

Brindabella Bushwalking Club Newsletter

May 2016

From The President



Mossy Growth in Lowden Forest

Once again the Walks Committee has been busy compiling the next six-month Walks Program. Thank you so much to the many Club members who have offered so enthusiastically such a great range of walks. There will certainly be something there for everyone. While one of the great benefits of our Club Program is that you can just turn up on the day to do any of the advertised walks, the leaders are always happy to receive a call from you if you have any questions about the walk or need some assistance to decide if a particular walk is for you. While you know your level of fitness, the leader will know the proposed walk well and is happy to advise if the walk is a good match for you.

As I said in the last issue, the Club will be seeking some new members for the BBC Committee at the AGM in September, to fill a couple of anticipated vacancies, so if you have bright ideas for assisting in the management and promotion of your Club please contact me at president@brindabellabushwalking.org.au to find out more about what we do. You might also like to recommend someone.

See you on a walk soon. David Wardle

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First Aid Course

13 bushwalkers attended the recent First Aid course. This course was adapted for bushwalkers; i.e. swapping workplace injuries for situations that might arise on a bushwalk and recognising that it could be a long wait before the ambulance arrived. This 'special' course was not officially accredited and no certificate was awarded.

The presenter addressed the points we asked him to, and he was considered to be an extremely competent instructor. A bonus was that the cost to the club was less than half of what we normally pay.

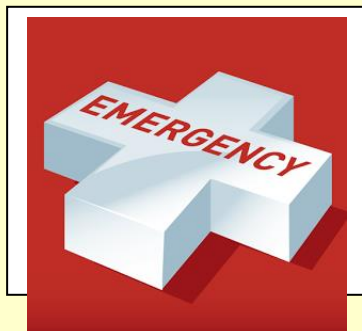
We plan to use the same format next year.

Emergency+ Phone App

If you have a **Smart phone**, then you really should install the free **Emergency+** application that can save lives. This App is available for both Android and Apple phones.

If you need help in an emergency, then you select the App and it will give you your coordinates (or a street address if you are not in the bush) and the choice of three buttons to press - one will dial 000, the second will call the Police, and the third the SES.

It does, of course, rely on your phone being in an area of coverage at the time.





Stockyard Creek

Short Notice Walks - The Procedure

Any leader can put a walk on at short notice with the concurrence of the Walks Officer, provided:

- it doesn't coincide with any programmed walk (however, if it is of a different grade the Walks Officer might agree); or
- if it is a special occasion; e.g. to a waterfall after heavy rain; or
- if it is in lieu of a programmed walk that was cancelled due to weather; e.g. 40 degrees on Sunday, but only 20 degrees on Monday; or
- there is no programmed walk for that particular Saturday, Sunday or Wednesday.

Social Activities Coming Up

Potluck Dinner to be held on Fri 5 Aug. Contact Colleen Fox (62883153 or 0424 030015) to book a place and discuss a contribution. Full details will be in the next program.

Canberranaturemap.org

If you haven't discovered it yet, please find your way to canberranaturemap.org. Canberra Nature Map is a unique partnership between nature lovers, nature experts and the ACT Government that allows anyone to report sightings of rare or endangered plant and animal species as well as any of the many treasures that Canberra's Nature Parks are home to.

It contains photos and locations of sightings of all manner of plants, fungi, reptiles, frogs and butterflies within the ACT an up to 300 km away (there is a boundary map on the web site). It particularly encourages contributions from the public, but you can simply use it as reference to help you identify an unfamiliar tree or orchid, for example.

There is also an App you can download to your smart-phone.

The Rules for Walkers, the Walks Grading System and the email addresses of the Walks Committee are all in the current Walks and Social Program



"Wet feet are likely"

Walking Poles - The Reply

There was an article in the last newsletter outlining the case against using walking poles and members were invited to respond if they felt moved to do so.

The only response received was from BarrieR, and his comments were:

I had a good chuckle about the article on use of trekking poles, and, whilst somewhat tongue in cheek, I would have to agree with the writer. His points are well-made.

Perhaps, though, I might emphasise the following:

If you use trekking poles off track you will never gain good off-track walking ability, and if you need them off-track for balance etc, then you should not be out there. In any case, poles are a real handicap off-track.

I have seen more bad falls by folk using poles off-track than not using them.

If one insists on using them off-track then I recommend that one does not use the hand straps. If you fall, throw the poles to one side, quickly.

My understanding is that it is only on good tracks that poles come into their own. And this is what trekking poles were designed for. Apparently, when one walks, one sways from side to side. This movement is ironed out by the knees and hips. The heavier one's pack is, the more one will sway. Apparently, using poles helps the knees to even out the sideways sway, thus saving the knees. But if you do use poles, please have consideration for others as those poles can be quite dangerous.

One use I think the previous writer omitted was how good they are in Tasmania - one can test the depth of the mud.

If you are buying poles, you may wish to consider the following:

Get the lightest, consistent with strength and safety. Aluminium bends, while carbon fibre may snap, leaving a jagged, sharp edge, upon which you might impale yourself.

One brand has the handles sloping forwards which, it is claimed, is easier on the wrists which are then in more of a straight line.

Be wary of the new-fangled poles which are "hinged" and thus fold in sections instead of telescoping. Whilst one buys a pole to suit one's height, the length of this type of pole cannot be adjusted. Remember that when ascending a hill, you need a shorter pole and when descending, a longer one.

Retailers rarely tell you the disadvantages! Consider the packs designed for women, for example. The only things that can be specifically designed for women on a pack are the shoulder straps, which are shaped to avoid compressing breasts, but even here, one needs to be the average athletic build woman. All other aspects of a pack are uni-sex, if you fit the average.

Personal Locator Beacons (PLB)

BBC has two PLB, whose batteries have reached their expiry date. The committee has enquired with the manufacturer and discovered that these can be refurbished with batteries that have a five-year life for \$220 each. However, as newer, smaller, lighter PLB with an 11-year battery life can be bought for \$270, the committee has decided to buy two of these and dispose of the older models. The decision was a 'no brainer'.

John Clune and Leigh Hermann will be the custodians of these PLB and if you would like to carry one on a club walk, please arrange to collect it off either of them.

Contributing Reports for the Newsletter

We are always interested in getting trip reports, with photos, for the newsletters. Our members really like reading the stories and seeing their friends “at play”, so please do write something up for us (see Margitta’s report in this newsletter). You can send the photos to walks@brindabellabushwalking.org.au by email, but you’ll need to reduce their size (compress them) or your internet provider will probably only let you send one or two at a time.

In Windows Explorer there is an easy way to do this. Find the photo thumbnails or file names in your computer and then, while holding the CTRL button down on the keyboard, left click the mouse on the ones you want to ‘compress’. Each photo will be highlighted in blue (on my computer, anyway). Once that is done, release the left mouse button, place the mouse cursor over one of the highlighted photos and click the right mouse button. A box with options will open up – select ‘resize’. Now a new box opens; here select ‘Medium’ and also the little box below that says ‘only shrink pictures’. Then click ‘resize’. When the computer has completed the resizing, go back to Windows Explorer, where the photos are, and you will see that the photos you have selected have been duplicated and each duplicate has the word “(Medium)” in its name.

You can also do this one photo at a time, but the method described above saves time. The ‘medium’ photos are about 1/10th of their size in megabytes, but still perfectly clear for displaying on the computer. You’ll be able to send up to 20 of these in one email without upsetting your internet provider.

Can you please add a title to each photo, so I know where and/or what it is. To do this, just right click on the photo thumbnail or file name, select ‘rename’ and type the new name in place of the highlighted text that’s there.

If you don’t use Windows Explorer, simply go to where the photos are and follow the same procedure.

Some Photos from Recent Walks

Select the link to see the photos - all but the last were taken by Harry Feldman.

Sparrow Hill 4 Mar

<https://www.flickr.com/photos/100726128@N04/albums/72157665258087651>

National Arboretum and Rock Garden 16 Mar:

<https://www.flickr.com/photos/100726128@N04/albums/72157665432333220>

<https://www.flickr.com/photos/100726128@N04/albums/72157663676668734>

Glendale Stone Walls 19 Mar

<https://www.flickr.com/photos/100726128@N04/albums/72157663794355643>

Pig Hill 28 Mar

<https://www.flickr.com/photos/100726128@N04/albums/7215766662220645>

Harry’s Excellent Blog of his Walk of the entire Centenary Trail.

<http://canberracentenarytrail.blogspot.com.au/>

And a compilation by Sean O’Toole.

<https://www.flickr.com/photos/wogadugu/collections/72157659928375012/>

The Shoalhaven - Mk 11 - 26 to 30 Apr

Our car camp at Jervis Bay in late April went very well. There were sixteen in the group, but - because of some comings and goings - we never managed to be all together at any one time.

Apart from glorious autumn weather and great company, we enjoyed some interesting walks, none of them of particular difficulty. On the day of arrival, we did a short and snappy afternoon walk along the Bay from Huskisson to (almost) Vincentia, to get a feel for the area.



Gosang's Tunnel

On our first 'proper' day, Wednesday, we went for a 45-km drive to Currarong, a village at the edge of Abrahams Bosom Reserve. There were secluded beaches, tall cliffs, and then there was Gosangs Tunnel, a natural opening in the cliffs, perhaps 50 metres long, and so low that for part of the way we had to get down on to all fours if we wanted to get to the other side.

There we arrived at a rocky ledge high above the water and the waves, with the wind blowing hard. Quite dramatic! The 5-km walking track was muddy in places, and big puddles had to be skirted - not always successfully - on the way back along the management trail.



Out on the Ledge

The next day we went to Nowra to explore two of at least four walks in the city's urban area. Ben's Walk is accessed from Nowra's showground, which sits on top of the escarpment, high above the Shoalhaven River. It's an easy walk, but has lots of steps getting down to river level and, of course, back up again. The walk is named after Ben Walsh, who was responsible for its construction during the Depression years, to give work to homeless itinerants who were sheltering there in caves and overhangs.

After that walk, we crossed to the other side of the river for the Grotto walk, which initially runs along the edge of the Nowra Golf Course and later offers a lower and an upper level walk. More than 100 steps led us down to the river where we enjoyed the views, the greenery and the peace and quiet of our surroundings.



Mermaid Inlet

Then it was time to find the grotto. Not all of us clambered up into an overhang, through a fissure and up a sheer rock face, but those who did returned with glowing faces. The grotto is an enchanting place of ferns, lianas, creepers, roots and dappled sunlight, well worth the exertion. We then climbed another set of something like 100 steps and returned to the cars on the upper level walk.

The day ended with a bit of happy hour, with water views, at the Jervis Bay Club in Huskisson, followed by a good meal.

On our last full day the intention was to explore the Beecroft Peninsula at Jervis Bay's north-eastern edge, to visit the lighthouse and the spectacular 70-m cliffs of Point Perpendicular as well as some of the beaches in the area; however, as the Peninsula is used by the Australian Navy for bombardment practice, the road is not always open to the public. And so it was on this day. As the forecast temperature was going to be 27°, the alternative was a walk to the whitest sand in Australia; that is, from Vincentia to Hyams Beach, followed by a refreshing swim at Greenfields Beach.

Most people intended to head home on Saturday morning; only six were left to do a morning walk. But it rained when we woke up and, with one exception, we all packed up and went home!

Margitta Acker



The Whitest Sand

Octogenarian Walk - 2 Apr

BBC Newsletter

A marvellous roll-up of over 50 people attended the Octogenarian walk and lunch at Uriarra on Sat 2 Apr and more than 40 of these completed the walk. The activity celebrated those of our members who were over 80 or would soon reach this milestone. There were 13 members over 80 in attendance, and apologies were received from 8 others. Here are the 'celebrities'.



From Left to Right: Anne Tedder, Pete Tedder, Val Boreham, Chris Acker, Judy Lejins, Ruth Strunk, Yvonne Scales (with walking stick and aged 92 - the only one who did not come on the walk), Doug Wright, Ellen Reith, Ray Franzi, Wendy Parker, John Munro and John Clune



And Again, with a wave

Conclusion

We hope you've enjoyed this newsletter and welcome your contributions for the next edition, which can be emailed to walks@brindabellabushwalking.org.au

We're on the Web!
www.brindabellabushwalking.org.au