NOTICE FOR THE BUSH CLUB
AGM AND POST-AGM SOCIAL OCCASION
Please note change of month from previous years

Invitation to the Bush Club AGM:
Members and prospective members are warmly invited to the club’s Annual General Meeting.

Date: Thursday 20th November, 2014.

Venue: McMahon's Point Community Centre (upper level), 165 Blues Point Rd, North Sydney (5 minutes walk from North Sydney Station).

Time: 6.30PM.

Nominations for Committee will be accepted at the AGM. If you are interested in standing for a position and would like further information please contact President, Lynne Outhred. lynneouthred@gmail.com

Back-Up Bush Club Committee People. We are always looking for short term helpers. If you are not interested in making an annual commitment to a committee position but would be interested in helping out for short periods when elected members have other commitments, please contact Lynne for further information.

Bush Club November Committee Meeting will be held at 4pm (before the AGM) at the same venue. You are invited to attend and take the opportunity to meet the people who manage the club on your behalf and observe the management of your club in action.

Post-AGM Social Occasion: The AGM takes less than an hour and members and prospectives are invited to informal eats to be served at the venue after the meeting. This enables everyone to catch up with old friends.
and meet new members. The Events Coordinator Graham Lewarne will be in touch with costs and other details.

**Drinks:** BYO except for tea and coffee.
Carol Henderson
Secretary

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**Receding Glaciers in Patagonia**
By Jill Green

**Walkers:** Bev Barnett, Ingrid Dengler, Rogo Owens, Lucy Levett, Graham Lewarne.

This trip was particularly interesting for me as I first travelled over several of the same areas in 1996, some eighteen years earlier, and it was remarkable to see the changes over that time.

A highlight this time was the five day 75km walk in Torres de Paine National Park known as the W Trek. On the last two days, we walked out and back to Grey Glacier on the western side of the Park. The glacier is fed by the Southern Patagonian Ice Field and flows into a large lake (Lago Grey) complete with numerous icebergs.

I found this glacier had changed dramatically since I first visited in 1996. An internet search provided some explanations.

Another highlight was a flight from Puerto Montt to Punta Arenas (in Chile) which basically covered the length of the Patagonian Ice Field with Chile on the western side and Argentina on the eastern. The actual border has still not been officially marked on a map in one section, but that is another story.

The Ice Field covers a massive 17,000 sq kms making it the third largest continental ice sheet after Antarctica and Greenland. It looks fairly flat from the air with the occasional peak poking out, for example Mt Fitzroy at 3,405m (in Argentina). Average altitude of the Ice Field itself is only 1,600m. Glaciers emerge from the ice field heading westwards into bays and the Pacific Ocean or eastwards into lakes. Most of the area looks to be totally inaccessible except by boat.

In the northern hemisphere, you have to go above latitude of about 60 degrees to find ice fields. The Patagonian Ice Field is only at 47 to 51 degrees which is equivalent to London or the USA/Canada border. The reason for formation of the ice field at these lower latitudes is the roaring forties that travel across the Pacific Ocean loaded with humidity when they hit South America. As the damp air rises over the Andes, it chills to form snow with up to 5m falling every year.

**How do glaciers form?**
I don’t claim to have any expertise in glaciers and my research makes me appreciate their behaviour is very complicated and needs lots more research. Basically, for glaciers to be formed the amount of falling snow needs to be greater than the amount that melts or evaporates in the warmer months. This occurs in the accumulation zone where, from the air, the snow looks smooth. However, ice is formed underneath as the snow compacts.

A glacier is formed if there are conditions for the ice to move. It can move only if there is a slope and water at the base. Water can come from two sources - water that has melted at the surface and percolates to the base of the glacier, or when the base of the glacier rubs against rock and the heat produced melts small amounts of water. A glacier is never solid ice there...
are always spaces for water to run through.

The surface of glaciers is covered in crevasses that are created as sections move at different rates or over an uneven surface or around a bend. At the terminus of the glacier there is a spectacular jagged wall of ice that can be as much as 100m high. The height depends on the momentum of the ice behind and the depth of the water below the ice in the lake or ocean. Chunks fall off the terminal wall creating icebergs with beautiful blue colours. This event is called calving – same word as a cow giving birth.

What Happened to the Grey Glacier?
I happened to take photographs in 1996 that can be compared against the Glacier in 2014. The glacier is divided into two sections that are separated by an island, La Isla. These two photos show how the western side has changed.

An internet search reveals that a massive calving event occurred in 1997. It filled the lake with so many icebergs it was not navigable for three years. The front of the glacier retreated by over 700m.

On the eastern side, the change has not been as dramatic but is still obvious although my photos don't show the difference clearly. Our guide sent me a graphic which shows how much Grey Glacier has contracted over nearly 80 years, as is the case with most glaciers in South America. A significant sign of rising temperatures and changing rainfall patterns – more rain, less snow.

Heard on the Track
A leader got off the train at Woy Woy and a smattering of club walkers joined him, walking towards the steps. Out of the corner of his eye he observed a figure who appeared to be seeking eye contact heading to intercept him at the steps. Our leader, wary from many such interceptions at Central, walked in an arc and studiously avoided eye contact convinced he was about to be asked coin by his ‘beggar’. Quickly, our leader circumvented this approach when the suspect spoke close up from behind:
‘Are you with the Bush Club?’
‘God’, our relieved leader said, now laughing. ‘I thought you were going to ask me for coin.’ Mike Pratt.
Happy Birthday to Us!

It can’t be denied, the club is getting long in the tooth. But, we couldn’t be happier. This year we celebrate our 75th anniversary and once again give thanks to Marie Byles and Paddy Pallin who had the foresight and commitment to set the club up in 1939, on the eve of WW2 (see article further on)

Keep Saturday September 20 free and join in the celebrations and Spit Roast lunch at Bobbin Head in Ku-ring-gai National Park. You can go straight to the venue or, better still, join one of the walks or kayak paddle that will end up there (see Walks Program for walks of all grades). Transport from Turramurra station available for anyone needing a lift and car shuffles will be arranged from Bobbin Head after the event. Contact: Graham Lewarne: 94383275 or gp.lewarne@optusnet.com.au

The club will provide spit roast lunch, cake, soft drinks, tea, coffee – and wine – for a cost of $15.

Our landmark 75th will be marked by a forthcoming special Bush Club publication 75 National Parks featuring club walks in 75 national parks across Australia and elsewhere.

Poles? Yes or No?
By Mike Pickles and Allison Boyle

Somewhere along the much-walked Cowan to Brooklyn track, one walker rushes ahead muttering something about people using two poles being ‘double trouble’. In the Snowy Mountains, one walker berates another for appearing to be a little clumsy with their poles evidently thinking she was about to lose one of her eyes or be sent hurtling down the steepest gully.

‘Anyway’, she tells the user, ‘YOU don’t need poles.’

She was clearly under the impression that walking with poles was for dodderers or people suffering from injuries. Not so. International research over a 10 year period, confirms using poles adds to the health benefits of walking.

To use or not to use poles is a frequently debated question among Australian bushwalkers. Other nationalities don’t appear to struggle with this dilemma. European hikers, fellwalkers or ramblers mostly regard the purchase of a pair of poles as the first item of equipment they need even before a hat. They walk over equally rough terrain and the cost of poles is comparable. Apparently, some oversea insurance companies provide discounts to walkers who can prove they use poles. They must know something we don’t. So here’s a spot of pole wisdom for starters:

Nordic polewalking originated in the 1930s. Attempting to keep their athletes in peak condition during the off-season, ski coaches of Finland introduced polewalking into their
training regimes. These clever chappies made the best use of research which had found that:

We engage about 35% of our body muscles when walking which increases to 90% with poles.

Blood flow increases by 20% without increasing the exercise intensity. Walking poles make good exercise 20% better, increasing our cardio by 20% and our calorie burn by up to 48% without further exertion.

Poles reduce impact loads on the legs by about 5kg when walking on level ground and about 8kg when on an incline. This reduction in impact stresses on the lower joints significantly reduces wear and risk of injury to knees, feet, ankles and hips.

Walking with poles naturally aligns our spine and strengthens our core, encouraging a more upright stance, improved respiration and greater sense of general well being.

Apparently, 30 minutes of pole walking gives the same benefit as 50 minutes of regular walking. Sounds like a no-brainer, does it not?

So what are our pole trekking options?

One pole or two? A single pole provides stability on loose terrain and creek crossings and is easier to control when scrambling along rocks as one hand is free to steady yourself. Two poles however, are more than twice as good as one when walking lengthy tracks.

What sort of pole? There are plenty of options here: one-piece poles are lighter and best for Nordic walking, but travelling bushwalkers will find poles that collapse down to store in luggage or backpack will be handiest. There are purpose-built and general use poles, heavy and light poles, sprung poles and non-sprung poles. Grips, straps and tips also need our attention.

Prices/Brands: Cheaper poles are usually made of aluminium and may feel heavier at about 250gm. There are 32 options in the German designed Leki range. The Leki SLS, which claims a holding force of 140kg, is ideal for braking down slippery inclines, but photographers among us might like to check out the Sierra Photo height-adjustable aluminium job weighing under 300gm with detachable handle exposing a universal thread to screw a camera on. Retailer, Mountain Designs, stocks the Leki range. Price before discount is around $190 a pair for the anti-shock ultralite model.

Black Diamond, another popular brand, uses external flick locks which appeal to walkers who don’t trust twist locks for pole sections.

Australian online supplier Helinox, part of the Korean DAC group, makes a range of light poles using a special alloy in folding or telescopic form. The ultra light general purpose LB135 cost $149 a pair, full strength FL120 cost $129 a pair and the folding TL series, Helinox’s best seller, is available at $119 direct from the supplier.

Whichever pole you choose avoid the cheapest – they can break.
Perils of Poles
Mike Pratt tells a very different story of travelling with poles

People with two walking poles are said to be bi-polar but managing even one is a serious challenge on Sydney’s crowded trains. I have taken to inserting mine deep into my pack, but a lengthy and vulnerable portion remains, protruding vertically.

I was standing in a crowded carriage recently and had removed my backpack, placing it vertically on my boots. Its back was resting against my shins, the top level with my knees and my pole was sticking out the top.

…clearly guilty of ‘up-skirting’…

Whilst the train was moving, a young woman came downstairs and squeezed across me, brushing hard against me as she wriggled past to take a position between me and the door. ‘A bit pushy,’ I thought.

Glancing down to make sure my pack was still OK, I was horrified to discover the protruding part of my pole had disappeared under her pleated garment. My pole was well and truly up her skirt, a situation of which she was unaware.

Shocked and blushing, I assessed this unbelievable predicament. My pole was clearly guilty of up-skirting even though I had not put it there. I desperately needed to extract it before things went from bad to worse. What should I do? If I tried to move it, I was worried as to what part of her anatomy my pole might contact. It was rubber tip up.

With any sudden contact would she shriek ‘assault’? Should I tap her on the shoulder and say ‘Excuse me, but can I get my pole back from under your skirt?’ I might get my face slapped? And what if she didn’t speak English. Alternatively, if I did nothing, would her skirt get pulled off by my pole as she went to step from the train?

The train was slowing down for Central: something had to be done. There was only one thing for it. Bending slightly, I quickly lifted her skirt from behind and swiftly withdrew the offending article sideways.

Looking up, I saw her happily preoccupied texting on her phone and, to my great relief, she stepped from the train, phone in hand, oblivious to the whole embarrassing episode.

Welcome to New Members
**Letters to the Editor**

Editor

On a recent Central Coast walk along Koolewong Ridge Track, we noticed what looked like building lot markers along Bambara and offshoots. Bambara, meaning ‘forest’ is about 180 acres of privately owned land that includes many flora and fauna varieties and Aboriginal artefacts and engravings.

It appears from local newspaper reports that, while the community has been advocating to have the NSW Government acquire the land and secure it as national park, this can only be done by voluntary acquisition. Gosford Council is also unable to do anything.

I urge all interested people to approach the NSW Minister for the Environment, Rob Stokes, to voice their concern as the track from Woy Woy Road to Koolewong Ridge is so important for walkers, particularly those compiling a collection of Bill Mack’s walks.

Cavan Hogue

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**First Ten Years**

Lynn Dabbs has taken on the heroic task of converting the early typewritten club magazines into digital format so they are not lost in the fading ink of the past. She’s come across an article written by Marie Byles who, along with Paddy Pallin, founded our club. It’s particularly relevant as we celebrate our 75th Anniversary as she wrote it for the 10th anniversary of the then fledgling club.

Just about at the beginning of WW2, Paddy (Pallin) and I were yarning to each other over Paddy’s counter when he said to me, or I said to him: ‘There ought to be a club which does not insist upon camping as part of its activities, and which admits all people who are genuinely interested in the bush, nature study, and that sort of thing; and it ought to include rock climbing, boating, walking with children, even with motoring combined, and all sorts of bush interests.’

Then I said to Paddy, or Paddy said to me, ‘Let’s start such a club’. And the other said, ‘Right’. And that was how the Bush Club started. Its first meeting was on 19th September 1939.

We made its constitution as simple and flexible as possible and also made its very basis that there should be no physical test for membership, so that no genuine bush lover would ever be excluded. But, as it happened, some of our early members were eminent rock climbers and skiers from Europe who would have passed any physical tests.

We also took over some members of what had derisively called itself the HH Club which was short for *Highbrow Hikers*. This club had among its members many eminent university degrees, but also one or two who were rather amateurish when it came to...
bush craft, and that was why it had called itself *Highbrow Hikers*. However, those of its members who became members of the new Bush Club soon became very good bushmen and women if they had not been so before.

Thus, the first tradition of the new club was that its members were really truly bush lovers and not merely people who wanted to dash through the bush quicker than anyone else without time to look at things. Its early walks were usually led by people able to give information about the fauna and flora of the bush and it has always had several scientists among its members, who really do know something about the flowers, animals, insects or rocks.

The second tradition was that the club was cosmopolitan in its membership, and always ready to hold out the hand of international goodwill. This came about because as WW2 increased in horror, all foreigners fell under suspicion, and were eventually forbidden to leave their homes overnight. This meant camping was out of the question, and the club, which did not insist upon camping, was the only one able to welcome such people to its ranks. Thus, we have the proud distinction of never letting a narrow patriotism interfere with the friendship of bushlovers.

The club took a room in Hunter Street where it met monthly. Then something happened, I’ve forgotten what, and it had to give up the Sydney meeting place. It was then it took to meeting in the homes of members, and so established the friendly idea that the club was one family.

Older members will be sad that the club has grown so large it cannot easily be accommodated in anyone’s house nowadays. Change and growth are inevitable and this is no reason why the old traditions should not continue. We are still one of the leading clubs in conservation matters: there is never any doubt as to what the club will decide when it is a matter of supporting some conservation project.

At one time, the club mapped the area needed for recreation in the Ku-ring-gai and Eastwood municipalities and its work now figures on the Cumberland County Council’s plan. No one has ever appealed to us in vain for support in any movement for preservation of bush lands. It has also been a club beyond reproach in the matter of bush etiquette. Club members never leave camp sites untidy. They always burn, bash and bury rubbish and tins and hide bottles as they would their sins. And, of course, always put out campfires with water, even on a wet day. Members have done some spectacular rock climbing, as for instance the Spires and Kanangra. But they have not taken part in any Marathon races, and I hope they never will.

**Bush Club Leaders**

*By Michael Keats*

Reviewed by Lynn Dabbs

This book is perfect to leave by your favourite chair, with each leader’s story forming a separate chapter, the ideal pick-up and put-down book you can enjoy over several weeks. Stephen Murray’s sketches are wonderful and full of character, making each person seem so real.

Is this a collection of biographies or a history book? It’s both. I discovered it to be a biography of remarkable people with unique ways of viewing the world. But it also documents and gives fascinating insights into the life...
and thinking of earlier days in the Australian bush.

Michael seems to have captured stories that point to the essence of his various subjects and the anecdotes are real gems. I can just imagine Marie Byles’ brother bushwalking in his carpet slippers because his boots hurt. And I rather like the idea of a length of black plastic tubing left protruding from your tent so you can ‘go’ in the night with minimal fuss.

_Bush Club Leaders_ is available for $30 from mjkeats@easy.com.au

**Joan Hannan (1930–2014)**

_By Judy O’Connor_

Friends of the Bush Club, Ramblers and Sydney Bushwalkers were saddened to hear of the recent death of fellow walker Joan Hannan. I join with her long-term friend, Jo Van Sommers, in this edited tribute as I had walked with Joan many times and well remember her fun loving spirit and her common sense, advice and wisdom during those ‘meaning of life’ discussions we so often get into on the track.

Remarkably, Joan did not take up walking until the age of 49 years but she was fit, thanks to daily swims, runs along the beach and Tai Chi. She took a fancy to long, hard backpack walks - Kowmung, Budawangs, Kosciusko NP and many trips to the Top End. On one occasion in the Bungle-Bungles (as they were then called) she was the first in the water to help others through the long dark scary swim through underground caves to reach a natural amphitheatre

She was a veteran walker, joining Alex Colley on his last trip along the southern beaches, Don Brooks on his Hume and Hovell trip and Michael Pratt’s trip to Hinchinbrook Island/Cape York.

As Jo van Sommers has put it: …after 14 years of struggling with ill health…she who once ran around the cliffs at Tamarama like a mountain goat had her indomitable spirit finally quenched…

**Missing Koalas Found**

_By John Kennett_

At the end of last year, a group of club regulars took a trip to an area near Taffey’s Rock in Ku-ring-gai National Park in search of an elusive Aboriginal engraving site described in a 1960 publication as a _totem centre of the koala bear clan_, said to include two _remarkable and unique figures in profile of koala bears along with engravings of a dingo, emu, eel, goannas and human couples_.

However, the group couldn’t find the site. Worse, steady rain dampened spirits and there was a lot of muttering in the ranks about mythical koalas on the walk back to Cowan station

The koalas are a typical case study in locating lost sites. Descriptions in old publications are often vague - for example, they may say a site is on a large undulating rock, when such rocks are not in short supply. They also use Imperial measurements such as ‘a quarter of a mile’ or ‘ten chains’.

The 1960 publication did offer some precision in that it gave a grid reference, presumably for old military
maps. If only this could be translated into a modern reference on a modern map. Plus, can we trust such a reference? They didn’t have GPS then - it had to be a compass and map guess.

One site seemed to fit the bill. But not a single trace of an engraving could be found on three of the author’s trips, including the club foray. Then, with the magic of Google Earth, an interesting rock platform was identified about 100 metres south west but not visible from the first spot.

An exploratory group visited this platform in July. Nothing could be found at first, but then a faint engraving of a claw was uncovered. Some water applied and slowly a koala materialised. Then another. Then more faint clues revealed the dingo and eight engravings in all.

Bill Macks Walks Go On
By Cavan Hogue

Many are aware that long-standing Central Coast walks leader, Bill Macks, recently retired from leading walks (though not from walking) and the club has decided to put together a collection of his walks so they are not lost to future leaders and walkers.

Bill has given us his maps and notes but we need volunteers to lead and prepare an edited version of one or more walks in a form suitable for publication. We already have a number of volunteers.

It has been suggested that we should include GPS waypoints and grid references so people who have never done the walk can follow it more easily. Unfortunately, a number of potential leaders do not know how to do this so we will also need volunteers to go on a walk with them to explain how to prepare the references.

The committee is currently considering what format the publication should take and how to proceed. In the meantime, it would be helpful to compile a list of volunteers to lead walks and of those willing to accompany leaders without the necessary GPS skills. Leaders might indicate whether they will need help with the GPS skills.

Contact: hoguebeach@optusnet.com.au

Apps are not just for kids wanting games or for people with earphones to listen to loud music. Here’s an APP that does much more than that:

WIRES has developed an APP that makes it super simple to report native animals in need of rescue using an Iphone, Ipod or Android device. Very appropriate, considering surveys show 70 percent of Australians own a smartphone or tablet and, it seems, we rarely take them out of our hands.

Apartment from ensuring a quick response, the APP will free up WIRES from time consuming data collection and paperwork, leaving them to get on with their vital job of rescuing, rehabilitating and releasing native wildlife – a big job considering they’re open for business 365 days a year.

Features of the APP include reporting details, sending photos, making calls outside NSW and donating on the go.

WIRES currently manages over 100,000 incoming calls annually and, in the last financial year, helped more than 68,000 animals. Enquiries www.wires.org.au