

Brindabella Bushwalking Club

January 2021 Newsletter



BBC



Even the thistles in Rendezvous Creek valley are looking beautiful now

In this issue

- ◆ Coronavirus Update
- ◆ From the President
- ◆ Vale Julie Anne Clegg
- ◆ Heat-Related Health Issues
- ◆ Namadgi NP Status

Coronavirus Update

- * We're not out of the woods yet! The latest ACT updates can be found here: [Updates](#)
- * Keeping your distance and maintaining hand (and respiratory) hygiene are essential.
- * We still need to be cautious while we await a vaccine.

BBC Website

www.brindabellabushwalking.org.au [All newsletters are on the website]

If you need the password to access the members' Area, please send a request by email to

webmaster@brindabellabushwalking.org.au



This grass tree at Mundoonen Nature Reserve has obviously had a battle

From the President

Happy New Year, and may it be better than the one we've just sent packing!

Early Morning Walks. To beat the heat, Colleen will lead an Easy walk in the Arboretum on every Wednesday in January, starting at 7.00 am. The meeting place is the upper car park. If you need any more information, please check the program.

Wednesday Walks. The Easy/Medium and Medium/Hard walks recommence on **13 January**.

Weekend Walks restart on the weekend of **16/17 January** and are described in detail in the program.

Mt Ainslie Sunset Walk—Friday 5 February. Coronavirus restrictions permitting, this 3 km walk will conclude with drinks and nibbles provided by the Social Committee and is the first opportunity for all club members to meet in 2021. More details and timings are in the program.

Coronavirus. Just when we thought everything was under control and all we had to do was wait for the vaccine, coronavirus has again begun its spread through NSW and into Victoria. The ACT will be very lucky indeed if we can avoid this latest resurgence. Complacency could be our biggest danger.

Walking in the Heat. There's some important information on Heat-Related Health Issues on the next page, which is compulsory reading for us all.

Peter Dalton

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

Vale

Julie Anne Clegg

19 May 1953—28 December 2020

Julie, who was a member of BBC for many years, died of leukaemia (CMML) at about 1 pm in The Canberra Hospital on Monday 28 December with all close family having been with her over the previous few days.

Our sincere condolences are extended to her husband Bob Dewar and to their extended family.



Pink Mountain Berry

Heat-related health issues

Article courtesy of *Bushwalking NSW*



[Heat related health issues](#) can be life threatening. It is best to avoid heat problems by taking appropriate precautions. Cancel bushwalks in extreme heat conditions. If you are on the track on a hot day, drink lots of water, wear a hat with a wide brim, rest in the shade, apply suntan lotion every few hours. If you know it'll be very hot, drink plenty before leaving home. Typical heat-related issues that may affect bushwalkers are listed below.

Hyperthermia

Commonly known as [heatstroke](#), hyperthermia is when your body produces or absorbs heat faster than it can dissipate it, causing a dangerously high body temperature.

- In mild hyperthermia the symptoms are mainly a dry, hot skin, with no sweat. This may progress to confusion, slurred speech, nausea, flushed skin, rapid breathing, and racing heart rate.

Contributors to hyperthermia include exposure to a hot environment, strenuous activity, wearing excess clothing, drinking alcohol, becoming dehydrated, [high humidity](#) or a combination of these.

Severe Hyperthermia requires emergency treatment. Ring Triple Zero or activate a PLB!

Treatment is to cool the person down quickly by methods such as immersion in cold water, evaporation cooling, and applying ice packs to the groin, neck, back and armpits.

Heat Exhaustion

- Symptoms include: heat cramps, paleness, sweating, dizziness, weakness, fast weak pulse, headache.
- Treat by laying person in a shady place, apply cool wet cloths to body, administer sips of water, place in cool water such as a pond.

If symptoms don't improve within an hour ring Triple Zero.

Dehydration

- Symptoms: dry lips, mouth and tongue, increased thirst, dizzy, tired, irritable, headaches, reduced urination.
- Treat by moving to a cooler place, drinking small amounts of water regularly.

Seek medical treatment if symptoms are severe.

Heat Cramps

[Calf Pain](#) is caused when muscles suddenly contract, often due to dehydration or mineral deficiencies.

- Stop strenuous activity and rest in the shade.
- Gently massage the muscle.
- Drink increased quantities of water, low sugar sports drink or diluted fruit juice.
- If cramps persist for more than an hour, seek medical treatment.

Namadgi National Park Status

The northern part, Corin and the Boboyan Rd/Naas Rd areas of Namadgi NP are open, albeit with road repair work and tree-felling continuing. The central area, encompassing Honeysuckle and surrounds, all the Orroral Valley and Bimberi Wilderness areas remain closed — most **until September 2023**. The details are below.

Honeysuckle

Locations of interest

- Honeysuckle Campground
- Honeysuckle tracking station
- Booromba Rocks
- Legoland

Works to be completed

- major road restoration work
- major restoration work to walking tracks and visitor infrastructure, particularly around Booroomba Rocks

Status

CLOSED — Anticipated opening September 2021

Orroral Valley

Locations of interest

- Rocky Crossing
- Orroral Homestead
- Orroral Campground
- Nursery Swamp
- Orroral Picnic Area
- Granite Tors walking track
- Orroral Valley Heritage Trail
- Smokers walking track
- Orroral Tracking Station

Works to be completed

- engineering assessments and possible restoration work to Rocky Crossing to allow access to the Orroral precinct
- significant restoration work to walking tracks and visitor infrastructure

Status

CLOSED — Anticipated opening September 2023

Bimberi Wilderness Area: CLOSED — Anticipated opening September 2023

This information is updated from time to time [here](#). A map showing the current status is on the next page.



The remains of the book at Rendezvous Creek Rock Art

Random Photos

Mostly from ACT PCS website



Mt Aggie area



Yerrabi/Boboyan Trig



Bendora Arboretum



Social Distancing at Callum Brae