

# BRINDABELLA BUSHWALKING CLUB NEWSLETTER



## **This 'n' That**

### *President's Pontifications*

#### **In this issue**

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**Potluck Dinner Update**

---

**Allergic reactions & First Aid Kits**

---

**Light to Light Walk**

---

**New Members**

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**Membership Forms**

---

**Victory for Common Sense**

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**Another liaison meeting with the Presidents of CBC and NPA was held on 20 March and I will report on it at the next committee meeting on 3 July. A broad range of important issues, common to all three clubs, were discussed and I expect to be in a position to say more after that meeting.**

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**Our membership is continuing to grow steadily and now stands at 391. Membership of the other clubs is also growing steadily. Although it's difficult to attract younger members, it's good to see that bushwalking may be growing in popularity.**

.....;.....  
**Judging from the participation rate in both the easy/medium and medium/hard Wednesday walks, the changes that we made some time ago to the program are clearly working well. However, the number of easy/medium walks with more than 30 participants raises some safety issues that will require more discussion.**

**Peter Ford**

## Friday 27 April – Potluck Dinner

**Coordinator: (Elaine Atkinson 62883557).**

All members are welcome to share a great meal of food contributed by participants and enjoy social time together. This time, the club will be providing cask red and white wine, mineral water and juice.

Most diners will probably choose to bring their own favourite tippie!

The guest speakers will be Mac Kirby and Cynthia Burton who will show us a short video and some photos of their rapid completion of the Australian Alpine Walking Track (AAWT) late last year. They will be followed by Mary Hoffman who will talk about doing the same trip in a more leisurely manner (she only recently completed the epic walk). There will be time for questions.

To enable all interested people to come we will again use the venue at St Margaret's Uniting Church Hall at Hackett on the corner of Antill Street and Phillip Avenue. The grounds are shared with Holy Cross Anglican Church and the entrance to parking is on Antill Street.

Meet at 6.30 pm for pre-dinner drinks and nibbles followed by dinner at 7.00 pm.

Please **email (elainem.atkinson@gmail.com) or telephone (62883557) Elaine by Mon 23 Apr** to book a place and discuss a contribution.



It **is** as steep as it looks,  
and it has nothing to with potluck

### BBC Facebook Page

The facebook page is attracting plenty of interest and Terrylea is keeping it up to date with photos, walk reports and much more. Visit it at: <https://www.facebook.com/BrindabellaBushwalkingClub/> You can set your facebook page to receive notifications every time there is a new post.

### Next Walks Program - Early Warning for Leaders

The Walks Committee will meet in mid-May to create the Walks Program for Jul-Dec 2018. Please begin thinking about what you would like to contribute to this program and feel free to discuss anything with the relevant Walk Coordinator - their details are near the front of the current program.

# Allergic Reactions

Anaphylaxis can be the result of an allergic reaction to certain medicines or foods, but these should not be a problem while on a bushwalk. Our main concern is insect bites, particularly by ants of the type we 'enjoy' in Namadgi and the Brindabellas. Tick bites are also a major problem for some unlucky people.

We all react differently to insect bites - for most of us they are just a mild annoyance, but to others they can be life threatening; i.e. anaphylaxis.

If you are likely to have a severe allergic reaction to these bites or stings, you must carry an EpiPen.

In any case, we recommend that walkers who don't have severe allergic reactions still carry a quick-acting antihistamine (the latest generation of these don't make you drowsy) that can be taken if they are bitten by jack jumper ants or larger bull ants, or if stung by a bee or wasp.

Antihistamines don't work quickly enough, and are probably ineffective anyway, for people who suffer severe reactions.

The following government links are very informative and are highly recommended reading.

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/allergies-to-bites-and-stings>

<https://www.healthdirect.gov.au/insect-bites-and-stings>



Jack Jumper

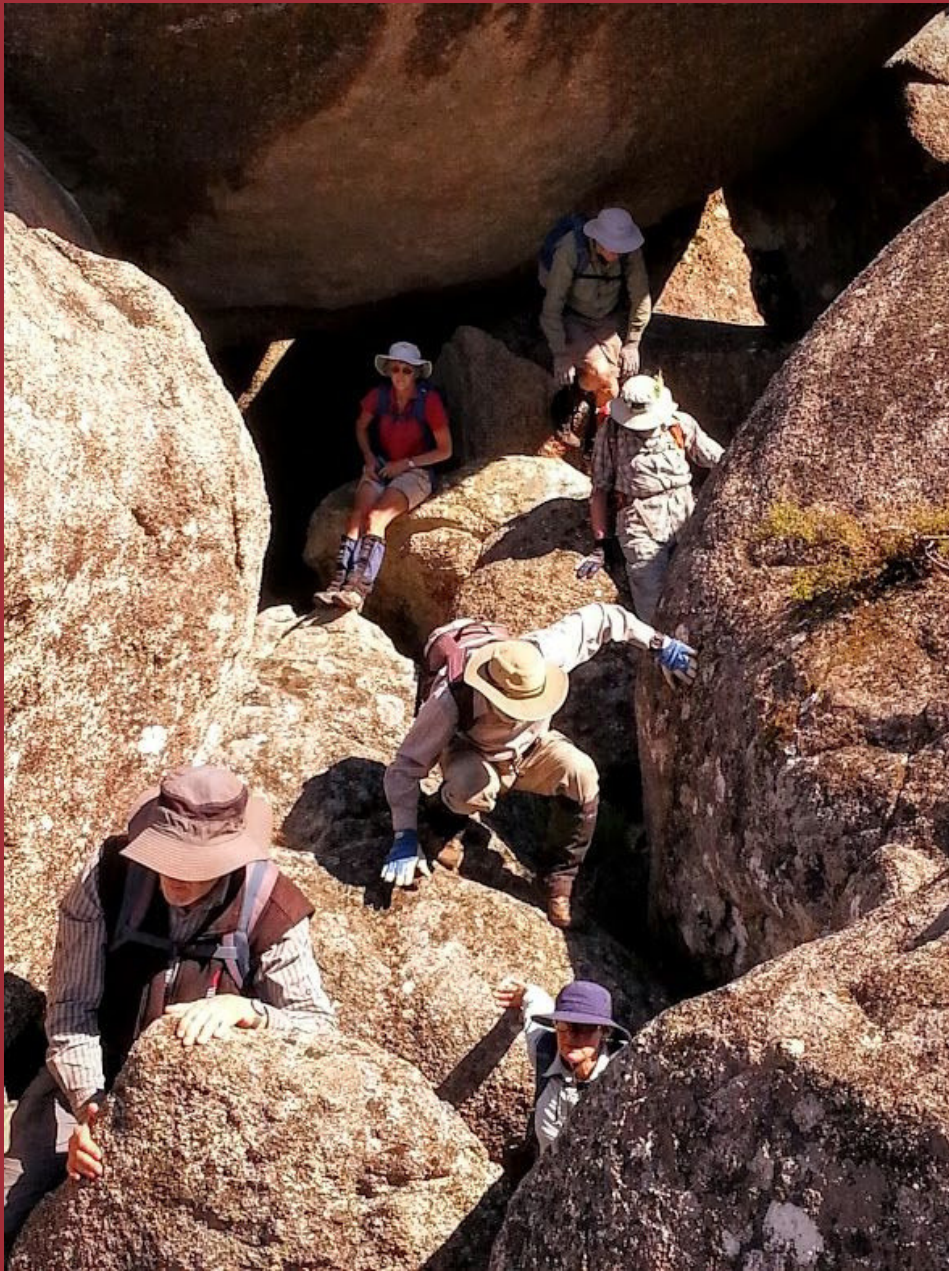
Bull Ant



## First Aid Kits

The article above serves as a reminder that all members of BBC must carry their own first aid kits. The leader may not be first-aid trained and is not responsible for carrying supplies for everybody. Some people have unique allergies; e.g. allergic to Panadol or aspirin, and they cannot expect others in the party to have what they need. The Rules for Walkers in the Program provide good advice in this respect.





The final climb up to Billy  
Billy Rocks

## *Light to Light Walk*

Seven of our members just finished the sensational Light to Light coastal walk from Boyd's Tower to Green Cape Lighthouse, ably led by Jillian Bellamy.

Travelling over 30 kilometres of stunning coastline with red-rock platforms, heathland, tea tree forest groves and banksias this walk truly is quite stunning.

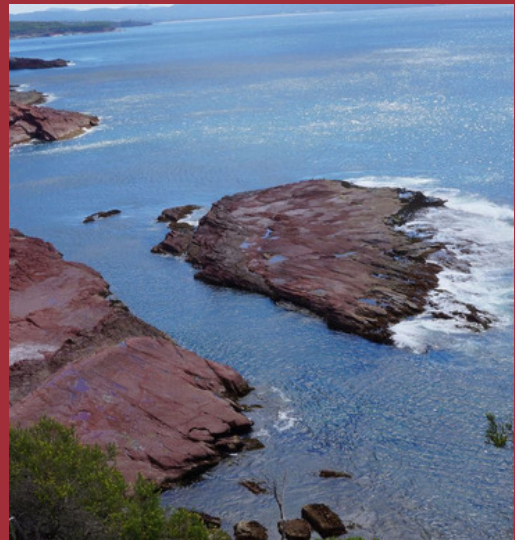
There's nothing quite like that fresh sea air blowing around you and the smell of salt to perk up your senses and, combined with a solid day's hiking, a night in your tent is a perfect finish after a campfire dinner with fellow walkers.

There was time to swim and time to relax and plenty of opportunities to photograph the locals, including lace monitors, cheeky kangaroos, chirpy wrens, magnificent sea-eagles and the occasional lyrebird.

Everybody had a great time, thank to Jillian's great planning and execution.

A number of the photos taken on the trip are on the next page - most are from the Facebook page and one is Harry Feldman's. To see the lot, just go to the Club's Facebook page.







## NEW MEMBERS

The Club welcomes the following people who have joined us as members in the last couple of months.

Jane Hattley

Doreen and Ron Kluken

Denis Taylor

Bill and Deborah Gibson

Robert Nield

Murray Brown

Steven Curren

Pam McGregor

Pauline Jennings

James Boyle

Simone Brown

Lindsay and Karen Kranz



## Membership Forms

### IMPORTANT NOTE

The roles of Treasurer and Membership Secretary used to be combined, but are now filled by two people.

It is imperative that when you pay your annual membership fee, you complete and send off your Membership Form to the membership Secretary. If that form is not received, the Membership Secretary will not know that you have paid your fees and are a financial member. Your details will not then be entered into the Data Base and you will not receive future emails. The form can be sent electronically to the email address on the form or be posted to BBC's Post Office Box.

When paying by Direct Deposit to our bank account, ensure you write **YOUR NAME** (nothing else) in the Lodgement Reference area. We presently have three membership payments without names that the Treasurer and membership Secretary are trying to trace owners for.

## Volunteer Bushwalkers are NOT required to comply with the AAAS

The article below has just been received from Bushwalking Victoria, who have been petitioning the Victorian Government for a very long time about the reasons that bushwalking clubs should not have to comply with the Australian Adventure Activity Standards (AAAS). They have had a major victory, the results of which will no doubt now be forwarded to every other State and Territory Government by Bushwalking Australia.

Bushwalking Victoria

Mar 21, 2018 — Thanks for supporting our petition.

Bushwalking Victoria has analysed the AAAS Core and Bushwalking Standards and consider that most of the content is either not relevant to or far exceeds the needs of volunteer bushwalking activities.

The AAAS are designated as "voluntary" and are not enacted or authorised by any Act of Parliament or other legislative instrument.

The Minister for Sport, John Eren MP, has advised that there is no current intention to mandate the use of the AAAS on behalf of relevant jurisdictions, including the Department of Health and Human Services, Parks Victoria and the Department of Environment, Water, Land and Planning.

The Minister for Energy, Environment & Climate Change, Lily D'Ambrosio MP, has advised that on their own, the standards have no legal status and there is no requirement to comply with them.

Volunteer bushwalkers cannot and should not be required to comply with the Core AAAS, Bushwalking AAAS or Camping AAAS.



## *Contributing Articles*

Suitable articles are always welcomed and photos make them better. It may not be possible to use all the photos. We will include the photographer's name in the newsletter, unless they ask us not to bother. If it is not your photo, you must have the photographer's permission to use it. Send your articles to [walks@brindabellabushwalking.org.au](mailto:walks@brindabellabushwalking.org.au)

An article may be edited to correct spelling errors and to suit the newsletter's style by restructuring, cutting to fit, and even re-writing sections if the editor believes that will better appeal to readers.

The newsletters will also be placed on the Club's website.