

# Bushwalkers in the Apple Isle

## Three Capes Walk, Tasmania

Last month both our organised walks were washed out, a shame but the rain was needed. We have rescheduled the walks, as good numbers were registered.

Here is Sue's report by from earlier this year, when five members headed south to Tasmania to undertake the Three Capes Walk, near Port Arthur.

In March we walked the 48km track around the southern end of Tasman Peninsula over four days, and what a wonderful time was had.

Numbers are limited so this is not a theme park experience. After the initial boat tour and then drop-off, we then walked between the unique landscapes, the sheer magnitude of which was breathtaking.

It is rugged and dramatic, with soaring 300-metre high cliffs, extraordinary giant rock formations, coves and offshore islands – including Tasman island with its grand old, white lighthouse, now lit electronically.

The natural diversity of this area, largely within the Tasman National Park, includes heathlands and open moorlands, tall eucalypt stringy-bark forests and even some remnants of amazing lush rainforest, straight out of *The Hobbit*.

Some of our favourite wildlife included fur seals we could hear barking up from the wet ledges below, penguins feeding on fish out in the ocean, dolphins playing, sea eagles soaring.

Then there were the land-based wombats, possums, wallabies as well as a variety of forest-dwelling birds – small, chattering honey-eaters to larger wattlebirds, parrots and black cockatoos. Even the snakes enthralled us.

We were also spoiled with calm, warm weather, allowing the Tasman ocean to sparkle and reflect stunning cloud formations, sunrises and sunsets.

Our three overnight stops were spent in modern, environmentally-sensitive cabins, providing indoor and outdoor comforts and spectacular views over the landscape.

We had a wonderful few days, and the club will organise more extended walking experiences.



# Walks Programme

## Sunday 18th November Protesters Falls and more, Nightcap National Park

**Leader:** Judy Hales who knows this area well. Register with Peter 0412-656-498.

**Grade 4.** Some formed tracks and steps but there will be some slippery rocks and rough walking particularly after rain. We will walk through wild, rugged rainforest, the site of the historic battle to save this precious patch of pristine forest. Plenty of lush rainforest and hopefully plenty of water over the falls. This is one of the gems of this World Heritage-listed area

**Meet:** 9.30am at the picnic area at the end of Terania Creek Road 15km from The Channon.

**Bring:** The usual – hat, drinking water, lunch and good bush walking boots/shoes

## Friday 30th November – Sunday 2nd Dec Woody Head National Park campground, near Iluka

**Leader:** Peter Moyle 0412-656-498

**Grade 2-3.** The club has booked the group camping area so all you need do is confirm your attendance with Peter and pay him on arrival. This is a private area with its own camp kitchen and shady campsites, ideal for a weekend away and a great way to finish the walks for the year. Bring your camping gear, firewood supplied. Bring your kayak, canoe as we are planning a trip on the Esk River, a short drive away. If interested in the paddle and do not have a watercraft, let Peter know a week before and he can assist. There will also be a walk to Wendoree Lagoon the back way, after a 4WD beach drive towards Black Rock.

**Meet:** at Woody Head.

**Cost:** Camping \$17 per person per night. Full shower/toilet facilities. Annual NP pass or \$8 per day for vehicle.



## Contemplating sixty

Another birthday, another day closer to death. As I edge towards 60 I find myself going to nearly as many wakes as parties and cannot help but think about the big picture. For many, life goes on. Last week at my mother-in-law's nursing home, a 100 year old man was arrested for sexually harassing a 94 year old woman! A truly dirty old man.

Over the years I have gathered many good quotes trying to answer the unanswerable question of what's life really about. I'd like to share some with you.

Joseph Addison reckons there are three grand essentials to happiness in this life: something to do, something to love and something to hope for.

I like how Anais Nin gets things in perspective with "I am as extraordinary and powerful as I am insignificant and forgettable."

The Bard was really shaking his spere when he wrote "Life is a tale told by an idiot, full of sound and fury;

### The world according to Magenta Appel-Pye

signifying nothing."

Sidney Nolan said "Music is rather important. Everyone thinks when you get to heaven there will be music. If there is music there, I'll go, yes. If there is no music, I'll go somewhere else." He also said "success is like a smack in the face with a wet fish. It only means trouble for an artist."

Forgiveness is a very important skill to develop over the course of a lifetime. Rabbi Harold Kushner wisely says "Forgiveness happens inside us. It represents a letting go of the sense of grievance, and more importantly, a letting go of the role of victim." Confucius says "Forgive yourself for your faults and mistakes and move on."

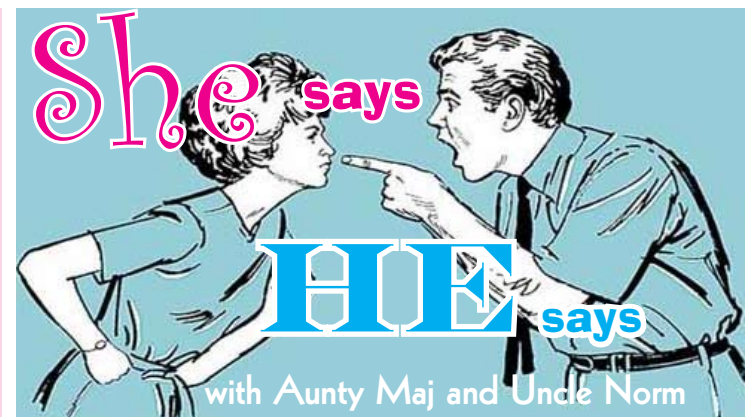
My mother jokes that "life is like a hot bath, the longer you stay in the more wrinkled you get." She tells me the most important thing is to be kind.

## Tantric sex

*The woman I fancy has made it clear that she only likes men who are tantric lovers. WTF?*

– Dick Hardcastle, Byron Bay

Send your relationship problems to [normanappel@westnet.com.au](mailto:normanappel@westnet.com.au)



### She says

When in Tahiti I had a boyfriend who practiced tantra (ah, memories). He went for hours. It was great because I was young and on holidays on an exotic island with nothing better to do. He only 'released' as a farewell present and acted as if he'd bestowed on me the crown jewels. But I'm older now and frankly, I'm tired and haven't got the time nor the patience for it. In, out, sleep.

If this woman is only interested in a man's lovemaking technique then she's possibly shallow and sex obsessed. She probably thinks she's spiritually elite and vaginally gifted, but she may be missing the point. There are more important qualities to consider about potential partners, such as does he have a kind heart, a generous spirit, a good mind, and can he cook?

Who needs the all-night, multi-positional, huffy puffy marathon? From the little I know about tantric sex, it seems to be about breathing, but whoopy doo, staying alive is all about breathing. If she's having a tanti before you've even got to square one, then maybe you should reconsider whether you want to go there. If you really do, you could take some classes, there are plenty on offer in Byron Bay. You never know, it might just be your thang. However, most men I've heard of who practice tantra, do it on a lot of women. If you do decide to be with her, I recommend you get an STD check first. Good luck.

"Sex is one of the nine reasons for reincarnation. The other eight are unimportant." – Henry Miller

### He says

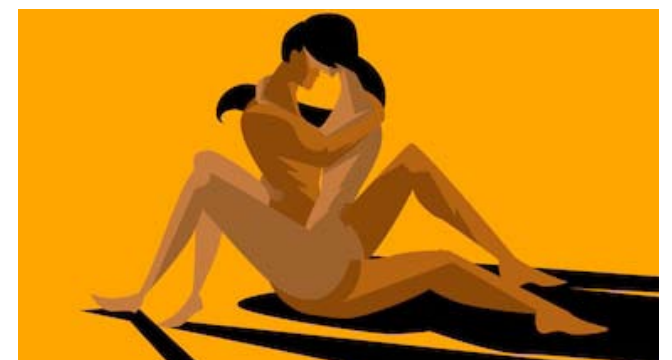
I've heard the term 'tantric' bandied about for years and not really known what it was about. Just the sound of it was enough for me to roll my eyes. So I've done the leg work, and researched it for five minutes on the Google, and what I found didn't rock my boat.

Basically, tantric sex is yoga with a bit of 'fooling around'

thrown in. You've gotta do breathing exercises and learn how to focus on your partner blah, blah, blah, and the whole thing takes bloody hours. Most astonishing of all is you're not allowed to even think about popping your cork! One tip for beginners I saw was – don't do tantric sex in bed or you're likely to fall asleep. Says it all really.

Now just because this isn't my cuppa tea doesn't mean you should dismiss it out of hand. If you master it, you certainly won't have any trouble getting any in this neck of the woods. The reason so many women seem to want it is because it apparently gives them longer and more satisfying orgasms. Who could argue with that? Who would dare? OK, it's not as much fun for you as the old rumpy pumpy style, but you can always go home later and 'give yourself a present.'

However one slightly dark thought occurs to me. Did you stop and think for a minute that this woman you fancy was simply telling you in a polite way to fuck off?



Two buddies were sharing drinks while discussing their wives. "Do you and your wife ever do it doggie style?" asked the first guy.

"Well, not exactly. She's more into the trick dog aspect of it," replied his friend.

"Oh, I see, kinky huh?" asked the first guy.

"Not exactly. I sit up and beg, then she rolls over and plays dead."

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