

Brindabella Bushwalking Club

August 2023



From the President

Unfortunately, I will not be attending the AGM in September as we will be doing some challenging hiking in Europe and the UK during August and September.

Obviously, in the lead up to such hikes, adequate planning and preparation is essential, so that you stay well and have a good walk experience.

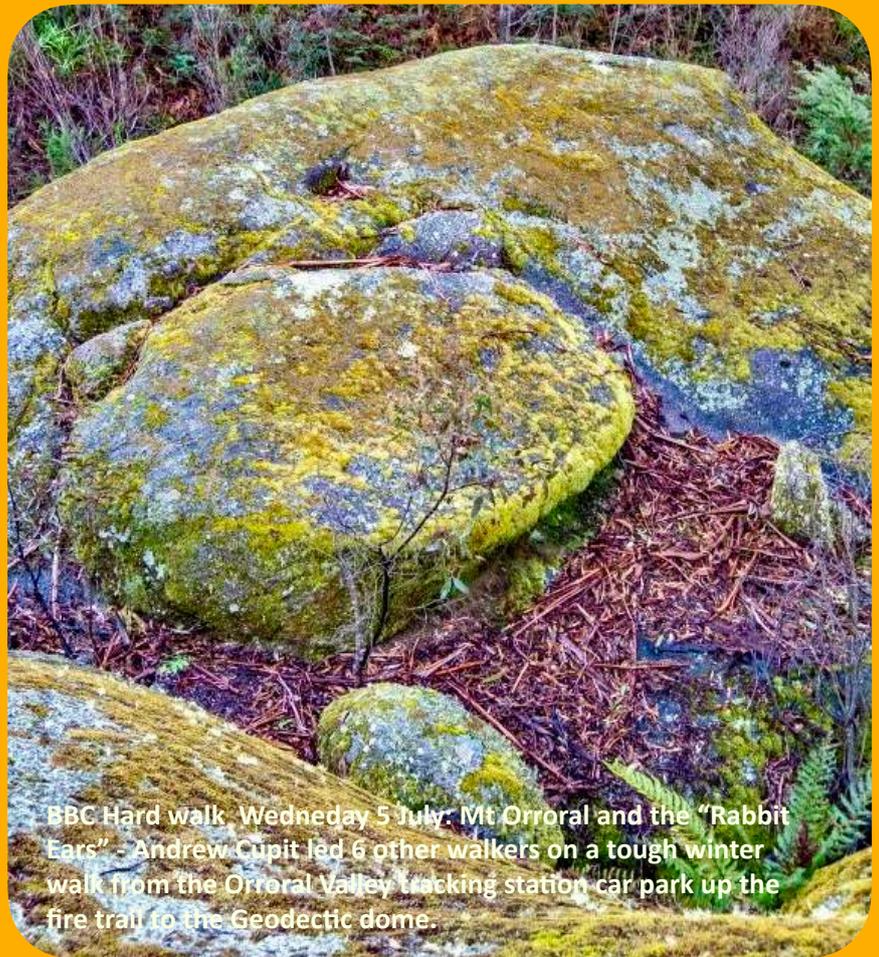
Firstly, an honest understanding of what the walk entails, in our case this is between 10 and 20 days of back-to-back hiking of up to 20km and elevation gain and/or loss of 1000m with several days of up to 1500m thrown in for good measure.

The second preparation focus is fitness and the only way to achieve this is by matching as closely as possible your training to the walk profile you expect. If you need to repeat a routine multiple times to get close to the expected profile then do that. Try to match the distance, elevation gain or loss, terrain and pack weight.

The last and easiest preparation is making sure that you have all the equipment you need (and no more!) for the walk.

I realise that these are well known and obvious, but many underplay the importance of these activities and injure themselves or not enjoy the walk as a result of being tired. I'll let you know how we go in subsequent newsletters.

I hope to see you on a walk soon, until then take care....
Bill



BBC Hard walk, Wednesday 5 July: Mt Orroral and the "Rabbit Ears" - Andrew Cupit led 6 other walkers on a tough winter walk from the Orroral Valley tracking station car park up the fire trail to the Geodetic dome.

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Ed. Peter Ford

Contributions welcome

Articles and photos

Send to

editor@brindabellabushwalking.org.au

MODEL RULES FINALISED

The Model Rules for incorporated associations in the ACT have now been finalised and can be seen [here](#). They are shorter and simpler than the [version](#) that was put out for consultation.

Clubs are not bound to follow the Model Rules and, while giving close consideration to them in the past, our club has developed its own in particular areas. The Committee has taken the same approach in its review of our Constitution which will be on the agenda at our forthcoming Annual General Meeting. In one area, however, we have proposed the adoption of the relevant part of the Model Rules as they stand from time to time.

That part relates to disciplinary matters. The reason is that, in this respect, the Model Rules can be regarded as representative of contemporary standards of fairness when it comes to addressing particularly sensitive issues. Both the consultation draft and the finalised version seek to ensure that the person concerned is afforded what is known as 'procedural fairness' and sometimes referred to as 'natural justice'. This, however, is where the similarity ends as the final version takes a very different approach than that taken by the earlier one.

To adopt the language of the Model Rules, such issues may arise where it is alleged that a particular member 'has persistently and wilfully acted in a manner prejudicial to the interests of the association'. This in itself provides a clear standard, which was lacking in the consultation draft.

The next major change is that, whereas the consultation draft specified detailed processes to be followed where there was some kind of a dispute between members or between a member and the club, the final version clearly gives the committee the initiative to take action where it considers this warranted.

That action may include passing a resolution of suspension or expulsion followed by the opportunity for a hearing at which the member in question may either address the committee or submit representations. The committee may then either revoke or confirm its resolution and, if the latter, the member has a right of appeal to a special general meeting.

What all this means for us is that we have an effective way forward if we ever have to deal with this situation.

Ed.

Annual General Meeting

2pm - 5pm

St Margaret's Uniting Church Hall Cnr.
Phillip Ave. and Antill St. Hackett
Please arrive from 1.45pm

WELCOME NEW MEMBERS

New BBC Members July 2023

Sharon Clancy
Mary Colreavy
Ros Crago
Elizabeth and Peter Daly
Zkenka Grundelova
Joanne Murray
Cole Neering
Mark Reynolds

Welcome to the club and have fun!

Total Membership now stands at 454.

HONORARY LIFE MEMBERS

The Committee has developed a new policy for the nomination of Honorary Life Members. Please check out the new entry on our [website](#).

Great South West Walk

On 17 July Lisa Millar reported on her walk along some spectacular sections of the 250 km. Great South West Walk. If you missed it you can catch it on [ABC Iview](#) A 2017 club trip covered day walks in this area and a report was published in the same year's [April issue](#).

A 30 year old report on the whole walk by Eric Pickering will be republished in the September issue.

SA Bushwalkers to visit - 7 to 13 Oct.

The Retire Active SA Bushwalkers are coming to Canberra from 7-13 October and staying at [Camp Cottormouth](#) and the O'Connor Tourist Village as a base for a variety of walks in and around the ACT. Planning is under way for a program of walks by them over this period. This group, which includes former BBC member, Anne Campbell, hope to be able to link up with some of the walks that BBC has planned and for our members to join with them on the walks they will be organising. More details will be published in due course.

David Wardle

The Pinnacle Nature Reserve

Davinia Wells

If you have a favourite walk that you'd like to share, just email it to me [here](#).

Ed.

For over forty years my special place for managing my walking fitness and exercising our dogs has been the Pinnacle that borders the suburb of Hawker. One hour and twenty minutes from my front door was all it took to walk to the top of that well known hill crowned by a large eucalypt and return home satisfied that I was suitably exercised. I usually trudged along the main tracks including the Dowling, Macrochyncha and Central track.



The Dowling Track When pausing on my walks I would take in the panoramic views to the south and west across the Molonglo River to Brindabella Mountains, the Tidbinbilla Range and Mount Tennant while to the east Mt Painter was visible. The Pinnacle is populated by hundreds of different native plant species that grow in the area. Some of those trees are very dear to our family as when our children were at primary school, they were involved in a Greening Australia program that planted many of the trees.

There are subtle changes with the ending of each season with the emergence of orchids, the flowering of the native wisteria, lilies, small leaf clematis and the hardenbergia as well as the profusion of paper daisies and many, many more plants that this author is unable to name.

Friends of the Pinnacle report on their website that the Pinnacle is home to 115 bird species but the most common sightings for me have been the pardalotes, robins, cockatoos, wedge tailed eagles, grass parrots, magpie larks, fairy and scarlet wrens and lorikeets.

As a result of the lockdowns my emotional attitude to the Pinnacle has changed from appreciation to adoration. During the school

holidays in that first lockdown, locals secreted 10 teddy bears in trees along the route to the highest point and challenged children, young and old to find each of those bears snuggling into the branches. The squeals of delight that I heard were certainly a cure for a melancholic soul. This nature park was also a place where my spirits were lifted when I glimpsed familiar faces on the tracks.

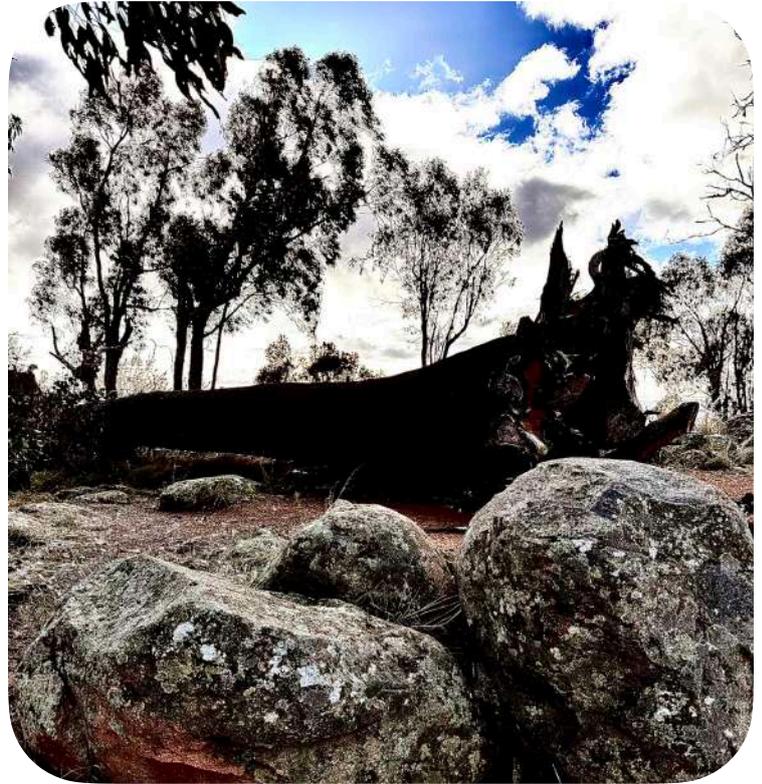
My admiration of this nature reserve grew exponentially when I began to explore minor tracks. The junctions of these narrow tracks I had observed over many years



often thinking; “I wonder where that track goes?” but a busy life always kept me walking along the main tracks. But lockdowns changed that behaviour and I readily set out on the narrow unknown thickly forested tracks. Obviously, this intrepid explorer was not the first one to venture into this delightful area as there already were footpads meandering through the soothing Red Stringybark [Eucalyptus Macrorhyncha] forest. Where these lesser-known tracks meet the main tracks there is soon the opportunity to continue on an eastward journey on other less travelled paths which wend their way around scattered large eucalypts, mostly Yellow Box and Blakely’s Red Gum. Some of the minor tracks have had to be rerouted as a result of the devastation caused by two hailstorms in recent years. A victim of the last hailstorm was the towering eucalypt which proudly sat at the top of the Pinnacle and it now lies beside the track providing an invitation to walkers to take a seat and enjoy the panoramic views in all directions.

If you haven’t walked in the Pinnacle Nature Reserve, I recommend this little gem to you as a place to spend as much time as you have to spare wandering along the many internal tracks. If you wanted a more energetic experience your walk could include the Dowling Track and the Tully Boundary Track as well as heading further east and including Mt Painter into your walk. I always enter the Pinnacle Reserve via the Dungowen Street entry but

4 the easiest access is from Springvale Drive near De Salis St where there is adequate parking.



Left: My favourite track on the Pinnacle

Top: The carcass of the eucalypt which once crowned the top of the pinnacle



The Washington Post has published the winning submissions to its yearly contest, in which readers are asked to supply alternative meanings for common words. The winners are:

1. *Coffee (N.), the person upon whom one coughs.*
2. *Flabbergasted (adj.), appalled over how much weight you have gained.*
3. *Abdicate (V.), to give up all hope of ever having a flat stomach.*
4. *Esplanade (V.), to attempt an explanation while drunk.*
5. *Willy-nilly (Adj.), impotent.*
6. *Negligent (Adj.), describes a condition in which you absentmindedly answer the door in your nightgown.*
7. *Lymph (V.), to walk with a lisp*

Ed.

The Lure of Mount Bimberri

John Ellis

It all began in the summer of 1962 after having been informed that Paddy Pallin in Lonsdale Street had a sheet behind a door which listed upcoming walks in the surrounding Canberra region. With youthful confidence I decided that a climb to the top of Mount Bimberri, the highest mountain in the ACT, would be a good introduction to the art of bushwalking so I placed my name accordingly. The leader contacted me a couple of days later informing me that there would be a total of four walkers and could I take my car, an elderly Austin A40.

The following Saturday morning we set out about 6.00am and drove to the locked gate at Mount Ginini and then commenced walking along Cotter Hut fire trail until we reached a point where our leader decided we should leave the fire trail and begin the ascent. The only

navigational aids were an inch to the mile map plus a compass.

Gee, I thought, they're setting a good pace and after many scratches and much exertion we finally reached the top of a mountain.

Our leader, after worriedly studying his map, announced that this was *not*

Mount Bimberri but

in fact was Mount Murray. "Never mind Chaps", I thought, "We gave it a good go, so let's head back to the car". But no, our intrepid leader, full of optimism, said that providing we upped the pace, we could push on and still achieve our aim, hopefully getting back to the car before darkness descended. The pace was certainly "upped" - it seemed to be a cross between a fast walk and a slow jog. With aching legs, having finally reached the top, we returned to the car and returned, in fading light, to Canberra. The drive back to Reid House hostel was the easy part - getting out of the elderly and now dust covered Austin A40 was another matter. My aching legs had to be hand lifted from the seat to the ground and, only able to stagger, I finally made it to my room. A bottle of Johnny Walker Red Label Scotch had been given

to me from a recent birthday - at that stage of life I had never experienced any spirits but no matter, the top was ripped off, and after a large swig, I collapsed on the bed for a good twelve hours recovery.

In 1968 a work colleague was persuaded to attempt the challenge. He provided the car so I said I'd provide lunch. About half an hour climbing straight up from Cotter Hut fire trail, he asked what was for morning tea. I replied there was a banana each. He response was, "I don't like bananas - so what's for lunch?" The reply of a tin of baked beans was not appreciated as he, "hated baked beans." It was interesting to see him at the top of Bimberri, having had an early breakfast, frantically devouring all of the banana followed by an intense scraping sound as he searched for the last baked bean from the tin.....



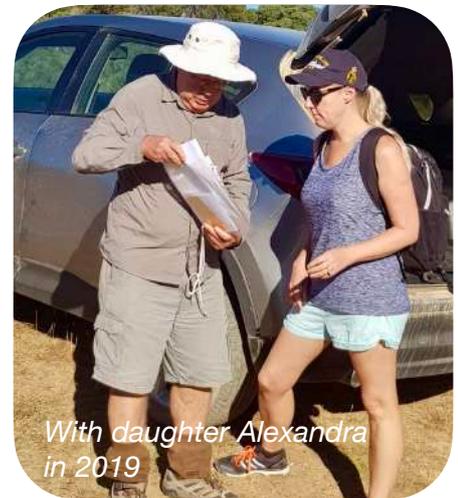
At the top

Over the years Bimberri was conquered many times but a group of three of us realised we had never done so in winter. So, very early one June morning in the mid 1970's, having left our car near the locked gate near Oldfields Hut, we began our challenge

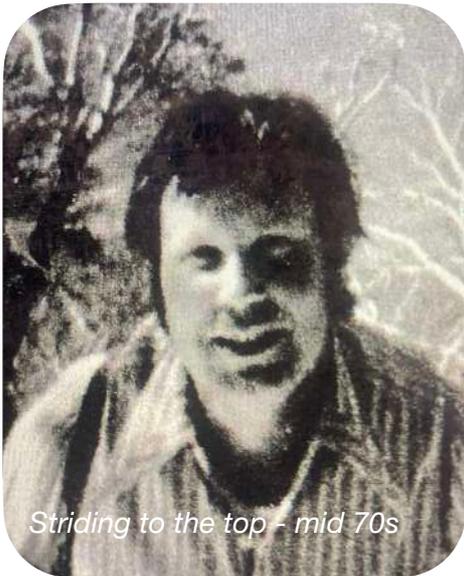
from Oldfields. Armed with only a map and compass, a bearing was taken and a straight line followed from the Hut to the top of Bimberri. We reached the top in fortunately fine and reasonably calm conditions. The challenge was to return the same way so the compass bearing was followed with almost religious fervour.

Today, of course, equipped with a GPS, Back Country or Gaia on a mobile phone plus a PLB the stress of, "making a navigational mistake," would have been much reduced.

Fortunately we ended up at Oldfields with no problems, except it was difficult descending when not knowing what lay beneath the surface of rocks and scrub because of the covering of snow.



With daughter Alexandra in 2019



Striding to the top - mid 70s

In the late 1990's I joined a group tackling Bimberi from Cotter Hut, having walked in from the old Orroral Tracking Station.

After camping the night near Cotter Hut we did the ascent through virgin bush at, what was, for me, at a very rapid pace until the mission was accomplished. My immediate thoughts, from the top, was that it would be easier returning and how good it would be to relax at the campsite for the remaining part of the pleasant, sunny afternoon. But no, our leader, well known for his interest in climbing all peaks forming the ACT border with NSW, suggested that, as we had made good time on the way up, we would have time to return via Little Bimberi. It was actually a challenge which met with considerable satisfaction, (especially when we finally arrived at our camp for the night....) and the entire group slept quite soundly that night.



Some of the BBC walkers on top of Mt Bimberi in March of this year.

More recently, some three years ago, my daughter and son-in-law suggested the three of us, "do the climb". So the recommendation was made that March would be a good time to do so and that it would be best to camp at Oldfields Hut and do the walk the following day. But with them both lacking camping equipment, it was eventually decided, with some reluctance on my part, to compress the time frame into one day. Leaving Canberra early, we arrived at the locked Gurrangorambla gate and began the walk. Thirty, forty or fifty years earlier it would have been a reasonably attainable goal but in 2020 this was not the case. The climb was achieved but it took a considerable amount of willpower as well as a lot of energy. Perhaps some slightly sadistic satisfaction was to be had from noting that my (very fit) daughter and (super fit) son-in-law were also mightily relieved to finally stagger back to our car.

More recently, in March this year, a group of six BBC members completed the Bimberi ascent over three days from Oldfields Hut. It was an enjoyable and relaxed assault accompanied by a feeling of accomplishment mixed with the surrounding enjoyment of fellow walkers.

The Bimberi Wilderness can be physically exhausting but spiritually relaxing; fraught with possible danger but exuding total peace.

The lure of Mount Bimberi continues.....

Facebook

Our Facebook Manager regularly posts photos, walk reports and information about upcoming activities. Please visit [here](#) and see what our members are planning or have recently been up to.

Please send your photos etc. to Heather at

The awkward moment when you drive your Chevy to the levy and the levy isn't dry.



This is what happens when you're drinking whiskey and rye.

facebook@brindabellabushwalking.org.au

SOCIAL NEWS AUGUST 2023

Sunday 16 Julv: A day in Captains Flat



Another very successful social outing. 37 club members (including 3 new members – welcome) and 3 visitors enjoyed a fabulous day in perfect weather in one of our local towns about an hour from Canberra.

We met at Colin Winchester Oval for morning tea before setting off on our adventure. Thanks to Mike for speaking about the history of the area, Doug F for his geology talk, Bill G for leading the walk to Ragged Falls (thanks for the suggestion Ian). Your contributions added to the successful day. There was something for everyone.

37 enjoyed lunch (and more talking) in the sundrenched courtyard at the Captains Flat Hotel, first opened in 1938.

Those who visited the Outsider Gallery across the road found it a great experience – fun, eclectic, funky and the list goes on. The huge mosaic floor is amazing. Worth a visit if you're in Captains Flat again.

I have received many emails thanking me for the outing. We are indeed a GREAT walking club!!!

Next social outing will be a picnic Monday 2 October (Labour Day holiday) most likely Yarralumla Bay. This will be a short notice event when the weather forecast is known.

Elaine Atkinson
Social Convenor



Dear Elaine,

We found the drive to Captalns Flat today magical. A trip we have done many times, but today the scenery was superb, more so than usual, coming out of the early mist into the sunlit valley that leads to the Flat.

We .enjoyed Doug's contribution, explaining the Silurian development and mineralisation of the Flat and other areas some 400 million years ago. The scramble to the poppet head where the mineshafts plunge down 800 metres or more was a surprise adventure. Doug introduced me to the Silures and Ordovices, ancient Welsh civilisations after whom the geological ages are named. Thanks for that!

We also enjoyed the surprise visit to the disused Captains Flat Railway Station cunningly hidden but quite close to the road. Lunch at the pub was a delight with people with whom we have shared many adventurous walks in Australia and overseas.

Elaine, you are the person that made all this happen! Thank you so much! A great day! Most enjoyable! Your contribution

as Social Secretary is much appreciated. Keep up the good work!

Best Wishes

Pat & Eric





Ireland and Scotland Walking Holiday

18 MAY – 2 JUNE 2023

A photographic record

Jocelyn Fitzhardinge

Forty four passengers and eighty eight crew boarded the Aurora Sylvia Earle Expedition ship at the Dublin port of Dun Laoghaire on Thursday 18 May for a 17 day voyage around Ireland and Scotland. Part of our voyage included visiting remote islands, walking activities to ancient monuments, bird watching and experiencing beautiful views of the rugged landscape.

Blue line shows route from
Dublin to Aberdeen



Climbing Diamond Hill in
Connemara National Park



Fingal's Cave on the
uninhabited island of Staffa



A zodiac transports us to walks
each day



Diamond Hill in Connemara
National Park



Ireland's most northerly point is
Malin Head



Walking on Orkney Islands to
visit Skara Brae village



Shetland Islands Iron Age
tower on Mousa Broch



Pabay Mor an uninhabited
island off Isle of Lewis



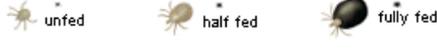
TICKS

From [NSW Health](#)



Paralysis Tick

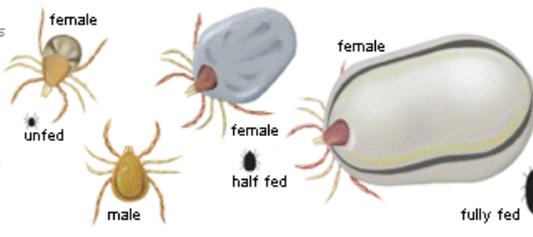
LARVA: SNOUT is very long
BODY is pale grey to very dark blue-grey



NYMPH: LEGS are light orange-brown
BODY is pear-shaped to round and light grey to very dark blue-black



ADULT: LEGS form a v-shape line from the snout down the sides of the body; the first and last pair of legs are brown and the second and third pair are pale
BODY is pear-shaped to oval and yellow-grey to light grey with a dark band on the sides
FACE is oval but wider at the rear and brown
SNOUT is very long



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Brown Dog Tick

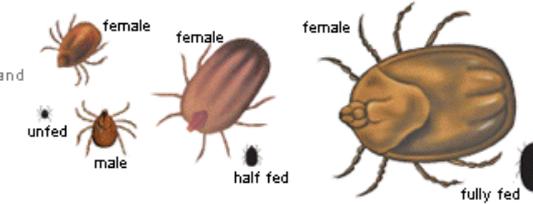
LARVA: SNOUT is short and stout, wider closer to body
BODY is red/brown to cream



NYMPH: LEGS are spread out along the body
BODY is oval in shape and light brown to red/brown

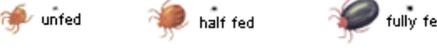


ADULT: LEGS are brown/tan and spread out along the body
BODY is small and tear shaped (male) to elongated and oval (female) Red/brown in colour Grooves along body of female
FACE has a distinctive hexagonal base
SNOUT is short



Bush Tick

LARVA: SNOUT is short and wider at the face
BODY is brown to dark blue-grey



NYMPH: LEGS are dark red-brown
BODY is oval and dark brown to dark blue-grey all over



ADULT: LEGS are dark red-brown and the first pair are close to the snout
BODY is oval-shaped and dark red-brown to dark blue-grey
FACE is oval and dark brown



Ticks are parasites that feed on the animal and human blood. Ticks occur in humid, moist bushy areas. They are not very mobile but rely on passing animals to both feed on and transport them. Ticks are known to inject toxins that cause local irritation or mild irritation, however most tick bites cause little or no symptoms. Tick borne diseases, tick paralysis and severe allergic reactions can pose serious health threat.

Tick-borne diseases occurring in Australia are Australian Tick Typhus or 'Spotted Fever' (along the coastal strip of eastern Australia from North Queensland to Victoria) and 'Flinders Island Spotted Fever' (in Victoria, Tasmania and Flinders Island in Bass Strait). Early symptoms of tick paralysis can include rashes, headache, fever, flu like symptoms, tenderness of lymph nodes, unsteady gait, intolerance to bright light, increased weakness of the limbs and partial facial paralysis.

As the tick engorges on more human blood the tick paralysis symptoms may intensify including after the tick has been removed. Clinical diagnosis is confirmed by specific blood tests. Tick typhus is treatable with antibiotics, although fatalities have been known to occur. In some susceptible people tick bite may cause a severe allergic reaction or anaphylactic shock, which can be life threatening. If swelling of the face and throat causes breathing difficulties, seek urgent medical attention

