

THE BUSH CLUB NEWSLETTER



Autumn 2010

www.bushclub.org.au

Walks Program Autumn 2010 p.
Walks Reports Summer 2009 p. 13

WALKS SUBMISSIONS

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Walk submissions for the newsletter

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THIS ISSUE

Much of this issue comprises reports of walks undertaken by our members. Four separate groups have walked all or part of the Camino, Lee Owens and Alison Harvie in September/October 2007, Bev Barnett in 2007, Ron & Edith McNally and also John & Elizabeth Hungerford in May/June 2009 about a week apart. The walk is an extremely popular one so I have included the three different perspectives as the focus of this issue.

The other report is Section 12 of Maureen's meander to Melbourne. The walk sounds wonderful- think about joining a section.

All members need to read the article on Bush Club Insurance. Finally, DIY walks – everyone should think about putting on a walk and this article is designed to give you a starting point.

THREE PERSPECTIVES OF THE CAMINO DE SANTIAGO



Lee Owens

In September 2007 I became a Pilgrim, joining a group of friends in the French Pays Basque. For three weeks we walked the historic Camino Santiago de Compostela — up and over the Pyrenees, descent into Basque Spain, and along to Burgos. Not challenging on the mediaeval scale, but nonetheless a time of privation (camembert just once a day, sigh), endurance (15-20km a day), and reflection (on the journeys of life, and mortality). It was delightful to receive the traditional courtesies accorded to those who have worn the scallop shell of the Pilgrim on their backpack for some ten centuries across northern Spain, and as well, to revive el Espanol from Southern California usage all those years ago. In all, we walked 250km, about 1/3 of the track; more undoubtedly, another time.

We continued the journey by van, and eventually the pilgrims arrived in Santiago, and St Jacques spoke, “Let foot massage be created”—and the peregrinos were in awe; and a souvenir seller appeared, and St Jacques spoke again, “Let there be multitudes”—and behold, without end. Amazing bloke, that saint.

Buen Camino, Peregrinos!

Ron and Edith McNally

Our 800km Camino began in St Jean Pied a Port in early spring (late April) and took us over the snowy Pyrenees and past a parade of beautiful villages in a busy and productive rural background. This report is compiled from our email journal with home.

We have just spent the day walking through rain and wind and arrived at a Hostal, built by an experienced Camino walker and so, unlike some, it meets our every need, including the Internet. Our rooms are fantastic and even provide a bathroom with modern plumbing. Some of the plumbing in Spain has been really strange and does not inspire confidence.

Over the past week we have walked through what must be the food bowl of Spain. Intense greens are the dominant feature of the spectacular landscape, with no fences, powerlines, animals or dwellings to break the vista. Because we travel so slowly even the birds don't take much notice of us. The bird song is loud, beautiful and everywhere.

In Spain, we all remain amazed and bemused by the extent to which the locals breakout when anything upsets them. One rest day on a bus to the Guggenheim museum, an extra stop seemed to unleash World War III. Yelling and shouting was triggered by what appeared to us to be a small issue. However, when we are not the cause of the problem, it is good entertainment.

We have gradually adjusted to Spanish days; most churches, museums and shops open about 10am, close about 1 to 2pm for siesta, reopening (sometimes) about 4-5pm for a few hours. Spanish lunches are usually 2-4:30 pm and dinners 8pm (but could be as late as 9:30pm). The best choice is their menu of the day (or Pilgrim's menu)—limited but reasonable choices for 1st plate (entree), 2nd plate (main course), dessert and usually including bread, water and wine. All for 10 Euros (\$20) or less!

For example, yesterday after walking to our destination, for lunch Ron had a large paella with lots of shellfish, then grilled chicken and chips, and finally chocolate covered ice cream with toffee. Edith had a mixed salad (Spanish salads have lots of extras in them),

then slow cooked lamb and chips, followed by ice cream. This menu did not include wine but was 8 Euros! Today, Ron had pasta and spaghetti, and then slow cooked (melt in your mouth) lamb with extras, and yes of course, chips, ending with a multi-layered tart. We shared bread, 2 bottles of water & a full bottle of red wine—all for 9 Euros! You now understand why a siesta is "needed" afterwards. Of course, if we have a full meal at lunch, we do restrain ourselves at dinner!



We continue to make great progress and have less than 200km to go. The last four days have been very challenging; two of them involved a 38km climb over the second mountain range on our journey. The landscape was to die for. The mountains and snow line were visible for days. The flowers on the mountain are what I imagine the Garden of Eden to have been like—a thick carpet of dense, vibrantly coloured flowers. On several occasions I wondered whose idea the “distance of the day” had been, but really, it was fantastic. We are on the other side of the range now and getting ready for the third and last of the mountains in two days time.

I have now discovered toe dividers. I can't imagine how I have lived so long without knowing of the existence and joys of toe dividers. My poor little toes were in a sad and sorry state but are now on the road to recovery thanks to these wonderful silicon devices. Life is full of exciting insights.

We have met all sorts of interesting people including two Irish sisters-in-law who abandoned their husbands to walk the Camino. One is 75 and the other is 71. They hate hills and heat, so ordered a taxi to take them 7km over a hill and again several days later to go 40km past a flat, hot section.

Often we found them having a wee dram late at night telling stories as funny as a circus.

The heritage stories are also fascinating. The very early pilgrims used to go in bare feet and everyone was meant to carry a rock to Santiago to add to the construction of the cathedral. This tradition has been maintained and there is a mountain of stones from around the world. Two days ago we walked through a tiny village of about 10 people, started by an 11th century hermit. The many pilgrims who died in the snow as they attempted to cross the mountains distressed him, so he built a hospital and refugio from local stone, as well as putting out hundreds of marker poles to show the track in winter snows. He didn't really like people but he spent his life helping strangers. Nice, isn't it?

Today was the best day yet. We walked 23km through cherry trees in full fruit available for picking. I ate my way through a most delicious day.

We are now in Galicia, the fourth and final region, and also the wettest region in Spain. We do miss the lovely social gatherings in central plazas in the late afternoon but this aspect of Spanish life seems to have drifted away with the warm climate.

We came down off the mountains after four days of extreme rain and intense cold. We had all our layers on for the first time in the entire trip. In the highest village they still had some really old traditional homes, which were large, and roundish with very thick, thatched roofs. When it wasn't raining the houses looked like they were going up in smoke because of steam from the thatch. The heavy rains make the entire landscape intensely green. Anything motionless, especially the drystone walls, is covered in thick layers of moss.

Galician food is interesting with thick tasty breads and great soups. Ron enjoyed them immensely on the cold wet days BUT is now at the stage of having had too many lentils and chickpeas!

Now we are on the last stretch. Recently we spent an evening with two Belgium pilgrims who are accompanied by their horses. If organising the Camino was challenging for us, it was doubly so for them. They had to

find accommodation and food for the horses each day. When I asked if the horses could just eat grass, the owners were horrified and explained that the trip is difficult for horses, which need nourishing food to cope.

Hoorah, at last we have made it! After 40 wonderful days of walking and 7 even better rest days being a tourist in some very special places, we reached Santiago de Compostella where we felt honoured to receive our certificate of completion (Compostella). We finished our pilgrimage by attending the pilgrim's mass at the cathedral. Other churches and cathedrals had seemed elaborate, but they paled into insignificance compared to Santiago's. Only cathedrals in Leon and Burgos compare to the Santiago de Compostella Cathedral in grandeur and ornateness. A botafumeiro (incense burner) the size of a 44-gallon drum was lit and swung so high that it reached the ceiling, truly magnificent!

This last phase was very emotional and uplifting for us as the entire cathedral was full, with only standing room left. We met many people whom we had befriended on the track. The traditional "greeting of peace" was warm and enthusiastic. The service itself was grand and presided over by 12 priests in splendid red and white robes (to symbolise the apostles). The main altar is a huge gold, statue-filled edifice with a base and canopy held up by six gigantic angels! A nun with the most stunning voice sang the liturgy and the pipe organ enriched the atmosphere with a blast that reverberated through the cathedral. It was a fantastic blessing for everyone, Christian and non-Christian.

The end of this pilgrimage has reminded us that the end is really only a new beginning as we go on finding out who we are and enjoying the life we lead.



John and Elizabeth Hungerford

John and Elizabeth walked from St Jean Pied de Port in France to Santiago de Compostela in Spain, taking 50 days to walk some 810km. We averaged 16km/day and thankfully didn't suffer any blisters. Many pilgrims walk the Camino in 34 days but we wanted to appreciate it for longer, spend time in each town or village and to minimize wear and tear on our bodies.

There are towns/villages every 6-10km where one can stay inexpensively in pilgrim accommodation or at hostales (where you have your own bedroom, usually with facilities, for about 30 euro for two). Food is inexpensive as a menu del dia is about 8 euro. A courier service will, for a fee of 3-7 euro, transport your pack to your next destination. Elizabeth used this service for four days after she was ill.

Many of the towns only survive because of the pilgrims. We were very lucky as the weather was never too hot and we only had heavy rain or showers on a few days. We hadn't taken rain pants so we bought garbage bags and pinned them over our legs one rainy day.



When we finally reached Santiago we had our Credencial (Pilgrim Passport) stamped and received our Compostela. After that John

walked the extra 90km from Santiago to Finisterre (the end of the earth) – over three days and received yet another Compostela.

Typical day

At most albergues you were up at 7am to dress and pack. Breakfast and walk until about 10 am then stop for a nibble. Almost always other pilgrims stopped also so we would chat to them. Walk till about noon or 1pm and stop for lunch. After lunch walk for another hour or so and book into an albergue for a shower, change of clothes and perhaps washing, then a siesta - John for an hour and Elizabeth for two hours. After siesta we would go for a wander about the village looking at what it had to offer and checking out the dinner options. Prices were quite similar but the opening hours varied. A few times we had a choice of a couple of cafes and bars but sometimes there was no choice, just one option. Back to the albergue and into bed by 10 pm.

Track

The track varied a lot. It could be a single bush track, sometimes wide enough for two and sometimes like a fire-trail. Sometimes the track was very difficult with huge, uneven stones; at other times it was a senda (crushed stone/earthen track) beside the local road. There were quiet roads and not so quiet roads, and at times the track was muddy with many puddles. No streams to wade through as there were stepping stones or bridges. Up and down for long stretches as we climbed from 100m (St Jean Pied de Port); 950m (Roncesvalles), 450m (Pamplona); 1,505m (La Cruz de Ferro); 610m (Molinaseca); 1,310m (O'Cebreiro); 330m (Portomarin); 720m (Sierra Ligonde); 260m (Santiago de Compostela).

The scenery was always attractive. We particularly liked the high country. We saw many storks in nests on top of church towers and light poles in certain areas. At other places we saw palomas (dovecotes) and horreos (for drying corn). There were many dogs that barked aggressively but few sheep, horses or cows as they were all still mostly in the barns. Although pork was always on the menu we saw few pigs.

Albergues/Refugios

We always stayed in refugios/albergues – pilgrim-only accommodation where we had our pilgrim passports stamped on arrival. There were three types; municipal ones owned/run by the town, which cost between 3 and 9 euros per person; Paroquia ones run by the church (payment by donativo) and Privado ones (cost slightly higher than municipal ones). A few albergues had rooms with 2 beds but most had dormitories of between 4 and 64 double bunks. Blankets and pillows were sometimes provided. Showers/toilets could be mixed or separate male/female. A few had a kitchen where you could cook your meal but we only did this twice. Several albergues in Galicia had excellent kitchens but no pots/pans/plates or utensils! Larger albergues are open all the time but most open during the afternoon.

We were concerned at Rabanal as we were 18 and 19 in the queue and there were only 20 beds. At Roncesvalles there was one huge room with 64 double bunks and only 2 toilets and 2 showers for each sex. Surprisingly there was minimal snoring and no significant toilet queues. At Burgos we stayed in the small paroquia albergue above a small chapel. That was the only place where we were aware of any thieving. A strange local came into the dormitory and took a pair of boots but luckily he was seen and the boots were retrieved. San Bol was a challenge with no electricity, no toilet, no showers, and no running water! Outside there was a spring that produced piped water into a swimming pool. Monte Gozo was the largest, taking about 2,800 pilgrims. It is a large complex with about 30 huts like army barracks. Each hut has about 12 rooms (4 double bunks) and two amenities rooms for each sex.

Towns

These included large cities like Pamplona, Burgos and Leon, medium sized towns and some very quiet villages where the only commercial activity was the albergue and perhaps a bar. During Easter we saw three religious pageants, Palm Sunday, Good Friday and Easter Sunday. Each had long parades where huge religious floats were carried on the shoulders of up to 30 men who

only walked for about 10m before stopping for a rest. When the drummer signalled they would lift the float and walk slowly again. Many were in coloured costumes with peaked hats and eye slits. We wondered why so few were watching the night parade in Los Arcos – then we realised nearly all the locals were in the parade – children included.



People

Walkers were mostly Spanish, as well as many German and French pilgrims. In addition, there were British, Dutch, Scandinavian, Polish, a few Aussies and four Kiwis, but very few Asians and North Americans. Some were in their 20s, many in their 50-60s and a lot in their 70s. We did meet an American couple who were walking the last hilly section (he was 81 and she was of similar age). They had ridden bicycles to that point the previous year! We also met several repeat offenders—walking the Camino for the second or third time. Some start from Germany or Holland!

Observations

- Spanish women speak very loudly.
- Top and bottom bunks make it easy to hang out clothing on the ends of the bunks.

- There are three main guidebooks for the Camino – English, French and German. Distances and number of beds in albergues differ in these guides so you can never be certain about anything.
- The Spanish don't advertise much. If you walk past a doorway and hear muffled voices – on opening the door there can be a bustling bar inside. If a shop is closed you can't be sure when it will reopen.
- Quite a few cyclists ride the Camino but it's harder to interact with them.
- There were a few strange people walking the Camino to resolve issues.
- We saw sore feet daily and a few pilgrims retired hurt.
- No decisions. Shower, put on clothes, sleep, put on other set of clothes, every three days or so wash clothes.
- The Camino is well marked by yellow arrows or stone pillars with the scallop shell and an arrow. However, we did lose the track a few times when we left early in the dark.
- Guidebooks offer alternative routes along the Camino.
- If there was something of interest off the track there would be a sign saying 10m but it could be anything up to 1km!
- There are a plethora of statues of St James– in churches, outside churches or elsewhere.
- Total cost for us was about 25 euros per person per day.

CONTRIBUTIONS WELCOME

Thank you to all who send in articles or are pressured to write articles! Please send anything you think will interest our members to Lynne Outhred
lynneouthred@gmail.com or

106 Chapman Ave, Beecroft NSW 2119

NOT 75 YEARS ALREADY!

By Michael Keats

On 19th September 2014 the Bush Club will celebrate 75 years of bushwalking. As an adjunct to the celebrations the committee has sanctioned the production of a text about members who have had an impact on the Club's growth and development.

The series of interviews that have appeared in the Newsletter over the last few years will form the basis of the text. In addition, stories and interviews are planned with other members whom you, the readers and fellow members, believe are worthy of inclusion. Steve Murray will undertake sketches and drawings. This article is an appeal to you to nominate a member (or members) whom you feel should be interviewed. You can nominate yourself. Nominations are confidential. If a former member is now bushwalking in Nirvana any papers, photographs, letters, poems, stories or obituaries that could be written as a story would be welcome.

The following list of members have already been interviewed: Pearl Gillott, Neil Schafer, Wilf Hilder, Graham Conden, Ruth Milton and Marie Byles, Pam Organ, Bill and Marion Woof, Mike Pratt, Zol Bodlay, Trude Kallir, Pam and Jim Lawler, Dave Dash, Bill Macks, Alan Mewett, Brian Corlis and George Daniel. Although 5 years sounds a long way into the future, final articles need to be completed by April 2014 for the book to be produced and launched as part of the 75th celebrations. I do hope you will contact me so that the club can honour those members who have made our club the great organisation it is.

All materials loaned will be returned after copying. Each written interview is subject to final approval of interviewee or authorised representative.

For information re submitting nominations or forwarding materials, contact Michael Keats, 33 Livingstone Avenue Pymble, NSW 2073, telephone (02) 9144 2096, facsimile (02) 91442096, or email mjmkeats@easy.com.au

MMM STAGE 12

23, 24 & 25 OCTOBER 2009:
Minnamurra to Shoalhaven Heads

By Maureen Carter

This stage was held out of order to allow for the completion by Kiama Council of the track along the coast from Kiama Heights to Werri Beach.

Minnamurra to Kiama Heights

David and I were joined by Ian Edwards and Eric Easterbrook from the Bush Club together with Eric's cousin Tony Duffy who is new to bushwalking. Did we have a treat for him?

We met at the railway station and whilst not able to skirt the water line at first due to houses built over it we did stay very close to the crashing waves for most of the three days. In glorious sunshine we climbed the first of many green headlands with views up and down the coast including becoming reacquainted with Rangoon Island, which we last saw when we concluded our Shellharbour to Minnamurra section on 4 February 2009.

It took some time to walk along Jones Beach to Cathedral Rocks and we photographed the triangular shaped rock, which appears on all the Kiama tourist information together with the obligatory cormorant on the rock. David and I did our usual cliff climbing but our prospective member Tony assured me that not everyone is comfortable with vertical ascents and he found many alternatives over the weekend for himself and others. I felt bad when I realised that he had cut himself and suffered abrasions at one stage but he was too kind to complain about the leader.

We reached the interesting Boneyard near Bombo Headland and detoured for more coastline photographs including rock shelves and natural pools. At last I walked Bombo Beach after over forty years of driving parallel to it along the highway. A little more rock hopping brought us to Kiama Harbour where we had lunch with a view of the lighthouse, fishing boats and the inevitable pelicans searching for fishy scraps. Next we visited the famous Blowhole with its over-

engineered safety fences and many warning notices, which were erected after a family tragedy where several young people met their death.



We marvelled at the cricket/football field with its wonderful views before farewelling Ian at the train station and enjoying a cup of tea in a nearby fish café. I was still tired from a long hilly bike ride in the Berowra Waters/Galston Gorge area the day before and needed the caffeine. We crossed the little Surf Beach and Kendalls Beach then, following some easy rock walking and with comfortable grass underfoot, we came to the Little Blowhole, which tends to 'blow' far more frequently than its big brother around the corner. Interpretive signs helped us understand this coastal phenomenon.

We finished our 14km for the day by crossing Easts Beach with its dozens of cabins scarring the southern hillside where our friend Lexie Wheeler lives. Fortunately she does not have a view of them, just a blue sea, golden beach and rocky shoreline below the houses on the northern side of the bay. We met Jan Roberts there, another Bush Club and SBW member and in due course Lexie welcomed us to stay in her home, whilst the two remaining men drove up Saddleback Mountain to stay the night with Peter and Maree whom Eric had met while voluntarily erecting fences in the Victorian communities which were devastated by bushfires in February.

Kiama South to Gerroa

Another sparkling day with fourteen walkers keen to discover the long awaited walking path which Lexie, as a member of Kiama Council, was involved with although she

gave the credit to Peter Stucky. The group consisted of Bush Club members Eric Easterbrook, Garry Brown, Jan Roberts, Zol and Sarah Bodlay; SBW members David Trinder and Melinda Turner; and visitors Lexie Wheeler, Peter and Maree Bent, Tony Duffy and Sally Easterbrook as well as David and I.

Kiama Council acquired a wide strip of land which formerly contained signs warning us trespassers to keep out or else and even though it was only opened on 11 October people of all ages and sizes were enjoying it alongside us. We began the walk from the bottom of Attunga Avenue and traversed a green swathe in front of houses with spectacular views, but the official start is at the end of Kalang Street at Loves Bay. The track is easily walked, as it is level, without hazards, undulating and mostly grassed over. Along its 6km length are interpretive signs regarding the geology and history of the local area. It skirts the railway line in places and that encouraged me to plan a summer Club trip arriving in Gerringong by train, enjoying the water views along the way and then walking back to Kiama to catch the train home with plenty of swimming en route.

We stopped for morning tea at one of the most attractive features of the walk, which was a dyke with a boiling sea racing along it and wetting some of us in the process. We poked around some of the original forest but no cedars remain on the Illawarra coastline now as the trees were all removed to provide dairy country. Cameras clicked on views of the rugged coastline with the sea crashing on the rocks, which the path avoids in order to deliver walkers safely to Werri Beach with its soft sand that takes time to walk along.

At the southern end of Werri Beach we climbed the steep hillside to the whale viewing platform and the cemetery before descending to Gerringong Harbour and lunch at the picnic area with excellent facilities and a rock pool. The afternoon involved more rock platforms and a spectacular dead end where the water raged against the rocks in front of us, so it was up and over the headlands towards Gerroa Golf Course. In the process we slid under several barbed wire fences and a couple of electric ones too being

keenly observed by the curious cattle as we briefly joined them.



At the tee for the 4th hole we kept quiet to avoid putting the golfers off their stroke then we skirted the golf course and crossed Walkers Beach before heading back to the green hills to avoid more challenging rocks. We carefully crossed the last fence to Shelley Beach and it was good to see there were no nasty warning signs all the way to Gerroa's Shelley Beach. From there we waded around the rocks of Black Head and completed our 17kms for the day with tea/coffee and cakes at a café near where the cars were left. The group also enjoyed a meal at the Gerroa Fishermen's Club in the evening whilst watching the sun setting over the Illawarra Escarpment and wondering about the next day's walking as we looked at what seemed to be a never ending Seven Mile Beach below us.

Gerroa to Shoalhaven Heads

We were greeted by a grey third day and were not disappointed as the sun on the previous two days had been rather energy sapping. Our group of nine walkers consisted of Lexie, Jan, Eric, Tony, David, Melinda and David and I from yesterday as well as Pat Bell who is a Bush Club member.

Rain was forecast so we began the walk expecting the worst and were pleasantly surprised to find that there were torrential rainfalls at both ends of our walks but, somehow, we managed to escape with only a few spots on us which did not require the donning of raincoats, although jumpers were welcomed. We crossed the Crooked River to Seven Mile Beach where Charles Kingsford-Smith took off in his early model aeroplane

and I was determined to deviate through the bush to relieve the perceived boredom of beach walking for some people. We were not disappointed as we soon found a track through Seven Mile Beach National Park that took us to the Beach Road picnic area that is at the intersection with the road to Berry. It is sad to see the bush riddled with lantana but it is obvious that attempts have been made to eradicate it even though the bare branches remain.



At the well-appointed morning tea spot we watched a young couple go through a ritual where they spelled out the name Juni in *banksia serrata* cones. Were they commemorating a favourite deceased pet or even grandma? We will never know. We found our next passage through the bushland to be more interesting as at last the burrawangs appeared in large numbers and what a sight they were as their dark green palm leaves contrasted with the gum leaves above them.

Back on the beach it was far from boring as our eyes remained focussed on the sea as a couple of pods of humpback whales frolicked their way on their journey south to their summer homes. Some of us scored sausage sandwiches at the Shoalhaven Heads Surf Club (sans onions) to supplement our bushwalkers' lunches then we entered the bush for the last time in this trilogy of walks to exit at the Shoalhaven River which hosts the Shoalhaven Heads International and Domestic Airports. The signs dotted around a very pretty park alongside the river use humour to describe the arrival of migratory birds to breed or just rest on their journeys. I stopped our 12km walk there as David and I had previously walked to the end of

Comerong Island, which is easily done as the Shoalhaven River no longer exits there thanks to Mr Berry's canal.

As the heavens opened on the car trip home I felt very satisfied that we had completed Stage 12 at last; that so many people enjoyed the variety of walking conditions that the coastline provided. I felt satisfied at how well the walks went which gives me the confidence for organising the many more days of walking that remain on this fascinating journey.

BUSH CLUB INSURANCE POLICIES

By Trevor Brown

The Bush Club has two insurance policies, a Public Liability policy and a Personal Accident policy.

The **Public Liability** policy is in place to provide some financial protection to the entity *The Bush Club Inc*, including its leaders, members, prospective members and guests who may find themselves facing legal action in relation to the duty of care when reasonably managing risks and notifying participants of the risks associated with a Bush Club activity.

The **Personal Accident** policy is in place to insure members, prospective members and guests who suffer a loss during, on the way to or from, a club activity. A claimant against the Personal Accident policy may seek compensation for a financial loss (eg certain medical and physiotherapy expenses, medical evacuation costs etc) and/or a physical loss (eg loss of limbs, eyesight etc, or loss of life).

Members should be aware that initially claims for reimbursement should be made to Medicare (if appropriate), private health insurance (if cover is in place), and Compulsory Third Party Personal Injury Insurance, aka CTP Greenslip Insurance (if appropriate), before claiming against the club's Personal Accident insurance policy.

If an incident or accident occurs on a Bush Club activity the procedure is:

- notify the leader;
- the leader will report the incident on the Walk Report form;

- the Data Base Manager (currently Ron Mead) will notify the Insurance Officer (currently Trevor Brown);
- the Insurance Officer, in conjunction with the Confederation Insurance Officer (currently Peter Hart) will provide the injured party with a form to notify the insurance broker. This notification should be submitted as soon as practical.

However if an injury is sustained the important action is to notify the leader on the day.

If the injury is such that you may need to make a claim then submit completed claim forms as soon as possible to enable the claim to be assessed.

KELLY'S BOOKS

Kelly Rees was a strong and keen bushwalker, enjoying many overnight walks with the Bush Club. She died unexpectedly earlier this year. Her sister has sent us some of Kelly's books, which she thought might be useful to Bush Club members.

If anyone would like to borrow any of these for planning walks, please contact Jacqui Hickson hicksonj@bigpond.net.au or phone 94192546.

Walking in Australia. Lonely Planet 2001

Coast to Coast Walk Northern England (St Bees to Robin Hood's Bay). Cicerone 2004

Coast to Coast Walk Northern England (St Bees to Robin Hood's Bay). Trailblazer 2004

Guide to the Bibbulmun Track Southern Half. Department of Conservation & Land Management

Paddy Pallin's Bushwalking & Camping: handbook of outdoor adventure in Australia

Walking in Britain. Lonely Planet

The Colo Wilderness. Anthony Dunk

Bushwalking in the Budawangs. Ron Doughton

Co-leader Scheme: if you would like a co-leader for a walk contact

Mike Pratt

Phone: 9588 2894 (7:30 -8:30pm)

Email: kimichi@bigpond.com

DO IT YOURSELF!

Not enough activities on the program to suit your preferred walking style? Then take one of the clubs DIY walks

By Trevor Brown

In its ongoing quest to encourage more members to become involved in leadership your committee has "seeded" the Autumn program with three DIY walks, that is, three walks which have been planned and structured but now need **you** to put your hand up and nurture one of them through to fruition.

Each walk has been selected because the route is well documented, public transport is available, and they are all in the local Sydney area. All that is needed is for **you** to select a walk, find a date that fits your calendar, and contact Trevor Brown to firm up details of when, where and how long the walk will be, and seek advice on how to plan the day.

For April we are suggesting that you submit a walk on a section of the Sydney Coast & Harbour Walking Routes, either in the Eastern Suburbs, the Northern Beaches or the Harbour Foreshore. Brochures containing easy to read maps (you won't need a topographic map), public transport routes and suggested walking routes and times are available. Ask Trevor to snailmail a copy or download

www.walkingcoastalsydney.com.au

In May why not try a section of The Great North Walk? Many track heads are within walking distance from railway stations, the routes are well defined and signposted, and pass through scenic bushland in the Lane Cove, Berowra Valley and Ku-ring-gai Chase National Parks.

And looking ahead to June, how about part of the Harbour to Hawkesbury walking track from Manly to Berowra, with choices of harbour side walks or bush tracks through Garigal and Ku-ring-gai Chase National Parks. Again Trevor can mail brochures with easy to read maps and details of public transport options.

So please get behind your committee's initiative to expand the base of active leaders. As the club's membership continues to grow

at a healthy rate we need the number of active leaders to also grow strongly. Please contact Trevor Brown on 94844786 trevorb5@bigpond.com and/or register with Tony Hickson for the Leaders' Training Workshop in February.

The walks have been listed in the program at the start of each month. John Cooper will e-mail the details as they are finalised. If you are not an "e-mail" person, please phone Trevor in the last week of the month prior to the walk.



VALE RUTH MILTON

It is with sadness that we convey the passing of Ruth Milton, one of our life members. She had been unwell for some time and lived in a nursing home in Springwood.

Ruth worked as Legal Secretary and Office Manager for our co-founder Marie Byles from 1938 to 1954. Marie invited Ruth on a camping trip to Saddleback Mountain near Jamberoo and Ruth enjoyed the experience so much that she decided to join the Bush Club in 1948.

She was awarded a Life membership for her contributions to the club and was our longest serving member with **sixty-one years** club membership.

THE UPPER GROSE VALLEY - BUSHWALKERS' BUSINESS

Club members, Michael Keats and Brian Fox are pleased to announce the release of their latest book on bushwalking, "The Upper Grose Valley – Bushwalkers Business." Copies will be available for delivery from 12th February 2010.

This text of 572 pages includes detailed maps and descriptions of 59 walks; the origin of every place name; European history of the valley since it was first discovered, comprehensive notes on flora and fauna, climate, fires and floods and much more. Six years of research has preceded this investigative and thorough work.

Illustrated in full colour throughout, "The Upper Grose Valley - Bushwalkers Business" is a must have volume for every member who loves and walks in the Blue Mountains. A comprehensive index enables rapid retrieval of information about any person or locality connected with the Upper Grose Valley.

Produced in A5 format, the book is compact enough for the backpack but is equally at home on the reference bookshelf as a planning tool.

The price is \$45.00 per copy plus postage and handling. In the Sydney metro area this is \$9.00 per copy, elsewhere in NSW \$10.00 per copy. Copies can be purchased from the authors' address without postage.

Some members may have picked up a prepublication offer at the Bush Club 70th Birthday event. Payment accompanied by this form will be honoured at the special price of \$39.95 per copy plus postage.

Orders and payment by cheque or money order to Keats Holdings Pty Ltd, 33 Livingstone Avenue, Pymble, NSW 2073 or from Brian Fox Tel 6332 2590.



Web Information
www.bushclub.org.au

Many members are surprised, when we're talking about various bushwalking or information websites, when I say to them "There's a link to that on our 'Useful links' page."

Why don't you have a look? You might be surprised at what you find!

Jacqui Hickson



Membership Report
Sandra Bushell

Members **579** Prospectives **78**

Congratulations to the nineteen new members who have completed their qualifying walks and joined the Club during Summer. They are: Rod Morphett, Anne Corbett, Susan Marsh, Neil Hickson, Ian Johnson, Yuri Bolotin, Shirley Davenport, Lucy Levett, Alan Brennan, Julie Bakalor, Steve Noonan, Vicki Presdee, Zuzu Burford, Jitka Kopriva, Wendy Thomas, Ann Mikkelsen, Noelene Williams, Maria Leatham and Reg Gibson.

Twenty six new prospective members joined the club. You may have met them on the track. Welcome to: Kerri Golden, Amanda Dunn, Robert Vered, Pam Freeland, James Close, Hodaka Morita, Adrian Buzo, Fiona Hibberd, Tam Bang Khuat, Sandra Kreckler, Eric Stone, Anna Todd, Georgina Todd, Michele Mawer, Greg Mudie, Jannette Alan-Fiore, Peter Fiore, Kerrie Davies, Kaye Walker, David Henning, John Tonitto, Wayne Lidbury, Robert Sterry, Don Powell, Rosemary Shepherd and Michael Shepherd.

New members report that the friendliness of the Club, the number and variety of walks, the spread of walks across weekdays and weekends, and the quality of the website and organisation have attracted them to join.

BLUE MOUNTAINS NP WALK

*A walk in the mountains with Jacqui looks great
 Let's meet at 6.30, we must not be late
 A mishap of plans at the rendezvous
 Did not deter us to see it through
 The driver confessed, it will be a slow drive
 I've only one point left, I could end up inside
 No worries we said, just go M2 and then 7
 No need to drive fast, we could end up in heaven
 Our spirits were high, we were making good time
 And that's when Ana saw the Canberra sign
 The laughing then stopped as reality hit
 We had passed the point of a Blue Mountain trip
 Our mobile phone will save the day
 We can catch Jacqui on her way
 Alas this plan was not to be
 We gave up hope and stopped for tea
 With spirits revived and humour on side
 We planned our own walk and let fate decide.
 Anna, Elaine, Marilla (visitor from Wales)*

	Office Bearers 2009-2010	
President	Bob Taffel	9958 6825
Vice President	John Cooper	9449 7369
Vice President	Lynne Outhred	9484 2657
Club Secretary	Carol Henderson	9879 6709
Assistant Secretary	Graham Conden	9413 9996
Treasurer	Bob Wood	9531 0135
Walks Secretary	John Cooper	9449 7369
Membership	Sandra Bushell	9665 6778
Training Officer SNW Coordinator	Tony Hickson	9419 2546
Newsletter Committee	Bev Barnett Lynne Outhred	9876 3252 9484 2657
Webmaster	Jacqui Hickson	9419 2546
Librarian	Michael Keats	9144 2096
Social Secretary	Michael Pratt	9588 2894
Insurance Officer	Trevor Brown	9484 4786
Database Manager	Ron Mead	9871 2580
Committee Members	Trevor Brown	9484 4786
	Robert Robinson	9484 2182
	John Wilson	9880 8454
Honorary Auditor	Terry Hogan	9498 8182
Confederation representatives	Graham Conden	9413 9996
	Dick Weston	4753 1003
Search and rescue representatives	Kaye Birch	9449 9759
	Graham Conden Dick Weston	9413 9996 4753 1003