



Newsletter

Milton Branch of the National Parks Association of NSW Inc.

No 54: October - December 2008

FROM THE PRESIDENT:

First of all, a very big thank you to all the members who worked all day on the Mt Bushwalker track on 10th August. The weather was unpleasant to put it mildly, yet a lot was accomplished. Thank you for your enthusiasm and efforts.

At recent committee and general meetings the issue of possible NPA Constitutional Changes has been drawn to our attention, in particular a change which would give the Executive of the State Council more power than they currently hold. The Executive would still carry out State Council's wishes and policies but they would be totally responsible for how this was done. At the recent State Council meeting, the proposed changes were not passed by the NPA members present. The vote was 3 short of the three-quarter majority required. A new proposal will be circulated to branches prior to future meetings to reconsider the changes. We will have representatives at the next State Council meeting in November and we will keep the members up-to-date on this issue.

This leads us into the issue of NPA "establishing local coordinators to represent NPA either in conservation or in running activities in areas not well represented by existing branches." This idea was discussed during the development of the Strategic Plan last year and was endorsed in August 2007. The Milton branch has recently been approached by Head Office who is suggesting a local coordinator be established in the Durras area for a trial period of one year. He would act as an advocate for NPA on issues affecting Murrumbidgee National Park. Other duties could include leading bushwalks or other activities, conducting NatureKeepers, HarbourKeepers or CoastKeepers events, organizing talks and educational seminars and fundraising events. The views of our branch and also the Far South Coast branch have been sought. Currently our Committee is undecided on this matter and we are seeking more details from Head Office about the actual role and duties of such a Coordinator. It could work to our advantage but we are aware that some difficulties could arise. Discussion with H.O. will continue and we will keep you posted on this one.

Lastly, you will notice in the last NPA Journal that the NSW government has established a Taskforce on Tourism and National Parks. The Government wishes to increase visitation to our national parks and reserves by 20% by 2016. NPA itself has a draft policy in place. This was adopted as a 'working document' at the recent State Council meeting pending further discussion. Milton Branch has sent in a submission to the Taskforce outlining some improvements and developments to the parks which the branch would encourage and at the same time emphasizing the importance of keeping resort accommodation outside the boundary of any national park. Again, we will keep you posted. An interim report is expected in September and a final report in November 2008.



Sheila Brooks

EDITORIAL

Our NPA Milton Branch Committee for 2008-2009 is listed on page two.

Please note that we are still looking for an Overall Walks Coordinator to carry on from the end of the year. Also, John Brooks has volunteered to continue as State Councillor for the life of this committee. His voluntary action has been endorsed by your Committee.

rondoughton@aapt.net.au

BRANCH MATTERS

General Meeting Presentations

4th June Speaker unavailable (19)
6th August Glen Congram (Paramedic) of Parasol EMT 'Bushwalking First Aid' (23)

Branch Meetings

Branch General Meetings are normally held at 7:30pm on the first Wednesday of **even numbered months**, at **Ulladulla Community Centre, St Vincents St, Ulladulla**, followed by a talk of interest. New members are especially welcome at meetings.

Dinner Dates: Branch social dinners are normally held on the first Wednesday of **odd numbered months** (not January).

Dates for Sept – December 2008

General Meetings:

1st October. General Meeting 7.30 pm.
14th December Christmas Meeting

Committee Meetings:

24th September @ Lorraine Clowes' 7.30pm
26th November TBA

Social Dinners:

3rd September 2008 Tony's Restaurant
6 for 6.30 pm
6th November TBA

Committee Notices: A few reminders here about decisions made by the committee as they affect most of the membership.

- The GABW will be held. An organizer has been appointed. See letter at the end of the Newsletter.
- Bushwalking travel will cost 10c per kilometre for walkers getting a lift to the venue.
- If a walk is cancelled by the leader, please let Ev. Manning know.

- If walks have 'car shuttles', please ring leader beforehand, to give the leader a chance to arrange the shuttle.
- If a walk has a 'Limit' book in early to avoid disappointment.

BUSHWALKING CORNER

Since the last Newsletter the walk location, walk leaders and participant numbers (in brackets) were as follows:

June:

1st Burrill to Narrawallee Denise Dent (12)
8th Byangee Walls Graeme Cashion (Cancelled)
8th Lemon Tree Ck Leigh Martin (11)
15th West Burrill Lake (Birds) Lorraine Clowes (19)
15th Three Falls @ Flat Rock SF Leigh Martin (9)
22nd Pigeon House to Yadboro Kevin Richards (12)
22nd Conjola Creek Barry Vidler (4)
29th Mossy Point-Broulee Gwen & Bob Hall (12)

July:

6th Mt Bushwalker Passes Ron Doughton (12)

NPA MILTON BRANCH COMMITTEE 2008/2009

Office Bearer	Name & Address	Telephone No	Email Address
President	Sheila Brooks 76a Carroll Ave, Mollymook	4455 3431	sheilabrooks39@gmail.com
Vice-Presidents	Roger Parris 140b Narrawallee Creek Rd, Lake Conjola	4456 1231	conjolarc@dodo.com.au
	Ron Doughton 41 Buckland St, Mollymook	4454 1358	rondoughton@aapt.net.au
Secretary	Judith Sloan 144 Matron Porter Dr, Narrawallee	4455 4340	jandb144@bigpond.net.au
Treasurer	Leigh Martin 42 Tallwood Ave, Mollymook	4455 5187	
Walks Co-ordinators	Bob Black (Hard), Leigh Martin (Easy) Russel Petersen	(BB) 4456 4005	(LM) 4455 5187 (RP) 4454 0739
Newsletter Editor	Ron Doughton	4454 1358	
State Councillor	John Brooks	4455 3431	jbrooks76a@bigpond.com
Publicity Officer	Judith Sloan	(as above)	
Committee Members	Bob Black 680a Little Forest Rd, Little Forest	4456 4005	robertblack@gmail.com
	Bev Blakston 2 Pengana Cres, Mollymook	4454 1348	bevblakston@shoal.net.au
	Lorraine Clowes 56 Clyde St, Mollymook	4455 4661	
	Denise Dent	4441 0752	denisedent41@yahoo.com.au
	Russell Peterson 66 Carroll Ave, Mollymook	4454 0739	russellp@shoalhaven.net.au

- 6th Mt Bushwalker Escarpment Russell Petersen (3)
- 13th Cunjurong/Bendalong Leigh Martin (8)
- 13th Gaol House Pass (Abseiling) Graeme Cashion (11)
- 20th Mt Carrialoo Bob Black (Cancelled)
- 20th Steamers Beach Leigh Martin (13)
- 27th The Castle Graeme Cashion (6)
- 27th North Brooman SF Dave Wardleworth (19)

August:

- 3rd Yadboro/Clyde Crossing Kevin Richards (18)
- 10th Mt Bushwalker (Working Bee) Dave Wardleworth/Bob Black (20)

Advance Notice

**'Day Walks in the Blue Mountains'
Leader is Kathy Manning**

Monday 20th Oct to Friday 24th Oct 2008
Staying at the Katoomba Falls Caravan Park, Katoomba Falls Road (Cliff Drive), Katoomba. Ph: (02) 4782 1835, email katfalls@tpg.com.au
Accommodation: Cedar Cabins with ensuite, caravan and camping, powered and unpowered sites. Book early for cabins and powered sites, as October is a popular month. When booking, mention NPA Milton /Ulladulla Walking Group and Kathy Manning's name. Kathy's phone is (02) 4454 4457. Please contact Kathy for more details.



The question is sometimes asked among bushwalkers. Who was the first to climb the Castle?

Alex McAndrew, a Sydney based historian, gave me this draft of his manuscript some years ago (and it has since appeared on the net) which sheds light on the subject. However, it relates only to the first *bushwalking ascent* of the Castle. The first *rockclimbing technical ascent* occurred a year or so after, as you'll read later. Over to Alex:

'In 1822, while exploring the land around the Clyde River, Alexander Berry, surgeon, explorer, merchant and pioneer of Shoalhaven, who created the settlement at Coolangatta, together with companions, Hamilton Hume and Thomas Davison climbed the Pigeon House mountain. Since that time thousands of others have done likewise. It is, however, remarkable that the nearby Castle remained impregnable for nearly 130 years after Berry's visit. For

decades there had been many fruitless attempts by expert climbers to scale the Castle. It was finally conquered by a team of amateur bushwalkers on August 22, 1948.

The Castle, called Coocoyo by the Aborigines and Pompey's Pillar or False Pigeon House by Surveyor Florance, is a striking landmark in the vicinity of the Pigeon House about 20 km. from Milton. It has a flat top some 30 acres in area and is about 915 metres above sea level. A party from Sydney (all ardent bushwalkers and employees of the Council for Scientific and Industrial Research, then sited within the University of Sydney) consisting of Reg Meakins, Bruce Hamon (incidentally, author of *They Came To Murramarang*), Bob Holmes and Bob Richardson successfully reached the summit of the Castle. It was a real first, since all earlier attempts to scale its walls had been in vain.

After reading an article in the *Bushwalker* of 1947 about its inaccessibility, Reg

Meakins, the leader of the group, became fascinated with the idea of storming the Castle. The four men had hired a Ford car in Sydney to make the trip.

At that time just three years after the Pacific War motor-vehicles were hard to come by. On Friday August 20 they left via City Road after work at 5:45 and reached Mollmook at 10:50. After spending their first night at a guesthouse, they drove inland to the object of their ambition.

The weather was fine but windy. Bob Richardson (born Sydney 1915) tells of the impression they made on arriving at Drury's farm in Yadboro and announcing their intention: *One of the Drurys. a big strapping fellow, just looked at us and guffawed. "Hah! You'll never climb the Castle. You haven't a hope in hell."*

Feeling flattened but not discouraged, the adventurers set out with a plan to approach the climb from the north side, since other bushwalkers in Sydney had confirmed that the east, west and south sides, being almost entirely sheer, offered very little chance of reaching the top.

On the way up they spent the Saturday night on the sloping floor of a cave. The next morning, Sunday August 22 the hopefuls started their ascent. At a couple of stages they found their progress barred by sections of vertical walls, but managed to find a vertical fissure or chimney to squeeze up through. These narrow gaps they negotiated by wedging their body against the walls and pushing downwards with hands or feet. Once two of the party were up, ropes were used to pull up their packs, as well as to help the other men to have an easier ascent. Bruce Hamon (born Sydney 1917) had the job of navigator to plan the route, there being no detailed maps available at the time.

After the event he confessed that the climbing was not without apprehension for him: *I kept thinking: I'm a bushwalker, not a climber. To get a good grip when getting up the vertical fissures I had to do it barefooted. It wasn't easy. The night we spent in the cave with a howling westerly gale blowing all the time was no joke either.*

After some further difficulties and no little exertion, the four reached the top which, except for a very shallow depression about half-way along, they found almost level and from north to south 600 yards long. Their efforts were, of course, rewarded by a magnificent view over the valleys of Yadboro and the Clyde River. To quote Reg Meakins (1913-1991): *We hastily sought out the*

highest point, found a suitable stick and supported it in a small cairn of stones.

It must have been a most exhilarating feeling to know that they were no doubt the very first people on earth to have accomplished this goal and to have contemplated the landscape from this height.



The return journey was made comparatively quickly, their arriving back at camp just before sunset. The very next day, despite very cold, rainy and windy weather, they stormed up the Castle again to map the route and take photographs. They also made the cairn of rocks a little larger, leaving there a note detailing their names and date of ascent in a jar. It is not recorded how Mr Drury greeted the news of their historic first. The party returned to Sydney that night tired out but happy with their achievement. They arrived home at 1:15 a.m. on the Tuesday. No doubt after a limited sleep they had difficulty fronting up to work, but at least they were not short of conversation at morning tea and lunchtime.

Other parties to emulate the success of the CSIR party were the Sydney Technical College Bushwalkers (Bob Backhouse, Mick Conroy, Allan Stuckey, Bob Newman,, and Wick Allen) who reached the summit on April 16, 1949; the River Canoe Club of NSW (H.Bignold, B.Curtis and S.Shenstone) who conquered the heights on January 29, 1950, while on April 17, 1954 Paddy Pallin, Paul G.Howard, Ken Brown, Allan R.Fraser and Reg Meakins (third time proves it!)

accomplished the task. Paddy Pallin (1900-1991) was a great adventurer and passionate bushwalker whose name became a household word in the field of lightweight bushwalking and camping gear.

The summer edition of 'The Bushwalker' this year had a cryptic column which completes the story. Adrian Cooper claims the prize of the first technical ascent of the Castle.

'In "Pigeon House and Beyond", published by the Budawang Committee, Warwick Williams' chapter "Rockclimbing in the Budawang Range" says: "It was not until the Easter weekend in 1966 ... that any definite recorded rockclimbing with modern equipment was undertaken.

On 2nd January 1963, John Holmes, Hugh Hodgkinson and I made the 75th recorded ascent of the Castle, and we did it with ropes, climbing the west wall.

We drove round to the north side of Pigeonhouse (as you could then, on a Fire Trail) and without ropes went up a steep gully, then moved right onto a slab where, to our astonishment, we found a makeshift ladder made of bush timber held together, if my memory serves me well, by nails. It was elderly and frail, and we used it with misgivings, but it held and took us over the hard moves.

On reaching the top of Pigeonhouse, we could see the established route on the west side, so we used it to descend.

We now proceeded to attack the Castle, from the south. From Yadboro Creek we climbed (by mistake) the ridge east of Kalianna Ridge and, on being confronted by the walls of the Castle, we roped up and attempted to climb one pitch of some difficulty. We retreated from this and then skirted around the walls till we found the track up the west side of our objective.

When about halfway we donned the ropes again and swarmed up the lower ramparts leading to the second tier of the wedding cake. We then moved south where we'd spied a prominent isolated rectangular boulder, which we couldn't resist climbing during our lunch break. It presented quite a challenge to abseil off this when we had got up it!

Somewhere above this we completed the ascent of the upper wall (with modern equipment!) and signed the logbook. I remember clearly Hugh writing "up the walls!", and I should say that this can be verified by inspecting the original Castle logbook, wherever it is kept.

In the absence of further testimony, I suppose we were the first.

No more need be said.

(If you, as a reader of bushwalking history would like to see Meakin's original account

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of the climb, please let me know and I will email you a copy; as provided by the Australian National Library. – Ed)

Sources: Reg Meakins

'The Conquest of the Castle' in *Outdoors & Fishing* in February 1952 pp 280-281 ff, ; Personal reminiscences of Bob Richardson and Bruce Hamon. (as given to Alex McAndrew)

Adrian Cooper 'Climbing the Castle' in *The Bushwalker*, Summer 2008, Vol 33, Issue 1.

Special Note: Branch member Arthur Pulford worked with Reg Meakins in Sydney at the (then) CSIR establishment and has strong memories of these events.

twelve hundred towns that lay on the post roads in 1775, but very few people ever took a high-speed coach. In the mid-nineteenth century, many villages to the north of Paris were connected to the outside world for half the year by stepping stones. In many parts, the sound of carriage wheels brought people to their windows. A pastor touring Provence in the 1830s found it hard to get his carriage through the main street of Bedoin at the foot of Mont Ventoux because of the crowd that came to see it.

A journey by diligence was something to be remembered for a lifetime. In 1827, a Lyon newspaper advised heads of families 'to consider making a will as a precautionary measure' before embarking on such a

window of a diligence or a railway carriage, the rest of France appeared to be rooted to the spot. Walking came to be associated with tortoise-like peasants and leisurely tourists like Robert Louis Stevenson.

But Stevenson probably held the record for the slowest journey ever made through the Cevennes. Two years after his canoe trip, it took him and his donkey twelve days to travel from Le Monastier to Saint-Jean-du-Gard - a journey, by his meandering route, of about a hundred and thirty miles. At one point, they were overtaken by a tall peasant arrayed in the green tail-coat of the country. He stopped to consider our pitiful advance.

'Your donkey', says he, 'is very old?' I told him, I believed not. Then, he supposed, we had come far. I told him, we had but newly left Monastier.

'Et vous marchez comme ca!' cried he; (And you walk this much!) and, throwing back his head, he laughed long and heartily.

The man in the green tail-coat lived in a world where people thought nothing of walking fifty miles in a day. The simple lesson of the hare and the tortoise was easily forgotten by people who spent their entire travelling life sitting down. By the mid-twentieth century, a whole world of human-powered transport had disappeared from view.

Walking was just one means of locomotion. The swamp dwellers of the Marais Poitevin got about their watery world using fifteen-foot ash-wood poles with webbed feet that allowed them to vault across a canal twenty-six feet wide. The shepherds of the Landes spent whole days on stilts, using a stick to form a tripod when they wanted to rest. Perched ten feet high the air, they knitted woollen garments and scanned the horizon for stray sheep. People who saw them in the distance compared them to tiny steeples and giant spiders. They could cover up to seventy-five miles a day at 8 mph. When Napoleon's empress Marie-Louise travelled through the Landes to Bayonne, her carriage was escorted for several miles by shepherds on stilts who could easily overtake the horses. It was such an efficient mode of transport that letters in the Landes were still being delivered by postmen on stilts in the 1930s.

In many parts of France, the usual scale of

Walking in France: The Hare and the Tortoise

Author not recorded!

Extract provided by Geoff Andrews



Joggers along the River Seine, Paris.

The common experience of a particular age tends to be measured by the fastest transport available at the time. Eighty-six per cent of French people have never flown in an aeroplane and most have never taken a TGV, though both forms of transport will be standard images of early twenty-first-century France in future histories. This distortion by speed is harder to correct for periods that lie beyond living memory. Turgot's reform might have brought Paris closer in time to the

momentous expedition. The newspaper naturally assumed that the diligence traveller was a man of means. A high-speed coach was proportionately as expensive as first-class air travel today. The mail coach from Paris to Calais in 1830 cost forty-nine francs, which was a servant's monthly wage or the cost of dinner in a famous Paris restaurant. The reason why wet-nurses were so often seen in diligences was that their employers paid the fare. The exposed seats on top of the diligence were cheaper, but most of the

'rough and lowbred companions' that Murray's guide warned fresh-air travellers to expect had probably not paid for their seat: postilions were notoriously bribable and often allowed pedestrians to clamber on so they could enter a town after the gates had been closed for the night.

Once the scale of human locomotion was recalibrated to include steam engines and speedy carriages on macadamized roads, every other form of transport looked too slow to be significant. From the

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Before and After – North Queensland! Photo: Internet

speeds was turned on its head. In difficult terrain, a horse and carriage were slower than a mule, which was slower than a human being. Tourists on horseback were often accompanied by guides on foot... (We knew we were spoiled – now we have the proof!)

-oOo-

Problems associated with tick bites include tick paralysis, transmission of infectious disease and occasionally, allergic reactions. Like other arachnids such as spiders, scorpions and mites, ticks have eight legs. They pass through a number of life stages from egg, to larva, to nymph and then finally, the adult. Adult ticks are present in Australia between around August to February and cause problems to their human and animal hosts.

Ticks do not sting:

Adult ticks attach themselves to the tips of grass blades and vegetation, and transfer themselves to passing animals or human. When humans are infested, the tick usually crawls up inside clothing. Adult ticks attach themselves strongly to their host by biting through the skin, and generally lodge in the skin of the head or neck. The most common reaction is local irritation and swelling. Tick saliva can also transmit infection, and contains

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Diagnosis and management of tick allergy:

At this time, there is no reliable skin or blood allergy test to confirm a diagnosis of tick allergy. Limited research suggests that the allergen causing problems is a salivary protein. Diagnosis is therefore based on the history of the reaction. Management involves avoidance of ticks where possible, and knowing what to do if bitten again. There is currently no commercially available extract to use for immunotherapy (desensitization) to switch off the allergy.

Ticks as a source of infectious disease:

Ticks can transfer infection from animals to human hosts, such as Lyme disease or Spotted Fever. This is beyond the scope of this article, but useful information can be found by contacting:

TAGS (Tick Alert Group Support Inc., PO Box 95 Mona Vale, NSW 1660 (<http://www.tickalert.org.au/>) or, The Tick-Borne Diseases Research Unit, Royal North Shore Hospital, Pacific Highway, St Leonards NSW 2065

Reducing the risk of Tick Bites:

The following measures may reduce the risk of tick bite:

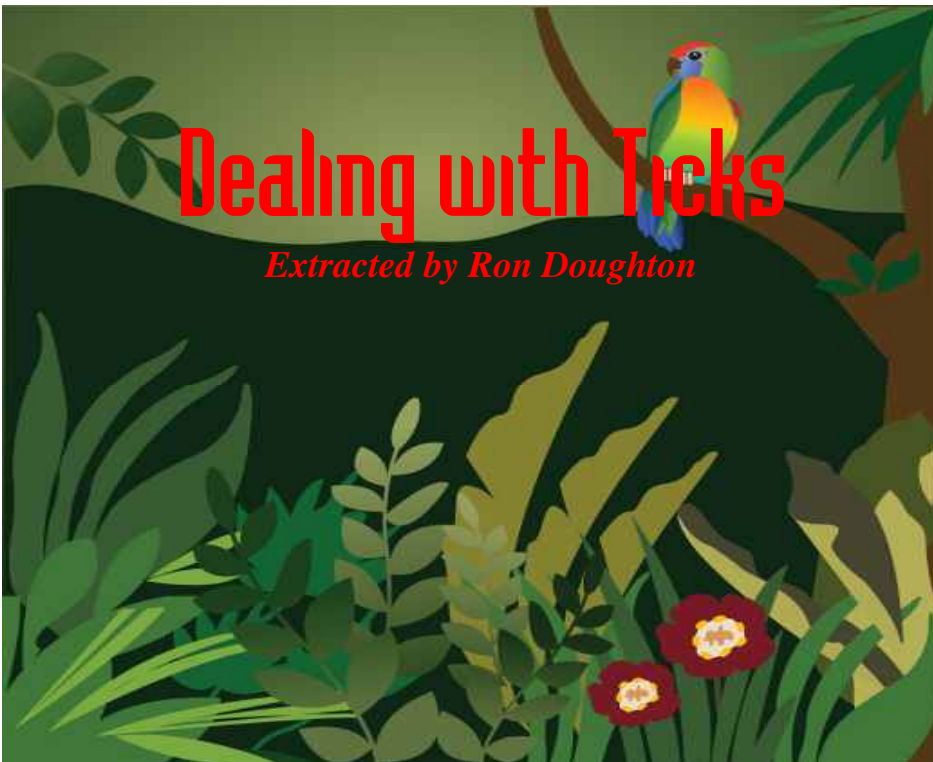
Wear long-sleeved shirts and long trousers when walking in areas where ticks occur. Tuck trouser legs into long socks. Wear a hat. Wear light clothes; this makes it easier to see ticks. Brush clothing before coming inside. To remove ticks undress and check for ticks daily, checking carefully in the neck and scalp. An insect repellent may help, particularly ones containing DEET (eg. Rid, Rid Tropical)

In those allergic to ticks, carrying a spray can of 'Aerostart' (see below), emergency medication (EpiPen) and a means of summoning assistance (such as mobile telephone), are essential components of management.

What to do when you find you are allergic to ticks and find one:

Disturbing the tick can result in the injection of allergen, and can trigger an allergic reaction. The following steps are recommended:

Do not forcibly remove the tick. Do not try to kill the tick using insecticide or chemicals (eg. oil, turpentine, methylated spirits) Do kill the tick by spraying it with "Aerostart", an ether-containing spray that freeze-dries the tick and kills it instantly. This allows the tick to fall out without being able to inject allergen-containing saliva. "Aerostart" can



© Microsoft Clip Art

All of us at one time or other has experienced the effects of ticks. Whether it be a painful itch, or the full blown effects of an allergic reaction, or the transfer of infectious diseases such as Lyme Disease; these nasties are worth dealing with sensibly and professionally, by yourself. I'm quoting from the online resource provided by ASCIA (Australian Society of Clinical and Immunological Allergy) who have some surprising things to say.

toxic proteins that can cause paralysis, and proteins capable of triggering allergic reactions.

Tick Allergy

Minor local itching and swelling is common at the site of a tick bite. Serious allergic reactions (such as anaphylaxis) have also been described, in response to a number of species of ticks, including the so-called Australian paralysis tick, *Ixodes holocyclus*.

Most reactions occur when the tick is disturbed, such as scratching the bite site, or after attempts to remove it. This has implications for what should be done when a tick is discovered (see below).

be purchased from hardware stores and some service stations, and is commonly used by mechanics to clear carburetors. Use 'EpiPen' if potentially dangerous allergic symptoms occur.

Seek medical attention in case additional treatment is required.

*** Special Note :**

Whether to kill or remove ticks first, commonly causes confusion. In part, this is because most of the literature is concerned with reducing the risk from tick paralysis, rather than preventing allergic reactions. In the past, it was often recommended that ticks be killed first before removing them, to reduce the risk that they would inject toxin and trigger paralysis. It was later realized that ticks poisoned with insecticide or spirits did not die immediately, and that such chemicals could actually disturb them enough to inject more toxin. Currently, most writers concerned with tick paralysis or tick-borne infection recommend that ticks be removed using physical means only (e.g. using special forceps).

The authors of this educational article do not recommend any method *other than using "Aerostart"* (or similar product) as described above for patients with tick allergy.'

(Lymes Disease can result from a tick bite. Its symptoms may resemble a heart attack ie sweating, nausea, chest pain, etc [quoting Ulladulla Ambulance personnel]. Removal of the tick causing the problem reduces the symptoms but the symptoms are serious enough to warrant a doctor's attention – for obvious reasons!

Also, 'Epipen' is a prescription medication and it is only carried by persons to whom it has been prescribed, for allergic reaction treatment)

-oOo-



**Ken Smith says,
'You're not a real
man untill you've
broken your
surfboard!!'**

*Photo: Lorraine
Clowes*

(tmi).



**Leigh Martin and other NPA walkers
circling a large Spotted Gum near
Tabourie recently.**

Above: Birds at Lake Nuga Nuga, a couple of hours drive from Carnarvon Gorge in Central Queensland. Pictures were taken on the Queensland Trip organized by Dave and Sheila Wardleworth. Below: Geoff and Liz Andrew's camp at Lake Nuga Nuga.

Photos: Geoff Andrews





Mt Bushwalker overhangs, accessed by either of the newly found Beehive Pass or Useless Pass. Here, NPA members spend time examining an overhang, during a recent walk to the area. Half a dozen large overhangs have been found under Mt Bushwalker. Fossils and a water source were discovered in the overhangs.



Kevin Richards led a walk to the picturesque Clyde Junction recently, where NPA members enjoyed a perfect winter's day. One of the highlights of the day was when Russel Petersen had sung to him a special song in his honour, written by Kevin. (The song commemorated the fact that Russel led a walk recently comprised entirely of members of the gentler sex.) Russel's reputation has escalated proportionately.



Bob Black and Graeme Cashion discovered this huge overhang they named 'The Ballroom' underneath Jindelara Creek Falls, where it leaves Little Forest Plateau. Bob photographed it with his phone camera. Note Graeme in the bottom of the picture. Bob will be leading a walk to the location in this edition's Walks Program.

Photo: Bob Black

Hello All

As the new Bushwalks Coordinator at the NSW NPA I thought I'd write a quick note to update you all about the 2008 Great Australian Bushwalk (GAB) and introduce myself.

Firstly about me! It's taken me a while to get over to this part of the world but having worked as a walking and cycling guide all over Europe and in Africa. I'm delighted to be involved in the Bushwalks programme at the NPA. Since I've been in Australia I have been blown away by the National Parks system and the wide array of different bushwalking option available. I very much hope that with my background in events management and passion for the outdoors I can be instrumental in promoting the joys of the Great Outdoors and get more people involved in our Bushwalking programme.

Part of this aim lies with ensuring that GAB 2008 goes ahead. Whilst I know that it has been previously stated that it would be cancelled I am delighted to announce that we are looking to maintain the presence of this great event. Unfortunately because of time constraints we are not going to be able to replicate the scale of the GAB of previous years. However, whilst we recognise that the lead up time is limited it is felt that the event should still be staged, all be it on a smaller scale.

It is felt that the essence of the event warrants continuity and even though we will be staging a downsized event the core objectives of the GAB can still be achieved.

The 2008 GAB, as previously advertised, will be held on **September 14th 2008**. It's focus in NSW will principally be on the Sydney Harbour National Park where we hope to stage a couple of easy introductory guided walks with the help of our own volunteers and staff from the National Parks Service (our principal sponsor). This will be done in conjunction with a series of other walks being put on around NSW by our regular guides, and across the country by affiliated NPA's.

In order to get things organised in such a limited time frame I am hoping that you guys will be able to get involved in GAB and promote your own walks on the date in question.

As such could you please get in contact if -

- You have already planned a walk on the 14th September that you would like to include under the GAB banner.
- Would like to organise a walk for GAB on September 14th.
- Would like to volunteer, or could put me contact with any of your branch members, who could act as guides on September 14th in the Sydney Harbour National Park.

We are keen that the GAB brand is heard and that the motto of 'Try Bushwalking' is continued with the hope that in 2009 we can build on the success of previous years. I very much hope to be an integral part of making that happen. At present we are working hard at getting the web site back up and running in order to both advertise the event and register participants. Again because of time constraints it is likely that we will only be able to formulate registration for those partaking in the walks in the Sydney Harbour National Parks. However, we hope that it can still be used as a font for promoting other walks being held on the same day under the GAB banner. Please feel free to contact me with any queries or suggestions you might have about GAB and I look forward to updating you further about our progress in the run up to September 14th.

Kind Regards

Dylan Reynolds

Bushwalks Coordinator and National Coordinator, Great Australian Bushwalk

Tel: 02 9299 0000 Fax: 02 9290 2525 Email: activities@npansw.org.au info@greataustralianbushwalk.org.au
www.npansw.org.au www.greataustralianbushwalk.org.au

Milton National Parks Association of NSW (Inc)
PO Box 176 Ulladulla NSW