writing for years. If the succeeding books are as well presented and easy to read as this one they will be in demand by all who love the bush and wilderness areas. Copies available for \$48 from bookshops in the Blue Mountains or from Yuri or Michael at: [www.bushexplorers.com.au](http://www.bushexplorers.com.au)



**And for those of us not able or (let's face it) brave enough to undertake one of Yuri or Michael's walks, Freda Moxom, who did take the plunge (though not literally we are pleased to say) on a walk in the Gardens of Stone NP, gives us a taste of what we're missing:**

*We crawled along low roofed ledges that were so narrow we went at snail's pace to ensure we had traction before the next step. One miss and we would have been 200m down into the valley below.*

*Sometimes we were on our sides with our knees jutting out over the Carne Valley as we sidled along the narrow ledges hoping our packs didn't push us off. Or on our tummies using arms and elbows to drag our bodies along so we didn't overbalance.*

*Other times, we clung close to the cliff as we half crawled/half sidled along a low roofed sloping ledge hoping the loose stones would hold as we passed.*



*Yet other times, we climbed over vegetation digging deep into the ferns to grip something that would stop us toppling backwards down into the valley as we tried to negotiate our way around the obstacle.*

*All this and more only to discover that we had come to a dead end after about an hour of continuously narrow ledges. We had met a sheer cliff of two or three hundred feet.*

***We had to do it all again in reverse!***

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**The secret of life is  
honesty and fair dealing.  
If you can fake that,  
you've got it made.**

**Groucho Marx**

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*Keith Maxwell has been a supporter of the ANZAC Dawn Service at Splendour Rock in the Wild Dog Mountains for many years. Here he writes about his most recent visit*



*Plaque at Splendour Rock: 'Mates  
2/17 Aust. Inf. Bn. AIF 1939-45'*

The day before Anzac Day I bumped into other walkers in the Dunphy car park all getting ready for the walk to Splendour Rock. Heavy storms earlier in the week had passed and we had fine weather although it was not possible to keep dry feet in Carlon's Gully (the track occasionally follows the usual trickle of a creek) or when crossing Breakfast Creek before the ascent of the Black Horse Range. Water was everywhere in all the small gullies with many pools on the various tracks of the Wild Dog Mountains.

There is something special about the night before ANZAC Day. I joined others who had walked in separately and set up camp close to Splendour Rock where there was a welcome campfire and an extra feeling of camaraderie as we took in the mystical surroundings and thought about the fallen bushwalkers we had come to remember.

Among those at the camp were a number of Scouts and some secondary school students. I was disappointed I had no starters from The Bush Club. Lyn Dabbs, however, was present as a member of Sydney Bushwalkers who had a larger group than last year.

Next morning, ANZAC Day, an alarm was not needed as, soon after 5am, there was much activity with people and torches moving through the darkness.

The service began at 6am on a chilly dawn. This year we were fortunate to have a bugler. For the minutes silence we turned to the east to hear The Ode which I was given the special honour

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*...glorious bright orange ball  
in the sky...*

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of reciting. Belinda Keir who was in my walking group (and also has a strong interest in these bushwalkers who died during World War II) read the list of names.

After the service many of us kept looking east as a glorious bright orange ball lit the sky as it slowly crept up from behind Kings Tableland to mark the sunrise. After the service we returned to our camp for breakfast before breaking camp, my group walking out a different way.



Dawn Service

It is hard to ever tire of this country around the tracks on Mt Dingo, Mt Merrimerrigal and Mt Warrigal. There is a little bit of everything, passes, vegetation, overhangs, all making for an enjoyable walk. How could anyone not be moved by *The Play Ground of the Dingoes* on Mt Merrimerrigal?

**A**s we walked the Medlow Gap fire trail, the rain started after great rumblings all around us. The spots got heavy enough to need rain jackets but not for long. Imagine our surprise when we saw the extensive blanketing of hail, like snow, as we drove up out of the Megalong Valley and into Blackheath.



**Hail on the Rails: Blackheath station**

For many years, Splendour Rock stood silent on ANZAC Day. For example, in 1989 when ANZAC Day fell mid-week, Belinda and I were part of a group of only four who spent a few night hours in a cave under Mt Warrigal before the final walk to Splendour Rock and the dawn.

It wasn't until the late Jack Cummings, of the now defunct Nepean BWC, revived the service that the ANZAC Day service became popular again.

As Belinda announced, before reading the names: '...If any of these fallen did not have the Last Post sounded over

them, let that be remedied, at least symbolically here today'

*Bruce Elder, Coast & Mountain Walkers RAN*

*Kenneth Grenfell, Rucksack Club RAAF*

*Reg Hewitt, Sydney Bush Walkers AIF*

*George Loder, Trampers Club RAAF*

*James McCormack, YMCA Ramblers, RAAF*

*Gordon Mannell, Sydney Bush Walkers, RAAF*

*Mac Nichols, YMCA Ramblers, AIF*

*Arnold Ray, Coast & Mountain Walkers RAAF*

*Charles Roberts, Coast & Mountain Walkers AIF*

*Norman Saill, Sydney Bush Walkers RAAF*

*Gordon Smith, Sydney Bush Walkers AIF*

*Gordon Townsend, Coast & Mountain Walkers RAAF*

*Jack Wall, Campfire Club RAAF*

It is almost certain that other walkers who were not club members gave their lives in this conflict and they were honoured also.

Last year, on behalf of Bushwalking NSW, I put Splendour Rock on the list of NSW War Memorials. See the link below for more information -

[www.warmemorialsregister.nsw.gov.au/content/bushwalkers-war-memorial-splendour-rock](http://www.warmemorialsregister.nsw.gov.au/content/bushwalkers-war-memorial-splendour-rock)



## Letters to the Editor



Dear Editor

Private or global? My 49 year old English second cousin who lives in London found The Bush Club on the internet. He read the story that Michael Keats wrote about me, including my schoolday misdemeanours.

'Good grief,' I thought. 'Is nothing private in this world of globalisation?'

**Cynthia Brew.**



Dear Editor

Joke for the track: Do not walk behind me, for I may not lead. Do not walk ahead of me, for I may not follow. Do not walk beside me for the path is narrow. In fact, just go away and leave me alone.

**Name supplied by withheld at writer's request.**



Dear Editor

I would like to express on behalf of myself and others, appreciation to Shirley Hart and her dedicated band of helpers for the splendid *Leaders Appreciation Dinner* held at the end of last month. Also to Pamela and Colin Reid who generously hosted this event in their Beecroft home.

A railway station nearby facilitated attendance and about 80 people participated in this very pleasant event. A veritable feast of tastefully displayed donated dishes bore

testament to the wealth of culinary talent amongst us. Gatherings such as these also bear testament to the club's particular sense of community. And for those who attended, another valued chance to chat again with old friends and meet new ones.

Thank you to all concerned for a truly rewarding evening.

**Name supplied by withheld at writer's request.**



## Our Highest Mountain - Or Is It?



*John Hungerford has been checking the records and myths around iconic Mt Kosciuszko and has come up with some startling information.*

**A**s we know, Mt Kosciuszko is a mountain located in the Snowy Mountains in Kosciuszko National Park. With a height of 2,228 metres (7,310 ft) above sea level, it is the highest mountain on the Australian continent. It was named by the Polish explorer Paul Edmund Strzelecki in 1840, in honour of the Polish national hero of the American Revolutionary War, General Tadeusz Kosciuszko, because of its perceived resemblance to the Kosciuszko Mound in Krakow.

However, when John had a look at the Australian Bureau of Statistics Year Book for 1910 the picture changed:

*'Triangular measurements of heights are not available to any great degree, and the heights of mountains should be taken as approximate only. Thus, the height of Mt Kosciusko is given as 'about 7,300 feet.' Various measurements of the peak originally called by that name showed it to be slightly lower than its neighbour, Mt Townsend, and the names were thereupon transposed by the NSW Lands Department, so that Mt Kosciusko still remains the highest peak of Australia, and Mt Townsend, given by the Geodetical Survey of Victoria as 7,266 feet, ranks as second. Officially the height of Mt Kosciusko is now stated as 7,328 feet.'*

### He then checked Wikipedia:

*The names of Mt Townsend and Mt Kosciuszko were originally attached to the other mountains. Measurements of the peaks originally called by those names showed Kosciuszko to be slightly lower than its neighbour, and rather than re-educating the populace that the highest mountain was Mt Townsend, the names were transposed by the NSW Lands Department, so that Mt Kosciuszko was renamed Townsend and vice-versa.*



## An Old Dog Learns New Tricks

By Henrike Körner

I have always been squeamish about blood, even fainting when I injured myself or when others got injured. However, accidents can and do happen, and I have experienced on several occasions fellow bushwalkers getting injured. So when the program recently listed a first aid course



I decided to face my demons and sign up. I waited till the last day, hoping there would be no places left but no such luck. I couldn't get out of it.

There were two components to the course: pre-course reading covering the theory, and a one-day practical session. The pre-course reading, done on-line, consists of 30 modules covering conditions from abdominal and pelvic injuries to wounds and bleeding. Each module typically consisted of a definition of the condition, its causes, symptoms, and how to manage it. Some of these conditions would quite typically occur on bushwalks (eg snake bite, fractures, hypothermia and hyperthermia). However, we could also have to manage an asthma attack, choking, allergic reaction or diabetic emergency. At the end of each module there were multiple choice questions to test our knowledge. And finally, a total assessment also consisting of multiple choice questions. The pass mark required was 80 percent.

The practical day was exactly that: hands-on and practical. We were a

small group of eight (five of the eight participants were from The Bush Club). We learned about the chain of survival; how to perform cardiopulmonary resuscitation (CPR), first individually and then in relays; how to use a defibrillator while performing CPR; how to place an unconscious person in the recovery position; we practised using various

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## snake bites, fractures, asthma...

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bandages to control bleeding, how to immobilize a fractured limb and how to manage a person with snake bite. We practised using epipens to manage anaphylaxis and inhalers to manage an asthma attack. Once we had mastered these skills we were given scenarios and in small groups had to identify the problem and apply the appropriate measures. Our practical skills were assessed by the trainer throughout the day. At the end of the day there was another exam consisting of 35 multiple choice questions.



**A** few useful comments by the trainer:  
Firstly, some conditions such as heat exhaustion or a diabetic emergency are best managed by preventing them, for example, by sufficient and timely drink and rest stops. It would also be helpful if walkers who have a condition that requires management informed the leader before the walk.

Secondly, each walker should carry a first aid kit in a plastic zip lock bag,

consisting of a minimum of one triangular bandage, one crepe bandage, a pair of latex gloves, and waterproof dressing. Even if you don't know how to use them, if someone gets injured several bandages and dressings may be needed.

*The course is held twice a year, in May and in November. Look out for it in the program.*



## Man of Faith and Commitment

By Vince Murtagh

*The late Father Frank Bendeich was not widely known to bushwalkers outside the Catholic Bushwalking Club (CBC), but as a very active walker he had a huge impact on hundreds of that club's members.*



*The Late Father Bendeich*

He realized CBC should move closer to other walking clubs and was one of the movers that brought CBC into the Federation of Bushwalking Clubs (sadly, this was reversed by a decision in later times). He saw nothing unusual in a priest encouraging CBC to admit members with different religious beliefs and was pleased when that barrier was removed from CBC's constitution.

In the late 1960s he was a part of the *Yahs*, an adventurous and slightly rebellious group within CBC in one of its turbulent phases. He had good company: **Bob Buck, Wilf Hilder** and

other strong walkers who were venturing into new walking areas which are now included in Wollemi NP. Flowing from their bushwalking, they realised the need for conservation of those unprotected areas and worked actively in those battles.

**B**ecause of his profession as a priest, much of Father Frank's walking was limited to Mondays, the 'day off' for priests. Many of those walks were exploratory and challenging, including locating old passes in the Blue Mountains. He freely admitted he found some of these walks terrifying but was happy to assist all enquirers. His friends remember how he would drive himself, often to the point of cramps and exhaustion on hard walks, yet he always found time to share his knowledge and encourage other walkers to extend themselves. The Bushwalk Australia forum mentions how he placed a number of log books in some rarely visited places.

Cruelly, in the early years of the 2000s Parkinson's Disease overtook his bushwalking desires and in 2005 he wrote in a logbook near Lockley's Pylon: *My era of exploration is ending. May others continue to recover the past, consolidate the present and discover the future.* Ave, atque vale (hail and farewell).



## Welcome to our new members

David Cockerell, Meni Theodoropoulos, Margaret Tayar, Grace Love, Andrew Hamill, Margaret Anderson, Geoffrey Bridger, Peter Sullivan, Anthony Collins, Mary Joyce, Virginia Riley.



## Coming to Your Letterbox Soon



**O**ur 75<sup>th</sup> anniversary book *The Bush Club 75 Years Old and Still Walking* was launched recently at what could modestly be called a 'gala' function at the home of Colin Reid and his wife, Pamela, who provided a 5-star venue and hospitality to match.

The event was the annual thank-you for new and existing leaders who had put on a walk in the last 12 months. Some 80 leaders and partners attended - all bearing plates of food.

Dexter Dunphy, son of bushwalking legend Myles Dunphy launched the book with an interesting and touching account of his life and his family's commitment to conservation. He finished with a poem he'd written about memories of walks he'd been on with his father. There was hardly a dry eye.

**Shirley Hart** and others did a sterling job of organisation, serving the lavish food and generally being everywhere at all times.

*The editorial committee who worked on the book were: Bob Taffel, Lynne Outhred, Michael Keats, Barry Hanlon, Judy O'Connor and John Wilson.*

A copy of the publication will be mailed to members.

## Fifteen minutes of Fame

We hope **John Hungerford** gets his share of the commission from real estate agents Century 21 when they cash in on house sales in Killara.

John was leading a walk along the Great North Road recently when the estate agent's cameras spotted him and his group having a break in Fiddens Wharf oval.

The agents were filming an advertisement on the splendours of Killara real estate and before he knew it, John had a microphone in front of him and he was doing his own bit of promoting – this time for The Bush Club and all its benefits. Wow. What a star.

*For those who haven't seen it, check out UTube (Killara's hidden gems).*



### Heard on the Track (1974 or thereabouts)

**Pearl Gillott** was at the rear and a little distance behind our party as we back-packed along the Cox's River. Suddenly a splash and a shout and Pearl had fallen in.

We dropped our rucksacks and rushed back but whilst still immersed, weighed down by her pack, sitting chest-deep in chilly water and before we could lift her out, Pearl was loudly admonished by Barbara Guest saying:

'Pearl, if you can't keep up you shouldn't come!'



**Michael Pratt**

## Yes, You Can By John Hungerford

**O**ur walk leaders make a big commitment when they put on walks as a lot of time and energy is spent in preparation. They also have a big responsibility caring for the safety of the group. While they may occasionally be (unjustly) criticised, all most want is for participants to enjoy themselves.

So how can each of us acknowledge their value? They don't ask for recognition but it should be given by the participants. Leaders feel they have done a good job when a simple 'thank you, it's been a great day', is said to them. Those few words cost nothing but a leader is grateful. It's their reward.

**H**owever, the best way to give thanks is to lead a walk yourself. In a mutually co-operating club everyone should contribute. Some do this by being on the committee or accepting an appointed position. Others contribute by helping at functions or when asked to carry out a particular task. Others contribute by being leaders.

Why not give it a try? If there are no Walk leaders there are no walks. And the more walks on the program, the better for everyone.

For information and assistance contact John:

[john.hungerford@optusnet.com.au](mailto:john.hungerford@optusnet.com.au)

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**In waking a tiger, use a  
long stick.  
Mao Tse-tung**

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