



## NEWSLETTER

September 2019

### PRESIDENT'S REPORT

The 4<sup>th</sup> Quarter Program, co-ordinated by the fantastic team of Bec, Leonie and Leslie is chock full of activities. It's all choices, choices and more choices. There are more days of the week having activities and double ups on Wednesdays, and also plenty of pedal and paddle power to keep everyone active. Thanks to all the folks who stepped up as Activity Organisers with special thanks to all the new leaders.

On recent club nights members have once again enjoyed our guest presenters. Club member Celia's talk and photos of South Georgia Island and Antarctica was very interesting. So many penguins and seals were seen, but Celia can keep the rough seas!! Another talk was on the military history of the Shire, starting with the Naval Officer Captain Cook through to the Second World War. Was it the barbed wire on Cronulla Beach that kept the invaders away? Fascinating accounts of two different groups attempting to walk from Sydney to the Illawarra sure makes our bush walking seem tame.

At the end of July, the Club held its second workshop and thank you luncheon for Activity Organisers and Volunteers. This year it was held at Wearne Bay Sea Scouts Hall in Illawong and it was the perfect place for the group of 25 to meet. Plenty of ideas, hints and tips were shared with participants benefiting from the workshop.

Congratulations to Tony Larkin and his merry band of workers who have finished clearing the Couranga Track. Positive comment has been received from a couple of runners at how good both Couranga and Uloola tracks are now to navigate. The "Adopt-a-track" team have now cleared 15km, done 30 day's work and approximately 1200 man

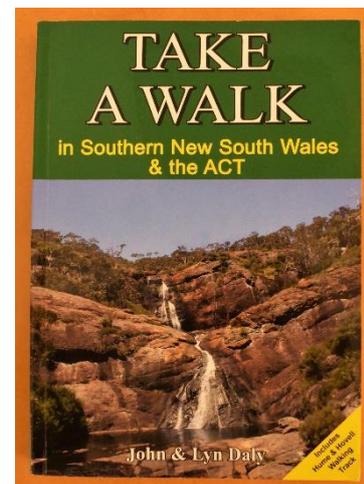
hours on four tracks. I can't believe how well the team works, with each member doing their bit here and there. It's amazing at the end of the day to see the results of a cleared track.

There are some serious training walks on over the next few months for both Sheree's November Nepal/Everest Base Camp trip and Gina's December Victorian Alps Traverse. We wish both groups great adventures, good weather and NO blisters.

I once commented to a club member of Scottish decent that he had been doing a couple of walks each week. His reply was "I've got to get my money's worth out of the \$30 membership fee." Well he will certainly have more opportunity to get more value for money with this quarter's big program.

Don't forget to save Saturday 7<sup>th</sup> December for the club's annual Christmas Breakfast BBQ in the Royal National Park. More details in the program.

*By Allan Bunt*



Thank you to the authors of the "Take a Walk" series, John and Lyn Daly who recently donated a copy of "Southern NSW and the ACT".

This book covers over 120 walks from Botany Bay to the Victorian border, with sketch maps, photos and some interesting "DidgaKnow" Trivia.

There are 7 other books in the series so please go to [www.takeawalk.com.au](http://www.takeawalk.com.au) to check them out.

## Walking Walking

Walking sometimes means undertaking an inner voyage of discovery.

You are shaped by buildings, faces, signs, weather and the atmosphere.

Walking is a combination of movement, humility, balance, curiosity, sound, light and - if you walk far enough - longing.

This is the secret of all those who go by foot : life is prolonged when you walk.

From the Norwegian author, explorer and philosopher, Eroding Kaage

*Contributed by Joy Donovan from an inflight magazine on her return from an overseas walking trip*



Parramatta Jail

### Parramatta Lakes Walk

Saturday 25<sup>th</sup> May 2019

**Organiser:** Jennifer Whaite

**Participants:** Sheree Brinsley, Erica Springstub, Margaret McKay, Joesphine Cheah

This was a nicely varied walk with green spaces, bush, street walking and some historic buildings. We started at Parramatta Wharf then crossed the river to walk along the riverside, crossing back to head for a café. Unfortunately, it was closed for renovation, but we if we missed out on a cappuccino, we enjoyed a pleasant view of the river as we had our morning tea.

We paused at the old historic dairy cottage to read about its history and then continued on through the Wisteria Gardens to Cumberland Hospital, another surprisingly green area. Then on to the streets where we passed another historic monument - the old Parramatta Gaol.

Two kilometres of street walking took us to Parramatta Lake, 70 acres of untouched bushland. In spite of the name Parramatta Lake, it is not a lake, but a man-made reservoir and another heritage listed site.

The day was one of the unseasonably warm autumn days that we had been enjoying and after the heat of the street walking it was good to be in the shade as we walked around the lake. Good views of the lake and an impressive dam wall, made of sandstone blocks rather than cement, finished our walk.

*By Jennifer Whaite*



### Cronulla Loop Walk

Sunday 30<sup>th</sup> June, 2019

**Organiser:** Margaret Dooley

**Participants:** Vicky Turner, Leonie Bell, Carol Kohler

The original walk around Blackwattle Bay was changed to a local walk due to rail track work. We had brilliant weather which made this a great day out. Fisheries have opened up a grassed area with nice sandstone seating blocks, picnic table and some beautiful fig trees.

We lunched at Darook Park and it was here the entertainment started: we were continually dive bombed by 8 juvenile kookaburras trying to snatch our lunch (which in Carol's case they succeeded in doing!). One was a bit off course as he grabbed my finger instead of my sandwich and another swooped in from behind and collided with my head with a fair amount of force.

We all survived and finished our enjoyable walk with coffee in Cronulla.

*By Margaret Dooley*



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Marita McInerney  
Vicki Presdee  
Vicki Thompson  
Angela Johnstone  
Geoffrey Barnes  
David Beck  
Suzanne Boylan  
Linda Cameron  
Colin Drever  
Joann Young

#### HOW TO LOCATE THE CLUB ACTIVITY PROGRAM

If you accidentally delete the Program and Newsletter email that is sent to all members, then it can be accessed through the Members Area of the club website.

Go to the club website: <http://www.sutherlandbushwalkers.org.au/>  
Click on Members Area (up the top)  
Type in the password that you received with your 2019 membership renewal

Under 'Members Club Activity Program' you will see the recent Programs listed.  
Click on the program that you wish to view or download.

The activity programs in the Members Area have all the organiser and committee contact details.



Sunset walk Kosciuszko NP



Plenty of whales seen from Eagle Rock, Royal NP





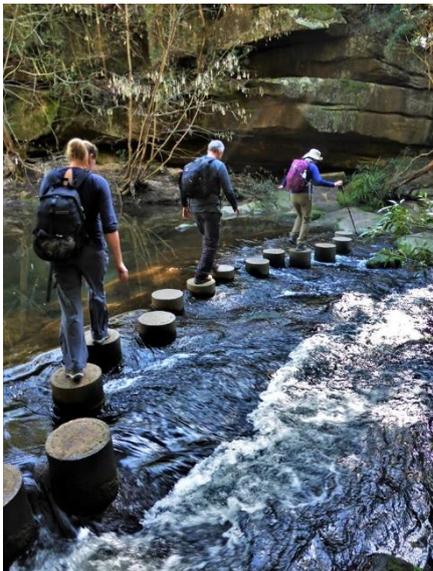
Dharawal NP



Pulpit Rock walk, Blue Mtns NP



Kangaroo Ck RNP



Thornleigh to Hornsby



Costens Pt area Royal NP