

# HUT NEWS

*"Nature Conservation Saves for Tomorrow's People"*



## August General Meeting

In western NSW, vast areas have been cleared of native vegetation to farm wheat, sheep and canola. What has been the effect on biodiversity and the natural environment?

Clive Heywood-Barker, guest speaker at our August general meeting, is presently the Society's bushcare officer, a Discovery Ranger with NPWS, and an expert on biodiversity and habitat needs of our native animals. Clive spent five months working with a land care group in an area east of Condobolin.

At the meeting he will present a collection of slides and discuss biological conservation on private lands in the central wheat belt and what strategies can be put into place to provide refuges for native plants and animals and breeding sites for animals which are becoming increasingly endangered and threatened by human activities.

At our July general meeting 70 people came to see the stunning photographs of wilderness photographer Henry Gold. It was a lively meeting: as always there was a door prize, information and discussion about conservation issues and what the Society is doing, and a chance over supper to meet other members and catch up with old and new friends.

The meeting at the Conservation Hut, Wentworth Falls, will start at 7.30 pm, on Friday 31 August. Visitors are welcome.

## Good News Sometimes ...

During the year, members of the Society's management committee and sub-committees spend a lot of their time and energy preparing submissions to various bodies on conservation issues. It is great to have a quick and positive response to a submission.

In early June the Society made a submission to Department of Land and Water Conservation opposing the proposed sale into private ownership of a parcel of land which was the unformed section of Essendene Road, Katoomba. We requested that the land portion be incorporated into Katoomba Falls Reserve.

In mid June, a further submission was made to Blue Mountains City Council asking they request the same of DLWC.

The Kedumba Creek Bushcare Group similarly objected to the proposed sale.

At their July 17 meeting Council unanimously voted that the land should not be sold and that it should be taken over and managed by Council as part of Katoomba Falls Reserve.

## Pollution in the World Heritage Area

Some people may think they are doing the right thing by putting their washing machine water on to the garden. Unless there are specially designed holding ponds and plants which take up large amounts of nutrients, these nutrients find their way through our sandy soils into the World Heritage Area. High levels of nutrients pollute waterways and promote weed growth which destroys the habitat of our native flora and fauna.

Figures provided by Council and Sydney Water indicate that many residents who are serviced by the "pump out" sewer system are illegally disposing of this effluent. Some disconnect washing machines, showers or sinks and release grey water into bushland, creeks or street gutters etc, others pump directly out of the septic holding tanks.

These figures indicate that as much as half of the effluent produced by households currently serviced by a "pump out" system does not get collected and therefore is not treated properly. This means that currently over 63,473,816 litres of untreated effluent is being illegally discharged into streets, creeks, bushland and stormwater of the Blue Mountains, and then the World Heritage Area.

The most likely reason why residents are doing this is to avoid charges. Currently Sydney Water operates a subsidised pump out system to service 784 households in areas proposed to be connected to reticulated sewerage scheme in the near future. Households are offered a subsidised service for the first 80,000 litres pumped out per year. Any effluent produced over that level is charged at a higher rate.

There is currently a financial incentive to illegally dispose of effluent produced. The whole of the service would need to be subsidised to stop this sort of abuse.

It is not only mountains residents who cheat this system. The EPA and NSW Health say that pump out systems are "not a viable option in the long term because of widespread misuse and abuse by householders".

The Society has been taking a stand against any extension of the pump out service. If properly managed it is a less polluting system than a septic. However we do not believe that any new houses should be built if they are to be using a pump out system. This service cannot be sustainable when other longer term factors are considered such as road damage, greenhouse gas emissions, no guarantee of ongoing subsidies etc.

Recently over 20 members of the Society undertook a survey of upper mountains properties which are not in the program for reticulated sewer and are being considered for the pump out service. It is because of the high financial costs of connection that 448 properties are being considered. 178 lots already had houses on them. We would agree with making the service available to these houses in preference to the even worse septic system. However it does not make any sense to add to the problem of pollution by allowing another 270 houses to be built which will be relying on a system which is known to cause pollution.

If anyone would like further details on this issue contact Lyndal Sullivan 4782 1635

## Biodiversity Forum

### Keep Warm and Conserve Habitat

To celebrate Earth Alive! Biodiversity Month 2001, Blue Mountains Conservation Society will be hosting a Biodiversity Forum at the Conservation Hut, Wentworth Falls, on Friday 21 September, at 7.30 pm.

There will be didgeridoo music and slides, and a discussion forum. Andrew Cox, well known as Director of National Parks Association, will talk about biodiversity in the woodlands, and Max Mosher, principal of Comfy House Design and former senior information officer and manager of the NSW Energy Information Centre, will present energy alternatives that will allow us to keep warm in winter and conserve biodiversity.

### Walking and Weeding in Jamison Valley

Join experienced bushwalkers from the Valley of the Waters and Jamison Bushcare groups, and NPWS staff on Sunday 12 August, for a bushwalk and weed busting journey to the base of Vera Falls. We will walk down Jamison Creek, from Wentworth Falls Picnic Area, and eradicate bush nasties, such as Buddleia and Broom along the way. The major weed problem occurs at the junction of the two creeks, which we will focus on before returning by Valley of the Waters.

If you are interested in exploring and protecting the beautiful Jamison Valley contact Susannah Power on 4787.3114 for details. This is an all day activity and involves a steep ascent back to Valley of the Waters.

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## Threatened Species Recovery

The National Parks and Wildlife Service has employed a Threatened Species Community Programs Facilitator for the Blue Mountains area as part of funding received from the Natural Heritage Trust.

The new position will be responsible for educating and informing the Blue Mountains community about five nationally threatened species: *Leoinema lachnaeoides*, *Epacris hamiltonii*, *Eucalyptus copulans*, *Microstrobos fitzgeraldii*, *Eulamprus leuraensis* (Blue Mountains Water Skink). Incorporating community involvement in on-site rehabilitation, population monitoring, site assessment and potential habitat survey will be another focus.

Many individuals, groups and organisations have already begun the process of educating, informing and involving the local community in the recovery of threatened species. The new role is intended to facilitate links between these conservation efforts, networking people and activities within the Blue Mountains.

Information about threatened species conservation efforts already in place, future community involvement opportunities and potential educational ideas would be of great benefit. Anyone interested in linking into a threatened species recovery initiative (education or fieldwork) would also be welcomed.

September 7 is National Threatened Species Day. Keep your ears out and eyes open for ways in which you could

## Our Home & the Environment Forest Friendly Timber

Those of you following our articles know by now that our house will be very woody. Until we discovered that we could mill local garden trees for most of our timber, we were in a dilemma about what timber to use. However you feel about the issue of logging native forests versus pine plantations, what is clear is that it is a complicated issue with many different perspectives.

We spoke to various conservation groups, National Parks, and State Forests to try and determine where we could buy Australian native timber, which comes from plantations or forests, which are managed in a sustainable manner. Even if we could find a forest or plantation which is known to be managed sustainably, it is difficult to track the wood from the source to the sawyard.

The Wilderness Society recommends that consumers avoid all native timbers. As an alternative they recommend the use of plantation pine. They believe this is the best option for now while we wait for alternative sources of plantation native timber to become available. We were not that keen to use plantation pine in our house. Plantations of pine provide limited habitat for native animals. Radiata spread as weeds into neighbouring areas of bush. Pine also being a softwood is an inferior wood for many uses compared to hardwood.

It seems that the best options for forest friendly timbers at the moment are second hand and recycled wood, or wood milled from garden or farm trees. The next best option at present may be plantation pine. The Wilderness Society has produced a book, "Forest Friendly Building Timbers" which explains how to use and where to buy plantation pine. The book is available from Earth Garden, RMB 427, Trentham, Victoria, 3458. All the relevant information is also available on their website: [www.timbershop.wilderness.org.au](http://www.timbershop.wilderness.org.au). Pine, in one form or another, can be used for most jobs. Some pine however is treated with chemicals or contains glues, which give off odours. The use of toxins like these will be in

our next article.

The other issue of concern is the use of timber imported from overseas. Apart from the embodied energy issue it is not necessarily a "Forest Friendly" or sustainable option. Often the timber comes from forests which should not be logged, such as the South East Asian rainforests.

To better manage this issue some countries have established a Forest Stewardship Council (FSC). This Council identifies well-managed, sustainable forests that are acceptable sources of timber. The standards used to determine whether a forest is well managed are set by a number of players, such as non-government groups, the government, industry and the community. The timber from these forests is tracked from the forest through all stages of production until it reaches the end user. It then carries the FSC logo. This is the only certain way of knowing your timber comes from a well-managed forest or plantation.

At present in Australia there is one business, which imports FSC certified wood from New Zealand and South East Asia. It is The Woodage in Mittagong, 4872 1618. They can supply certified wood for floors, benches, windows etc. According to World Wildlife Fund, who are involved with the Forest Stewardship Council, there should be more outlets for the imported certified timber in the next six to twelve months. For more information on the FSC contact World Wildlife Fund on 03 9853 7244. They have a bi-monthly newsletter on FSC. The international FSC website is at [www.fscoax.org](http://www.fscoax.org). This concept is in its infancy and needs to be encouraged world-wide and particularly in Australia.

See you next month when we talk about how we have tried to avoid the use of toxic products in the house. Cheers — Greg Wellham and Jessica Yuille.



get involved.

Contact Zuela Sledge, Threatened Species Community Programs Facilitator, at the Blackheath office of NPWS on 4787.3104, (email: [zuela.sledge@npws.nsw.gov.au](mailto:zuela.sledge@npws.nsw.gov.au))

## Early History of the Society

In October 2001, Blue Mountains Conservation Society will celebrate 40 years of service to the Blue Mountains environment.

### Small Beginnings

In the early 1940s the Blue Mountains Flora and Fauna Protection Society was formed and was centred in Hazelbrook. Bernard Schleicher was its president from the time it began. In 1961 he wrote to the then Mayor Alderman Frank Walford, requesting him to convene a public meeting in Katoomba to form a similar society.

The meeting was convened on 5 October 1961 in Katoomba Town Hall. The Mayor was in the Chair and eight others present. It was resolved that a society be formed and that a further meeting be held on 26 October.

On 26 October the meeting was again

in Katoomba Town Hall, with Stan Fallows taking the Chair. Also present were the misses Brown and Pearce, and Ern Sommervilles, the Jeff Fairs, the Astles, Allen Hawke, Geoff Bates and Les Hill.

The meeting decided: that the Society be named "The Katoomba and District Flora and Fauna Protection Society"; that membership fee be two shillings and sixpence; and that election of officers and adoption of a constitution be held over till a meeting on 30 November. (Donations totalling one pound were given "toward the cost of forming the Society".)

A third meeting was held on 30 November. Present were 8 of those who were at the previous meeting, plus John Buki. Those elected were President Fred Astle, Vice-president Allen Hawke; Secretary John Buki; Treasurer Jeff Fair; Publicity Officer Moira Pearce. Alderman Frank Walford was elected Patron "for his intimate love and knowledge of Australian wildlife and for his outstanding service in this field".

## Sydney Water

Sydney Water Corporation (SWC) have been spending big money in the Blue Mountains in recent years, and this is set to continue into the medium-term future.

The Water Cycle Sub-Committee have been involved in consultation on several important projects, and this article is intended to bring you all up-to-date.

### Decommissioned STPs

The sewage tunnel to Winmalee now services all towns from Springwood to Katoomba, taking about 18 million litres per day of sewage for tertiary treatment and disinfection at Winmalee Sewage Treatment Plant (STP), and eventual release to the Nepean river.

The STP's at North Katoomba, South Katoomba and Wentworth Falls have been decommissioned and demolished, and the sites are being rehabilitated. Water Cycle Sub-Committee members have visited all three sites, and written to SWC pointing out some shortcomings. I have also joined the Technical Advisory Group (TAG) advising SWC on rehabilitation of the effluent weed plume at Wentworth Falls.

### Upper Blue Mountains Sewerage Augmentation

Mt Victoria has reticulated sewerage, and a Tertiary STP, but the plant discharges to Fairy Dell Creek which flows to the Coxs river and ultimately into Sydney Drinking Water, and there are significant backlog areas with no reticulated sewerage.

Blackheath has sewerage, but the STP is overloaded, uses obsolete technology, and regularly overflows, the outflow is into Hat Hill Creek and the Grose Wilderness, and there are significant backlog areas with no reticulated sewerage. At present there is an SWC-imposed moratorium on development in Blackheath because of the lack of sewerage infrastructure.

Medlow Bath has no reticulated

sewerage infrastructure, and all premises (including the Hydro Majestic) use septic systems or pump out.

SWC propose to update the Upper Blue Mountains Sewerage infrastructure as follows:

- A pressurised pipeline (rising main) from Mt Victoria to Blackheath
- A rising main from Blackheath to the tunnel portal at North Katoomba
- A pumping station at Medlow bath injecting sewage into the Blackheath to North Katoomba rising main
- All sewage will drain down the existing sewage transfer tunnel to Winmalee for treatment
- Total dry-weather flow will be 3 megalitres per day

Once this transfer infrastructure is in place the STPs at Mt Victoria and Blackheath will be decommissioned and rehabilitated, backlog areas will be connected to the reticulated sewerage, and the **moratorium on development in Blackheath will be lifted.**

The transfer infrastructure should be in place within three years, and the entire project should be completed in 2007. Project cost is approx. \$70 million.

Some points of interest: the pipeline Mt Victoria to Blackheath will be 375mm diameter; the pipeline Blackheath to North Katoomba will be 600mm diameter; both pipelines will be welded steel with concrete casing; both pipelines will be buried, mostly in disused railway cuttings and roadways; both pipelines will include flow metres to detect leakages, online telemetry equipment at all pumps and dosing stations, and will be regularly inspected.

### Upper Blue Mountains Water Supply

SWC are upgrading the Upper Blue Mountains Water Supply to deal with an outdated Water Filtration Plant (WFP) at Lake Greaves (Medlow Bath), pressure problems, and tightening in drinking water quality standards.

## WINDY DAY, BLUE MOUNTAINS

Over the trees around my house

Fifty huge birds are playing,  
Soaring and swooping about in the gale,  
Yellow tails splaying;  
Screeching and screaming with much ado,  
Fifty great jubilant Black Cockatoos,  
Showing the rest of us what they can do,  
The big exhibitionist clowns!

(Graham Alcorn)

Helga Esamie recently attended a workshop on our behalf. The report from this workshop recommends that: Greaves Creek WFP be decommissioned; Raw water from Lakes Medlow and Greaves be pumped to Cascades Dam(s); Treated water from Cascades WFP be pumped to Medlow Bath, Blackheath and Mt Victoria; A new pipeline be laid from Cascades to the reservoir at Blackheath

Project cost will be over \$5million. The water pipeline will follow a different route to the sewage pipeline to avoid risk of contamination.

As always, the Water Cycle Sub-Committee will continue to review documents, attend workshops, write submissions, and involve Minister Debus, to ensure that these projects achieve the best possible environmental outcomes. *Ross Coster, Convenor, BMCS Water Cycle Sub-Committee.*

## Early Conservation

"The run of water that supplied the settlement was observed to be only a drain from a swamp at the head of it; to protect it, therefore, as much as possible from the sun, an order was given out, forbidding the cutting down of any trees within fifty feet of the run." *Captain Collins, from 'Sydney Cove 1788' by John Cobley.*

## Membership Enquiries

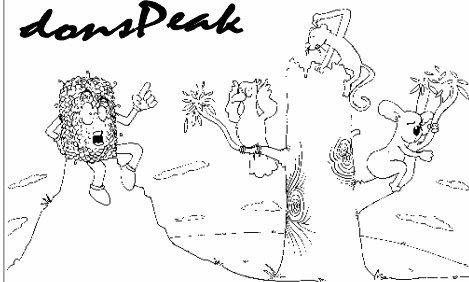
Contact Elizabeth van Reyswoud

Phone/Fax: 4759.2508 (a.h.)

Email: ereyswoud@hermes.net.au

Post: PO Box 29, Wentworth Falls 2782

## downPeak



### A View of Rehabilitation

A local president of the Pauline Hanson One Nation Party has written to the Gazette supporting the proposal for a large sand mine near Newnes Junction, 2.5km from the World Heritage area. He implied that old sand quarries could be filled with water, attracting native birds.

The leading lights of all political parties need to understand that rehabilitating industrial sites is not just about slapping native wildlife from somewhere in Australia on them once the industry ceases (remember the

'Canyon Colliery' debate?). What we need to ask about the Newnes Junction sand mine is when (if ever) the site and its surrounds would regain the ecological diversity that is present NOW.

### Quote of the Month

Last month, a Blue Mountains woman camped in Kakadu National Park with her twelve year old granddaughter. One night, the girl rolled back her tent flap and mosquito net, gazed up at the clear sky and said: "Grandma, we're staying in a one billion star hotel!"

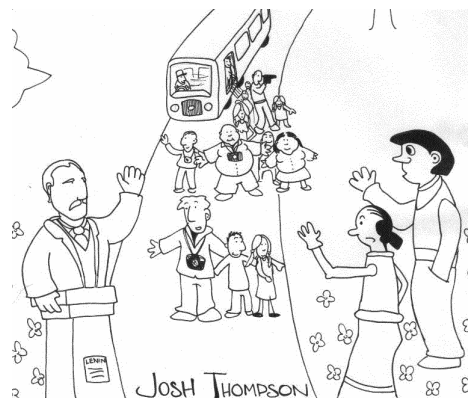
### Coaches Could Visit Boof, Ol and Vlad

At a meeting chaired by Cllr Terri Hamilton this year, there was discussion of a proposal to phase out tourist coaches from Cliff Drive between Echo Point and Merriwa Street. This proposal does not now seem to be going anywhere, which is rather a pity.

The construction of Cliff Drive along the Leura and Katoomba cliff tops in 1937 was a 'gurgha' 'tourist trap' idea that has never fitted in well with an appropriate traffic hierarchy, nor with the optimal management of the fragile

cliff-edge and cliff-face ecosystems. There are sections of it where we could do well to remove the pavement altogether and revegetate the cliff-top, provided alternatives could be found for services like the 'Explorer Bus'. Tourist coaches would still have access to Leurralla Museum, with its larger than life cartoon and historical characters.

— Don Morison.



## Misty Blackheath

What can you do on a cold, wet and misty day at Blackheath?

Some people might stay at home by the fire, but the Society's Thursday walkers are a determined lot. On 26 July, twelve of us met in the rain and pooled cars to drive to Shipley Plateau and walk to the old Blackheath Racecourse and the Amphitheatre, off the road to Mount Blackheath. As we parked the cars we were greeted by the raucous "chuck-a-luck" of red wattle birds in the heath and scribbly gums.

Leaving the trees and wattle birds behind we started to see smaller honeyeaters in the heath, where three types of banksias were flowering.

Near the lookout (there was a grey void beyond it) we were greeted by an amazing bird chorus and there were hundreds of little birds who were darting to and fro above the heath, singly and in pairs. Some of those identified were New Holland honeyeaters, eastern spinebills, yellow-faced honeyeaters, white-naped honeyeaters, yellow crested honeyeaters, white-eared honeyeaters, and silvereyes.

We watched and listened for ages, and then finally managed to drag our most ardent birdwatcher back to the car, called in at Logan Brae orchard for boxes of delicious apples, and drove down the valley to the Mermaid's Cave. Walking into the rainforest there is like walking into a cathedral, especially in the rain. In the cave, we found a high, dry place to have our morning tea, and listened to poetry and the sound of the waterfall.

A leisurely lunch in the warmth of the Gardner's Inn was a perfect way to end a morning which had turned out to be a wonderful and unforgettable experience.

## Mountain Vandals

On a recent visit to Du Faur's Rocks at Mount Wilson it was distressing to find that somebody had lit a large fire on the fragile sandstone rocks of the lookout, damaging the surface and destroying some of the ancient grinding grooves. Others have damaged other grinding grooves, scratching and deepening them, and a great many more have carved their initials into the sandstone. Below the lookout is broken glass.

As the Blue Mountains become more popular, more of the car-accessible places are becoming degraded. Along with the people who come to admire this beautiful place come the fools and the vandals.

Harry Peckman wrote about the forebears of these people a hundred years ago, but now unfortunately there are many more of them.

### TO MOUNTAIN VANDALS, by Harry Peckman

When I find names marked on sundry roads and passes

Then I know the world possesses Human asses;

And then I know that God had sent his creatures tools,

Which are oft misused in shaping names of fools.

Vain poor mortal he who thus inscribes his name

And, without brains, presumes to hack his way to fame.

## DATES FOR YOUR DIARY

**Aug 25 (Sat) Management Meeting**, 9 am, Mid Mountains Community Centre, Lawson.

**Aug 31 (Fri) General Meeting**, at the Conservation Hut, 7.30 pm. (See page 1).

**Sept 1-30 Earth Alive! Biodiversity Month**

**QUOLL CLUB** (Activities for 12 and under - contact Jessica 4788.1200))

**BUSHCARE** (Tools provided — bring morning tea and gloves.)

**Aug 10 (Fri) Valley of the Waters Bushcare Group**. (2nd Friday of every month) Contact Karen on 4757.1929 for the meeting place. (following Friday if wet).

**Aug 12 (Sun) Digger Cooper Reserve Bushcare Group**. (2nd Sunday of every month) Meet 9 am at the Reserve (GWH, West of Sorenson Bridge). Contact Ross Coster 4759.1247.

**BUSHWALKS: Carry drinking water (minimum 1 litre), bring morning tea, and lunch for day walks. Wear shoes with a good tread.**

**Monday Leisure Walks: Usually half day walks, easy/medium, leisurely pace.** **Aug 06 The Kiosk** (off Victoria Falls Road). Contact Allan 4739.2767. Meet Mount Victoria Station 9.30. Easy, half day. BBQ lunch.

**Aug 13 Valley of the Waters**. Contact Bill 4759.1692. Meet Wentworth Falls Station 9 am. Easy/medium, half day, coffee or lunch at The Hut.

**Aug 20 Pope's Glen**. Contact Norah 4757.4058. Meet Blackheath Neighbourhood Centre 9.30. Easy, half day, BBQ lunch.

**Aug 27 Kuring-gai National Park Bus Trip**. The walk is fairly flat, but ends with a 15 minute steep climb out. Contact Anna Marie 4759.2353. Leaves Katoomba depot to east 8.30 am. Arrange pickup with Bill 4759.1692. Easy, day trip, bring lunch.

**Sept 03 Jon's Seat to Witches Rock**. Contact Jock 4758.6346. Meet Hazelbrook Station 9.30. Easy. BBQ lunch.

**Sept 10 Bus Trip to Wodi Wodi Track at Stanwell Park**. Contact Anna Marie 4759.2353. Leaves Katoomba Depot to east 8.15. Easy day trip. BBQ. Bookings essential.

**Sept 17 Gooch's Crater**. Contact Allan 4739.2767. Meet Mount Victoria Station 9am. Medium. BBQ after.

**Wednesday Pleasure Walks: Half day leisure walks, easy to medium.**

**Aug 01 Ferntree Gully Car Pool**. Phone Bill Graham for reservation. Meet Katoomba Station GWH side 8.30 am. Easy. Rylestone Hotel for lunch.

**Aug 08 Lockley's Pylon**. Meet Leura carpark, cnr GWH 9.30 am. Contact Jock 4758.6346. Easy/medium. BBQ lunch.

**Aug 15 Pine Forest, Ponds and Lookout**. Contact Jock 4758.6346. Meet at Katoomba Station GWH side 9.30. Easy. BBQ lunch.

**Aug 22 Den Fenella**. Contact Bill 4759.1692. Meet Wentworth Falls Station 9.30. Easy, half day. Lunch or coffee at Conservation Hut.

**Aug 29 Leura Cascades to Katoomba Falls**. Contact Bill 4759.1692. Meet at Leura Station carpark, cnr GWH, 9.30 am. Easy, half day. BBQ after.

**Sept 05 Mount Banks and Grose Valley Lookout**. Contact Bill 4759.1692. Meet Mount Victoria Station 9.30. Car pool. Easy. BBQ after.

**Sept 12 Valley of the Waters**. Contact Bill 4759.1692. Meet Wentworth Falls Station 9.30. Easy/medium, half day. Coffee or lunch at The Hut.

**Weekend Bushwalks: Bushwalkers are requested to phone the contact before 8 pm the day before the walk. The walk may be cancelled if fewer than 4 walkers register, or if other circumstances make conditions unsafe. These walks are of various grades, full or half day.**

**Aug 11 (Sat) Victoria Falls**. Meet Mt Victoria Station 9.30. Contact Judy 4787.1191. Medium, day, not suitable first-time walkers, bring lunch.

**Aug 18 (Sat) Sassafras Gully**. Meet Springwood car park 9.30. Contact Liz 4754.4966. Medium, day walk. Bring lunch.

**Aug 25 (Sat) Valley of the Waters to Vera Falls, Hippogrene Falls**. Meet Conservation Hut 9 am. Contact Warwick 4757.1354. HARD WALK, 5 hours approx. Bring lunch.

**Sept 01 (Sat) Cox's Road, return Lockyers Line of Road**. Meet Mount Victoria Station 9.30. Contact Judy 4787.1191. Medium walk, bring lunch.

**Sept 08 (Sat) Mount Twiss**. Meet Linden Station carpark, south side, 9.30. Contact Liz 4754.4966. Medium, day, bring lunch.

**Sept 22 Blue Gum Forest** from Perry's Lookdown, to join the Songline and Don's group. Hard, very steep. Contact Bill 4759.1692 if you are attending.

**Walks are generally Easy to Medium Grade, unless otherwise noted. Easy:** Mostly good surfaces, but some rough or steep sections. Suited to people of average fitness. **Medium:** Includes rough or steep sections, some of which may require clambering over natural obstacles. Suited to people of better than average fitness, but discuss with the contact if in doubt. **Hard:** We occasionally arrange a walk considered most suited to experienced and very fit walkers but it is conducted at a moderate pace. Always discuss with the contact if the walk you would like to do is Medium/hard or Hard, before attending. **If this is your first walk**, or you are in any doubt, discuss with the contact or Bushwalks Convener Bill Graham 4759.1692.