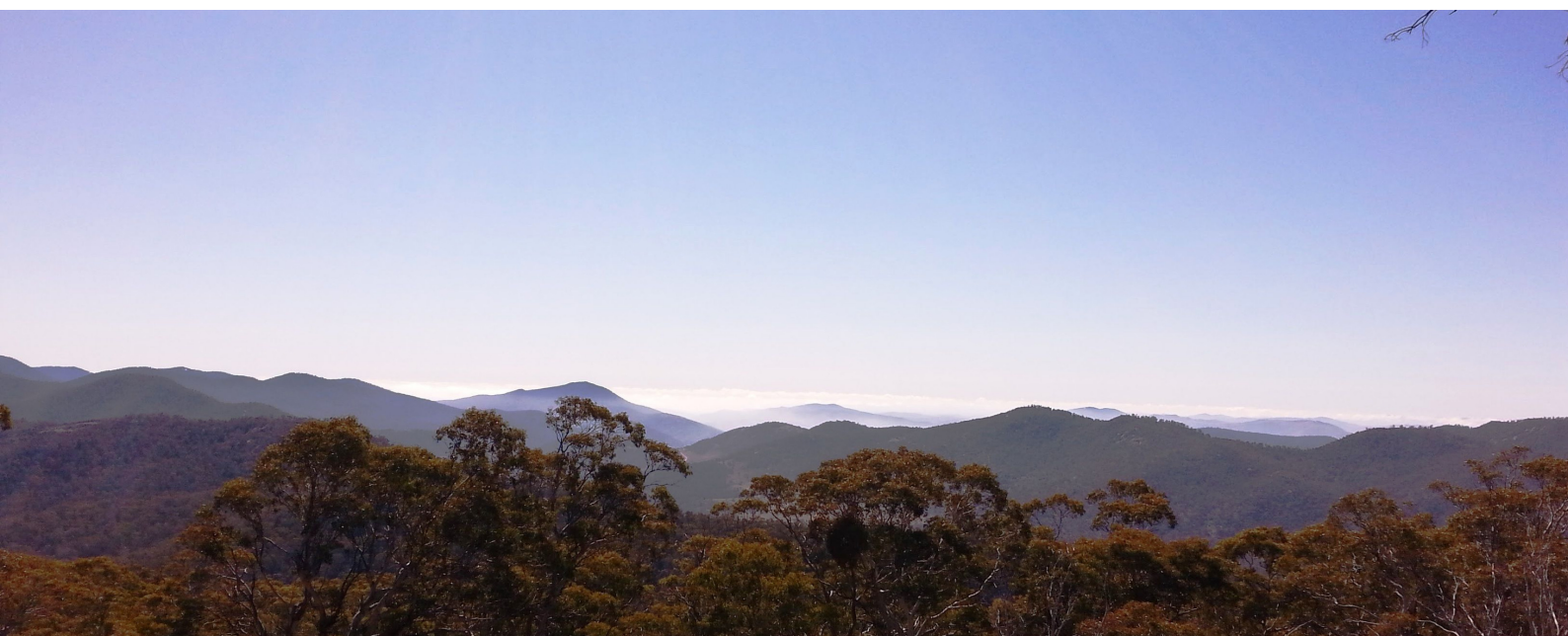


BRINDABELLA BUSHWALKING CLUB NEWSLETTER



This 'n' That

President's Pontifications

Contents

This 'n' That

Serious Injury

Personal Locator Beacons

Walk Attendance Sheet

Joint BBC/CBC Trips

Christmas Party - 13 Dec

A night on Kosciuszko
14-15 Dec

New Members

Facebook Page

Contributing Articles

The Walks Officer, ably supported by his sub-committee, is now putting the final touches to the Program for the first 6 months of 2020. I've had a sneak preview and am pleased to see it is yet again a full and comprehensive offering.

Due to the non-availability of leaders at times, there are two walks of the same grade on some weekends and in a couple of cases there is only one walk for the weekend. If you'd like to fill one of these gaps with a 'short notice' walk, please contact the Walks Officer at walks@brindabellabushwalking.org.au

The routine meeting place at Weston was changed quite a while ago, but some walkers have still been going to the old location and have consequently missed out on the planned walk. The place to be is shown on page 2 of every program as "The Weston Creek Tennis Courts car park, in Dillon Close, which comes off Namatjira Drive directly opposite and north of McDonalds at Coleman Court."

Bikes on Walks. Some of our walks include lengthy sections of fire trail, but this does not mean you can bring a bike along. When someone wants to do something different from what everyone else is doing, all sorts of problems can arise.

Got surplus camping gear? A new shop selling recycled hiking gear will soon open in Fyshwick and they're buying used items now. Details are on Facebook [@RecycledRecCanberra](https://www.facebook.com/RecycledRecCanberra).

In spite of the cold blustery weather, which kept the numbers down from last time, the recent picnic in Weston Park was another success for the Social Committee. These events are a great opportunity to get together with other members.

Peter Dalton

Snake Bite or Serious Injury where the patient cannot be moved



Highland Copperhead

If a walker is bitten by a snake, the procedure is to apply a pressure bandage, not move the patient, and call an ambulance. However, many, perhaps most, of our weekend and Wednesday Medium walks are beyond mobile phone reception for some of the day. Murphy's law would suggest that this would be the situation here.

What should you do if a patient cannot be moved? We recommend that:

- Some members of the group accurately record the location and head off to find mobile reception and then call 000 for assistance. They will be able to guide the ambulance personnel to the patient
- However, if you are too far from a road to make a stretcher carry feasible, someone will have to activate a Personal Locator Beacon (PLB) while the group still tries to get mobile phone reception in order to let the authorities know why the PLB has been activated.
- If you do activate a PLB, remain where you are.

What is a PLB?

A PLB is also known as an emergency beacon. When activated, it sends a signal on the worldwide satellite distress network and can help pinpoint your location to an accuracy of 3 metres. Signals are monitored in Canberra by the Australian Rescue Coordination Centre.

A PLB should only be used as a last resort because its activation invariably results in a helicopter and medical crew being dispatched.

A PLB can only be used once. It then has to be sent back to the manufacturer to have a replacement battery fitted. The cost of this can be greater than buying a new unit.

Who has a PLB? BBC Owns 2 PLBs. The custodian of the one on the North Side is John Clune (jclune@bigpond.com) and Leigh Hermann (hermannsuk@hotmail.com) has the South Side one. These are available for use by all club members – just contact John or Leigh.

Many of our members now have their own PLBs. If you have one, please let the walk leader know.

The price, size and weight of a PLB have fallen, while battery life has been extended. There are several brands and they can be bought at many places. BBC's are the KTI Safety Alert model. You can buy one with a 10-year battery life for around \$259 (including delivery), so don't pay more at the bushwalking equipment stores.

Here is one link, but you'll find plenty if you Google the model: [KTI Safety Alert](#)

This works out to be 50 cents per week, which represents a very cheap 'investment' product. Perhaps leaders might put a PLB on their Christmas wish list?



Completing the Walk Attendance Sheet

One of the columns on the form that we all register on before a walk is headed 'Emergency Phone Number'. This is not your number, but that of someone to be contacted in an emergency. Walkers don't always supply this, which is a pity because it has a lot of potential uses; e.g:

- If you are injured or become ill and have to attend a hospital, the leader can call the number and explain what is happening and why you'll be late home. You'll probably be able to do this yourself most of the time, but perhaps not always.
- If you've been taken directly to a hospital, then your contact person can come and retrieve your car from the car pool location.
- If, as has often happened, you leave something in someone else's car (car keys in one case) you will be able to trace the lost property, although admittedly a relayed message will be needed. Although not an emergency situation, this is the most common use of the phone number.
- On one occasion at another club, the party was unable to return before darkness and opted to stay out for the night – there was no phone coverage. However, two people (who had torches) pushed on and reached the cars at around 10.00 pm. They were then able to phone all the emergency numbers to reassure NOK that all was well.

You can probably think of other instances where the phone number could be useful.

While we would like everybody to provide this information, we understand that not everybody can; e.g. sadly, some people do not have anybody they can nominate as an emergency contact.

Joint Club Walks

It is not uncommon for BBC and CBC to sometimes combine for trips away. If the leader is from CBC they will probably require interested people to use their online booking process.

This can be quite daunting for the uninitiated and, anecdotally, has resulted in some people giving up.

Janet has kindly provided the guide below to help you navigate through the CBC system.

- Google CBC;
- Click on the CBC website link and then select Current Events;
- Scroll down until you reach 'Gunuma, Smiggins' or the walk that interests you and read ALL the text about that walk;
- Then scroll down and complete all the required details - name, address, mobile phone number, emergency phone number, transport requirements, etc;
- Go to the bottom of the page to 'Request Booking' - If you are not a member of CBC, just put 'guest'; finally
- You must complete ALL details or your efforts will have been in vain.





Fri 13 Dec – Christmas Party

We will hold the picnic/barbecue at the home of Joy and Bob Liebke, Chifley from 6.00 pm. BYO food, drinks and portable chairs. Also bring a jumper/jacket. There is a four burner BBQ available. Please note: in the event of wet weather the event will be cancelled. Enquiries to Joy or Bob on 62814597

MOUNT KOSCIUSZKO CIRCUIT PACK WALK



Sat 14 to Sun 15 Dec – MOUNT KOSCIUSZKO CIRCUIT PACK WALK – 25 km Medium (11)
Leader: Diana Kirby (0421851212). *Ring to book and arrange meeting place by 7 Dec.*

Full details are in the current program

New Members

The Club welcomes the following people who have recently joined (or rejoined) us.

Glenys Carswell
Thushara De Zoysa
Susan Tan
Kerry O'Neill
Carol Taylor
Catherine Murphy

BBC Facebook Page

Visit the facebook page to see photos, walk reports and information about upcoming activities. It is at: <https://www.facebook.com/BrindabellaBushwalkingClub/> You can set your facebook page to receive notifications every time there is a new post.

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

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.

Website

www.brindabellabushwalking.org.au