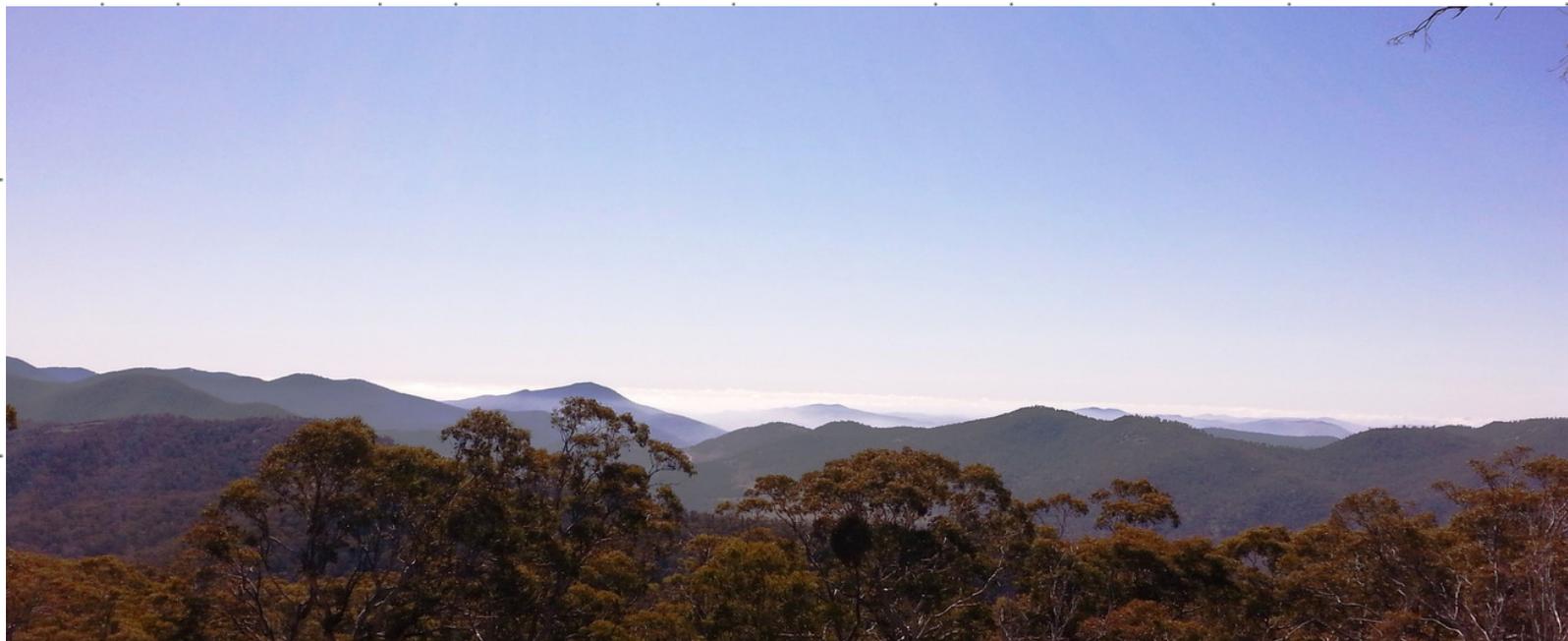


BRINDABELLA BUSHWALKING CLUB NEWSLETTER



This 'n' That

President's Pontifications

There were 22 attendees at the First Aid training session run by Ablaze for the club on 17 April. I did my first First Aid training course in the 1970's and have done many since then but this was the first one I've attended that was specifically framed for bushwalkers. What a difference it made! The topics to be covered were agreed at the start with participants and put up on the whiteboard for ticking off as we worked through them. All were drawn from the experience of members over the years and the discussion was highly relevant and animated.

Thanks to Bob Chittenden for organising this session.

Our membership has now passed the 400 mark.

At our Pot Luck Dinner on 27 April, a well attended gathering heard very interesting accounts from Mac Kirby and Mary Hoffman about their separate walks on the Australian Alpine Walking Track from Walhalla to the Namadgi Visitor Centre and the discussion that ensued was a lively one. Thanks to Elaine Atkinson for organising the event, the Social Committee, and all those who worked behind the scenes to make it such a success.

I recently received a letter from a past member of NPA ACT, Ken Free, thanking Doug Finlayson for his 'well ordered but relaxed leadership' and the BBC generally for including himself and two others in a 'most enjoyable day soaking up the magnificent Orroral Valley scenery' encountered in one of our walks. Ken now lives in Sale, Victoria, and said 'if any BBC members intend visiting Gippsland, please get in touch and we will endeavour to organise some interesting walks in our neck of the woods'

Peter Ford

This 'n' That

Membership Renewal

Next Walks Program

Family Walks

Emergency + App

Contributing Articles

Black Mountain Symposium

Tick Removal

New Members

Membership Renewal 2018/2019

You might have noticed that the Membership Renewal form was missing from the program that was recently distributed.

The membership year is from 1 October to 30 September, so you are all still current until the end of September.

The committee has decided that we really ought not to distribute the Membership form until after the AGM, because the AGM might vote to change the fee for the coming year. If the AGM did this, the treasurer would have to contact all the people who had paid in advance and make the necessary adjustment.

In case this makes you a little suspicious that a fee rise is on the way, the committee can assure you that there will be no recommendation from it to do so!

This year, and in all subsequent years, the Membership form will be emailed to members immediately after the AGM.



This really is a dead tree



This trig on Horseshoe Hill would have been built long before the feral pine began to grow!
Photo: Derek Synnot

Walks Program

You should now have your copy of the July to December Walks and Social Program. As usual, it is packed with a range of walks for all.

Two of the overseas trips are already over-subscribed and the leaders have asked us not to even mention them in the program so they can avoid fielding calls from soon-to-be-disappointed members.

For once, there were few Advance Notices for the coming year. If you are planning something, it can always be advertised in a future newsletter.

During the last two summers, a number of walks (particularly Medium ones) had to be modified, changed to an easier walk or even cancelled due to the forecast hot weather. In this program, Medium walks in the second half of November and most of December have not been described. The details of these walks will be circulated by email a few days beforehand, based on the weather forecast. This will also be the case for January and early February.

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.

Family Walks

Most of the Family Walks announced in the previous two programs have been cancelled because there were no takers. When a walk did go ahead, it was poorly attended. For example, only one child has walked since August last year. This is very disappointing for the leaders, who plan and prepare for these walks just like every other leader does.

The Family Walks have been listed in the programs and advertised in newsletters from time to time, but the interest just does not seem to be there. Accordingly, no Family Walks have been included in the current program.

We are now seeking your views on the future of Family Walks and would be grateful for your response to the following questions:

- 1) Does your family include any children who might be interested in participating in the Family Walks program?
- 3) Do you think the Family Walks program should continue?
- 4) If so, what support would you be willing to provide?
- 5) Do you have any comments on the Family Walks program as it is currently designed (see page 2 of the program)?

Please email responses to secretary@brindabellabushwalking.org.au

Emergency + Mobile 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.

Contributing Articles

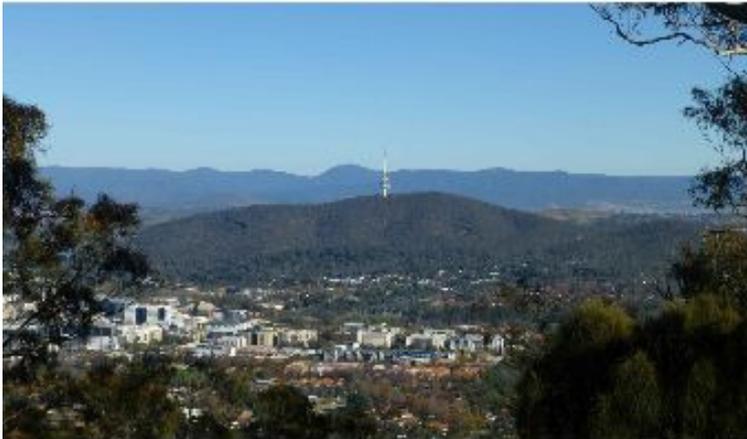
Suitable articles are always welcomed and photos make them better. It may not be possible to use all the photos. We will include the photographer's name in the newsletter, unless they ask us not to bother. If it is not your photo, you must have the photographer's permission to use it. Send your articles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

Black Mountain Symposium 2018

THE PAST 50 YEARS INFORMING THE NEXT 50



24 August 2018

9:00 for 9:30 am to 4:30 pm

Themed talks at CSIRO
Discovery Centre
Followed by wine and cheese

25 August 2018

9:30 am to 12:00 noon

Themed Walks in Black
Mountain Nature Reserve

SAVE THE DATE NOW

Natural environment themes:

Diversity and ecology of plants, mammals, birds, reptiles, amphibians, invertebrates, and fire ecology.

Cultural environment themes:

Colonial and national uses; a place of protest, recreation, education and scientific endeavour.

Cost: Symposium talks \$55 (fully catered); Wine and cheese option \$10; and a guided walk \$5.

Registration: Registration online and program available at www.friendsofblackmountain.org.au/symposium

Black Mountain Symposium

Interested in this event? you can register online now at
www.friendsofblackmountain.org.au/symposium



Self Portrait?



Fog over Canberra
- seen from Booroomba Rocks

New Thinking on Tick Removal

(Courtesy of the ABC Science Show and sent in by Deidre Shaw)

This advice has now been included in the preliminary pages of the Walks and Social Program.

NARRATION

Unfortunately most of us instinctively do the wrong thing. So you have a tick. How should you remove it?

Dr Jonica Newby

Here's my tick. Now this is what most of us will do - we'll either scratch it off or reach for the household tweezers. Now this is precisely the worst thing you can do. As you remove the tick, you squeeze it and all its contents go straight into your bloodstream.

Assoc Professor Sheryl van Nunen

What they need to know is household tweezers are tick squeezers.

Dr Jonica Newby

So what should you do? Well, you should go to the chemist and buy a spray containing ether. So something like Wart Off, or Medi Freeze Skin Tag Remover. Place the nozzle conveniently over the tick and spray. Feels cold - freeze the tick, and wait about ten minutes for the tick to die. Once it's dead, you can just brush it off.

Assoc Professor Sheryl van Nunen

'Freeze it, don't squeeze it', would be our advice.

NARRATION

So that will kill the adults. But what about the tiny ticks? The little larvae or nymphs? Now these are my little larval ticks and for these I'm gonna use a cream containing permethrin. Now this is basically the same kind of cream as you get for scabies. Just rub that in. The ticks will all die and soon you'll be able to just rub them off.

Dr Andrew Ratchford

We dab them. Don't grab them.

New Members

The Club welcomes the following new members who have joined us recently.

Helen Kinmonth
Kristine and Laurie Nash
Ian Moorcroft and Melissa Stenfors
Chris Tarlowski
Carol Baird
Paul Roche
David Barr
Wendy Thompson
Jane Andrews
Sally Phillips



A collapsed shelter just off Smokers Trail

From some recent club walks

