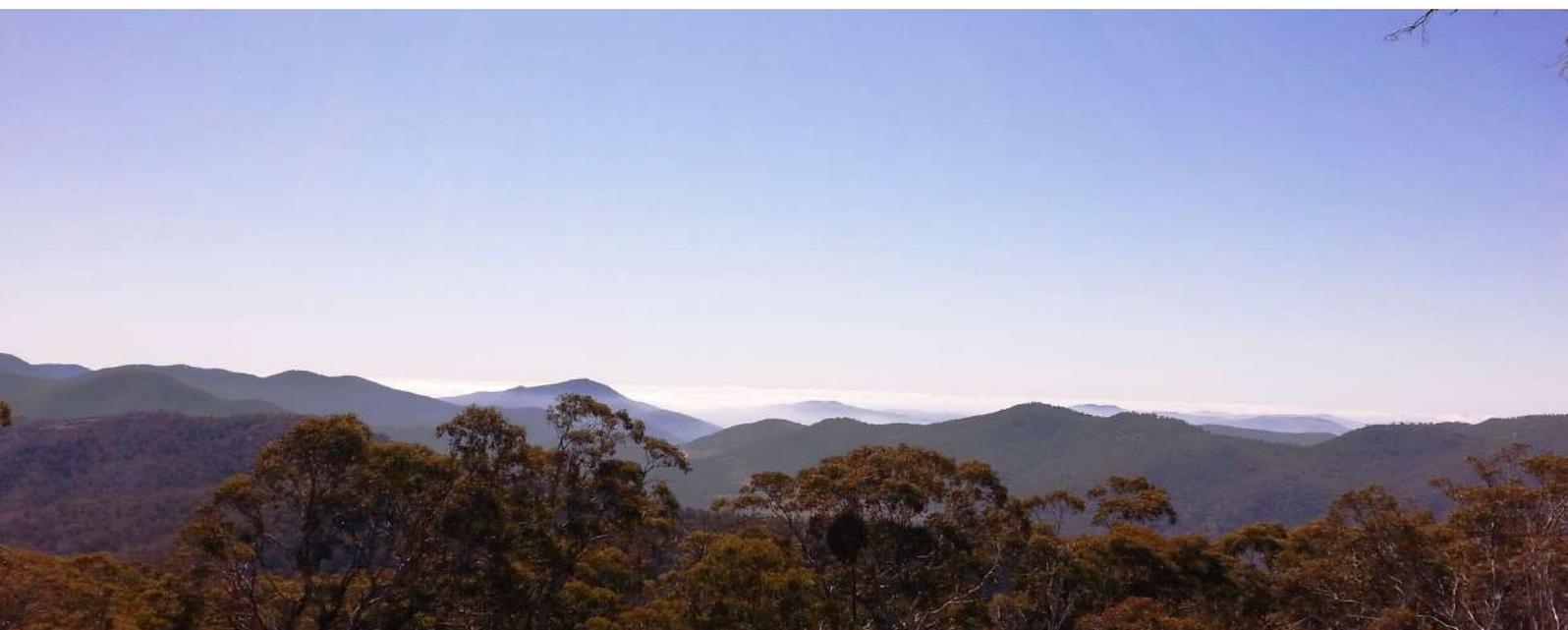


BRINDABELLA BUSHWALKING CLUB NEWSLETTER



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This 'n' That

President's Pontifications

As I write this, more and more restrictions are being placed on Australians in an effort to halt, or at least slow, the spread of this coronavirus. No one, including us, remains unaffected. The limit of two people exercising outdoors has resulted in the Club abandoning the current program of walks and social activities.

This surreal world we now find ourselves in has created a dilemma for the Walks Officer and his sub-committee in trying to formulate the next program. What they have decided to do is explained on the following page.

This newsletter has some ideas that might help you from going stir-crazy during the prolonged period of isolation. Peter Ford has provided a great article on Cabin Fever, with ideas to overcome it, which I commend to you.

If you have any suggestions that might help keep us sane and fit please email them to president@brindabellabushwalking.org.au and I'll publish them in the next newsletter - we are going to be kept indoors for a long time, I suspect!

Perhaps it is time to send in a trip report from the past to educate and enthuse us; it could be local, interstate or overseas. Please send the photos separately to preserve the quality

Peter Dalton

What will the Next Walks and Social Program Look Like?



The Club will resume its walking and social activities as soon as it is safe and is within the guidelines/rules set by the Commonwealth and the ACT Government.

Walks will initially be offered by email as short notice walks. This is for both weekend and Wednesday walks. Your walk coordinators are ready to contact previous Leaders once the all clear has been given. New Leaders will also be most welcome - simply contact the appropriate coordinator as shown in the Walks and Social Program. If you've lost the program, you can find it in the Members Area of the club's website.

Once it becomes apparent that normal activities can be resumed, the Walks Committee will work on compiling a Program to forward to members.

Link to a Virtual Vacation

Can't take that big holiday you'd planned and paid for?

While, like me, you are still trying to recover all the money you paid for flights, accommodation and tours, you might find some little consolation by taking these virtual holidays - click this link: [Virtual Vacation](#)

If you Google 'Virtual Vacation' or 'Virtual Holiday', you'll find dozens more of these



CABIN FEVER

With the heightened level of restrictions to combat the spread of the Covid-19 virus, the inability to go for a decent walk is a problem we all face. Having recently experienced a period of voluntary isolation when visiting our son's family in Los Angeles followed by a compulsory further two weeks of isolation for Truus and myself on our return to Australia, I think I've learnt a little about combatting Cabin Fever and would like to share a few ideas with you.

First, we've found it useful to try the suggestions for 'active people' set out in the following table which was included in some advice provided to Truus by her 'Dragons Abreast' dragon boating team.

Social People	Give your favourite walking friends a call on Face time; Zoom; Skype to say hello. Perhaps just learn to do this.
Book lovers	Make a list of the books you have been meaning to read. Circulate it to other members to see who can share
TV Tragic	Recommendations of TV shows and movies on iview; SBS on demand; Netflix or whatever
Internet people	<u>Share your favourite sites with us. here's one to get you started:</u> 12 Famous Museums and Galleries You can Visit Virtually From Your Own Couch
Audio People	<u>What are you listening to? Good podcasts:</u> The 30 best podcasts to listen to in 2020 <u>Lovely music:</u> Joep Beving – aahh the serenity.
Active People	<u>Bust a few dance moves:</u> Koala Nutbush Exercises you can do at home without equipment: Home Exercise Search for others – disco, macarana! And – gentle exercises on line – find a good one and let us know
Creative people and Hobbies	Rummage the cupboards for unfinished projects Share pictures of what you produced Start something new – Ikebana, tapestry, or even colouring in
Gourmets	What was the best thing you ate this week? If you made it – give us the recipe and don't leave anything out!
Gardeners	A picture of what's looking good in your garden at the moment – please!



A depressed dog, Gidget, and our granddaughter, Frankie in isolation in Los Angeles before we returned to Australia and went into further isolation

Establishing a routine can be helpful; for example, exercising in the morning, dealing with email, reading, watching one episode of your favourite TV series if it's available on a streaming service, keeping a diary, finding a project, contacting friends and relatives online, watching a movie on a streaming service, nibbles and drinks, trying out a new recipe for dinner and so on.

However, I wouldn't recommend doing anything like this: [Astrophysicist invents Coronavirus Device](#)

People who have been through long periods of isolation for their work (e.g. in Antarctica) have also suggested coping techniques such as planning ahead but taking it one day at a time and having something to look forward to once your isolation ends.

Additionally, it might be an opportunity to improve your computer skills, organise your photos and emails, back up your documents, reorganise your passwords and delete all those things on your computer and phone that only clutter up your life. You could even download one of the apps (e.g. Zoom) that enable group conferences and learn to use it to hold, or participate in, online meetings or sing alongs, which can be as big as you like.

You may have other suggestions or be able to find them on the internet or elsewhere. Please let us know if you find any that you think are worth sharing. Also, let us know what you are doing to keep a reasonable level of fitness and sanity.

I Want to go to the Pub!

With cafes, Restaurants and pubs all closed, some of us are feeling an increasing desire to go to the pub. However, I don't think many of us are as desperate as the young Irish lady in this video clip - she even put her make-up on for the occasion: ["Pleez, can I go tonight?"](#)

Our day at Majors Creek

Article and photos supplied by Lyn Willson



Janet pointing out items of interest on the Community Notice Board

On Friday 13 March a group of BBC, CBC and NPA members enjoyed a wonderful day trip to Majors Creek, organised by Janet Duncan as a way of contributing to the economy of small towns affected by the bushfires and smoke over the summer. She'd organised a similar day at Braidwood a couple of weeks previously.

There were 17 of us driving down in separate cars. On the way we stopped at Braidwood and distributed ourselves among a number of cafes, including Café Albion and Casanova's, the idea being to top up the earlier financial contribution to the local economy, while enjoying coffee and cake.

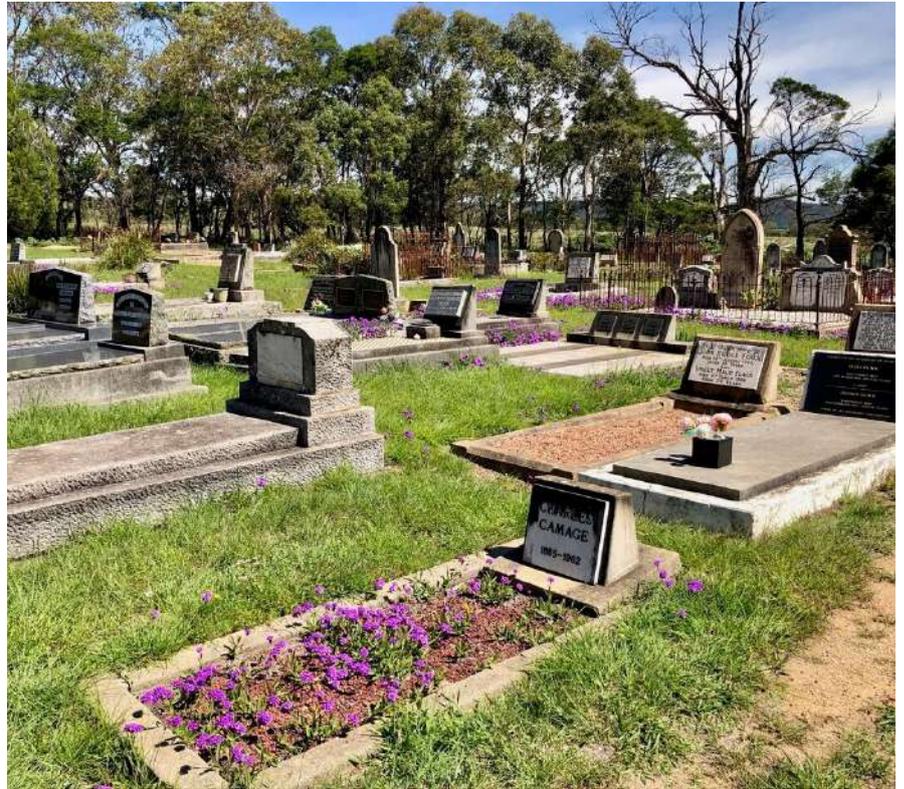


Majors Creek Pub

The drive down to Majors Creek was delightful, with everything looking so green and lush and well-fed contented cows dotting the landscape. It was such a tonic to see the countryside like this after the years of drought!

We walked around what there was of the "village": past the pub and wishing well to the lovely Anglican church from 1870 with its wooden ceiling and then to the old Police Station with its beautiful grounds, huge old European trees, water-lily pond with little bridge.

We followed the road out in the direction of the Cemetery, eventually turning back, but not before passing the statue of Archer, the racehorse who won the first two Melbourne Cups. Archer was foaled at nearby Jembaicumbene and owned by Thomas Roysds, a well-known name in the district.



St Stephens Anglican Church

Then to the pub, which is normally open only at weekends.

However when Janet told them she'd be coming down with a largish group of hungry bushwalkers they agreed to open especially for us. We all sat outside on the verandah with a beer or cider or other drink of choice while a member of staff came and took our orders, then had a very good lunch in the dining room, ranging from fish, chips and salad to steak sandwich and hamburgers.

A very pleasant experience and highly recommended for when the Covid 19 crisis is over!

After lunch we drove out to the picturesque Cemetery, where we wandered around among the graves, many of them from the late 1800s, others conjuring up images of the lives these people might have led, not least being the grave of Christoph Theodor, Prinz von Altenburg from Austria, of Altenburg Café and Gallery in Braidwood.

Some of us stopped again in Braidwood on the way home for a coffee and cake. Janet calculated that overall we'd contributed several hundred dollars to the economy of these small towns. It was a thoroughly enjoyable day all round and, as it turned out, our last outing for who knows how long.

Do Some Technical Housekeeping While Housebound

- **Organise your photos.** Most of us have hundreds of photos on our smartphones, so perhaps it's time we weeded out the duds, backed up the rest (free on Google Photos) and even sorted them into albums.
- **Back up Documents.** If they're worth keeping, it's probably time to put them into suitable folders on your computer.
- **Passwords.** Do you still need all these? Having deleted those you no longer need, you might want to Google "password Manager" to find ways to safely store and protect all your passwords.
- **Tidy Up Your Emails.** Create folders and sub-folders within your inbox to store emails so that they are always easy to find. Delete duplicates and anything you know you'll never need to refer back to. Move photos and documents that are attached to emails into folders on your computer and then delete the emails.
- **Learn to Use Zoom.** Zoom got a mention earlier; it is a great way to have a video conversation with almost any number of people and it's free if you don't exceed 40 minutes. Here's an introduction to Zoom, but there are scores of tutorials on YouTube.

How to use Zoom for Online Meetings

Works on any smartphone, tablet, laptop or computer, provided it has a camera/microphone inbuilt or attached

There are several simple steps:

- Simply click the 'Join the Meeting' link the Host sent you in an email, follow the prompts and the first time you use Zoom the necessary software will install on your device. Do this about 15 minutes before the meeting to allow time for you to see how it works. The video link below explains and walks you through this better than these words do.
- Participate in the meeting by entering your name and clicking 'Join the Meeting'. Then click 'Join with Video' and 'Join with computer audio'.
- You should now be able to see the other participants.
- Test the settings on the bottom menu bar (mobile users will first need to tap the screen); e.g. test speaker and microphone, mute/unmute, list of participants, etc.
- The Host will start the meeting and will invite you to participate.
- When it is finished, click on 'Leave the Meeting' to exit the meeting.

Tips

- Minimise your background noise or instead put your microphone on mute when you're not speaking.
- If it's a formal meeting you might need to use 'Chat' to ask written questions, or the 'Raise Hand/Wave' function to get the host's attention.
- Experiment with the lighting in your room, so others can clearly see you.

[An Excellent Simple YouTube Guide on Using Zoom](#)

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.

Another Photo From the Archives

There was a photo in the March Newsletter of a man enjoying himself under a torrent of water flowing down a cascade. Mary Lindsay was quick to identify him as Pete Tedder. It isn't a contest and there is no prize, but we are really pleased to be able to put a name to the faces in the photos.

Now here's another to test your memories - the photo dates from between 1995 and 1998?



Who are they?

BBC Facebook Page

Visit the facebook page to see photos, walk reports and information about upcoming activities. It is at: <https://www.facebook.com/BrindabellaBushwalkingClub/> You can set your facebook page to receive notifications every time there is a new post.

Website

www.brindabellabushwalking.org.au