

# Brindabella Bushwalking Club

December 2021 Newsletter



BBC



## In this issue

- ◆ Coronavirus Update
- ◆ President's Report
- ◆ Social News
- ◆ New Members
- ◆ How to load your backpack
- ◆ Phone battery dying at a difficult time?
- ◆ Photos

## Coronavirus Update

There are no longer any restrictions on bushwalking activities, so we thought this would be the last time you'd see this item in the newsletter - then along came Omicron. Will it never end?



**BBC Website**

[www.brindabellabushwalking.org.au](http://www.brindabellabushwalking.org.au) [All newsletters are on the website]

# President's Report

During November I met with the Presidents of CBC and NPA bushwalking clubs. These meetings are held (roughly) each quarter and are informal catch-ups over coffee. Although the clubs have different approaches to the running and management of their walks, I was most impressed by the passion and desire to ensure that our members have as wide a range of walks and support available to them as possible. Also, in discussion, the presidents supported the re-commencement of joint Wednesday walks resuming at the beginning of 2022, this continues to be a great way to foster our common interests and support one-another.

The club continues to offer interesting and varied walks. An example of one is that I have just returned from the walk to Wonboyn (on the South Coast below Eden) and Wilsons Promontory and I cannot but encourage members to go to these areas and enjoy the fantastic walking and coastal environment – absolutely stunning as well as good exercise! On this theme, the 2022 January to June Walks Program has been finalised by our hard-working walks officer and sub-committee and so you will hear more on this and be able to fill your diary with walks-to-do very shortly.

With the warmer and sunny weather, members have reported regularly seeing snakes when walking and so be especially watchful for snakes. It is probably good to wear gaiters if walking through areas where they might be sharing the space with you and make sure that you have in your first-aid kit and know how to use a snake-bite kit/ bandage.

With the year coming to its end, I wish you and your families a safe and happy festive period. I do hope to see you on a walk soon, until then do take care.....Bill



*After all the rain, even the higher track had its challenges on this recent 'Easy' walk along Molonglo Gorge*

## Social News

These potential activities will be finalised closer to the date and the details notified to members by email.

- **Early January:** BYO picnic tea somewhere cool by the lake
- **Friday 14 January:** Drinks and nibbles at Doug's home in Lyons
- **Wednesday 26 January:** Early morning walk around Lake Ginninderra followed by breakfast
- **Monday 14 March:** Queanbeyan heritage and public art walk. Morning coffee at Riverbank Café and the walk will be followed with picnic lunch by the river
- **Easter Monday 18 April:** Relaxing morning coffee and chat on the deck at the National Library

I'd like to say a big thank you to **Suzanne Bluff** for her contribution to the Social Sub-committee. Suzanne and her husband will be away most of the year, so she is stepping down.

I'd also like to welcome Ian Tucker, who has joined the committee.

If anyone is interested in helping with social activities, it's always useful to have an extra pair of hands, especially with the potluck dinner. This is not an onerous commitment, and your help would be very welcome.

Elaine (Social Convenor)

0410 154 133



*There's plenty of regrowth out there*

## Facebook

*Our Facebook Manager regularly posts photos, walk reports and information about upcoming activities.*

*Please pay a visit and see what our members are planning or have recently have been up to.*

<https://www.facebook.com/BrindabellaBushwalkingClub/>

*Please send your walk reports and photos to Heather at*

[facebook@brindabellabushwalking.org.au](mailto:facebook@brindabellabushwalking.org.au)

# Christmas Events

## Wed 8 Dec – WEDNESDAY WALK—Short/Easy—Everybody Welcome

The details will be advised via the usual Wednesday Walks email lists—if you aren't on one of these lists but are interested in coming on this short walk and get-together, please contact the Walks Officer and he'll forward the email to you.

This short/easy walk provides an opportunity to meet up with Club members who participate in a different grade of walk and with whom you haven't had a chance to socialise this year due to Covid restrictions. Our Wednesday walks friends from CBC and NPA will also be involved.



## Fri 17 Dec – CHRISTMAS PARTY

Rene Lays has once again kindly offered to hold the picnic/barbecue at her home in Kaleen.

- The function begins from 5:30 pm.
- BYO food (something to share for dessert), drinks and portable chairs if you have them.
- A three-burner barbecue is available.
- Also bring a jumper/jacket.
- Enquiries to Rene on 0424 465 418.

## Sat 25 Dec - Christmas Day

**Noon onwards.** You are invited to join up with old bushwalking friends at the very end of Black Mountain Peninsular. Please bring your Christmas nibbles and a chair to celebrate the day.

**Further information:** Doug Wright 6281 4148 / [dougwri@grapevine.com.au](mailto:dougwri@grapevine.com.au)

# New and Returning Members

The following people have joined the club in the last couple of months.

**Welcome to our club** — you've made a great decision! We're pretty sure you'll enjoy the walks, the scenery and the company of our members.

Sheree Bamford

Cathy Bergen

Sarah Body

Michele Boyle

Lisa Carly

Greg Cassen

Luisa Dal Molin

Libby Giugni

Miriam Jerrems

Stephen Joske and Fang Wang

Catherine Kennedy

Alan Laird

Karen McCarthy

France Meyer

Vicki Ratliff

Patricia Sherley

Alice Tudehope and Christopher Anderson

## Returning Members:

Greg, Louise, Joseph and Delilah Salway.

Karen Thomsett and Wayne Bennett



*At the summit of Mt Domain*

*These painted rocks have information on the backs and are located using GPS coordinates. We can expect to see more of them.*

**Newsletter Articles.** The newsletters are only as good as the content you provide, so please submit anything you think might be of interest to our members (especially articles including photos) by email to the [BBC Editor](#)

# How to Load Your Pack for Extended Walks

Excerpts from [www.artofmanliness.com](http://www.artofmanliness.com) (Brett and Kate McKay) • 18 June 2021

## Light Stuff on the Bottom, Heavy Stuff on Top (And Close to Your Back)

This sounds counterintuitive, but it is a great tip. You pack stuff in shopping bags in the opposite order (and the removalist's truck), so it is a little difficult to come around to this way of thinking.

When you're backpacking, you actually want the lighter stuff on the bottom and the heavier stuff towards the middle/top of the core of your pack. What's more, you want the heavy stuff to be as close to your back as possible. Distributing the pack's weight this way directs the load downward rather than backward, providing more comfort and stability while you're hiking.

Following this guideline, a general packing order for your backpack would, from bottom to top, look like this:

- Sleeping bag
- Clothes
- Sleeping pad
- Stove
- Water bladder
- Tent
- Food (usually the heaviest stuff)

Remember to not only pack the heavier items near the top, but close to your back and in-between your shoulder blades. This will help maintain your centre of gravity and provide a more comfortable hiking experience.

Finally, make sure one side of your pack isn't heavier than the other. You don't want to be pulled to the left or right as you move.

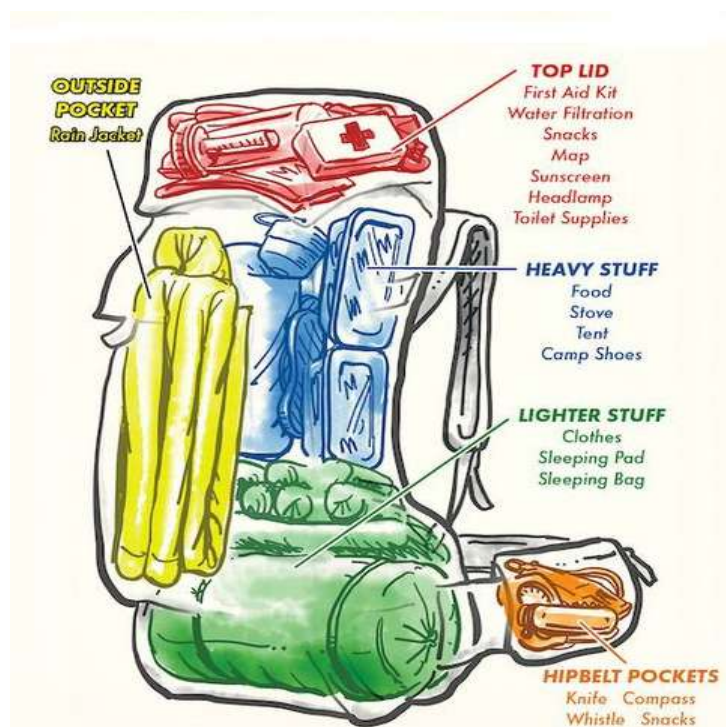
## Pack for Convenience

After you've packed the big things, use the pack's many pockets to pack items for convenience. That is, you'll want to place the items you'll use first/most in easy-to-access pockets. You don't want to have to rummage through your whole pack to find the items you'll reach for throughout the day. The bulkier amongst these items can go in the top compartment of your pack and include:

- PLB
- Water filtration system
- Snacks
- Sunscreen
- Headlamp
- Toilet supplies (shovel, toilet paper, hand sanitizer)
- First aid kit

Hip belt pockets can be handy, but be careful because most of the zips open from front to back and as you push through the bush they can undo and spill the contents.

It's handy to reserve an external pocket for your raincoat if rain is likely. Then when you take it off, you are not putting something wet back inside your pack.



# What to do in a Minor Emergency when your Phone Battery is Dying



There is a slew of social media posts doing the rounds, advising that if your phone battery is getting low and you are concerned you are getting lost, for example, you should change your voicemail message so that anybody looking for you will know what the situation is. ***This is actually about the last thing you should do!***

## **Instead:**

- **Send a text.** It takes very little power to do this and even if you don't presently have a phone signal, the text will eventually go if you pass through even the weakest signal area.
- Try calling someone, even 000 if the situation is (or could become) serious.
- If you get through to 000, make sure you tell them your location very early on in case the phone dies mid-conversation.
- Turn on power-saving mode; if you don't know how to do this it might be time to do some research now.
- Turn the screen brightness down as far as you can - you'll find this in the 'Settings' area on most phones.
- If you know the text has gone, turn the phone off for a while and check back from time to time to see if there have been any replies.
- Flight (or 'Airplane') mode also prevents your phone wasting battery power through receiving any emails, etc.
- Stay where you are - if your text or calls have got through, people expect to find you where you said you were.

Changing voicemail requires you to be able to get through on the phone, work your way through the menu choices and finally record your message. It will then usually play it back and ask you to confirm you are happy with the result. **This takes more battery power than about 20 text messages!**

Having done all the above, you might discover that there is still probably enough battery power remaining to change your voicemail. It's up to you to decide whether to do this or whether it would be better to conserve what's left so that you can respond to any texts you might receive.

## Photos from Recent Walks



*Heritage Trail bridge  
over Orroral River*

***Cables have been broken by the floods***



***One of the old stone walls above Glendale Depot***





*The weekend walk to Tidbinbilla was postponed until Tuesday, when the weather gods obliged*



*Up the hill at Black Mountain*



*Spotted on a walk at Farrer Ridge*

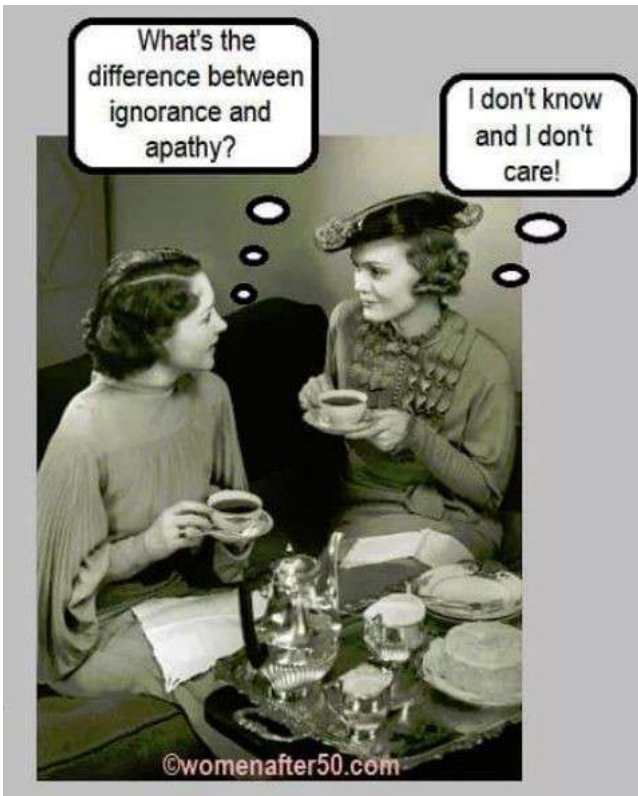


***Gungaherra Nature Reserve — complete with masks***



***On the way up to Tidbinbilla Peak***

## Some Humour to Finish off our Difficult Year



*It could be a long Christmas Eve for this old bloke*

A Tibetan monk has been discovered in the mountains of Nepal. He is considered the oldest person in the world at 201 years old.

- He is in a state of deep trance or meditation called "takatet".
- When he was first discovered in a mountain cave they thought he was a mummy. However scientists examining what they thought was a mummy discovered that he had vital signs and was alive!

Among his things, they found a piece of paper that said, "Stop believing all the **bull###t** you read on Facebook"

