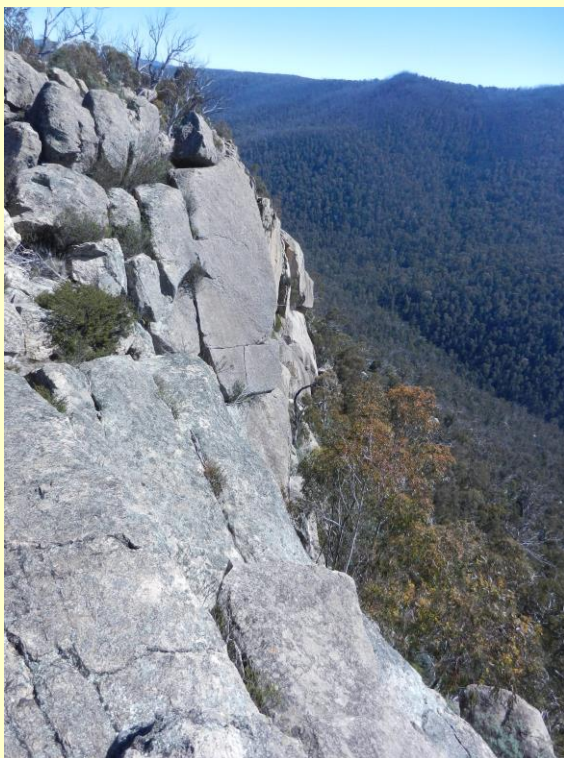


Brindabella Bushwalking Club Newsletter

January 2017



Booroomba Rocks

From The President

President's Pontifications

Bob Dylan sang in *Outlaw Blues*:

'Well, I wish I was on some
Australian mountain range
Oh, I wish I was on some
Australian mountain range
I got no reason to be there, but I
Imagine it would be some kind of change.'

There may be better reasons for bushwalking but this one is not bad. Whether your thing is a walk in the park, taking time to smell the flowers, or meeting a challenge you've set yourself or something in between, it's not too late to make a New Year's Resolution to do more bushwalking this year.

If you would like to chat about any aspect of the club's activities I'd welcome a call on 0437 110 001 or an email to tford@pcug.org.au

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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.

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.



Kambah Pool to Pine Island

The Rules for Walkers, the Walks Grading System and the email addresses of the Walks Committee are all in the current Walks and Social Program

Editorial Note

I'm afraid I've done a bit of nagging in this issue - check the articles on Start Times for Walks, Photography and Geocaching, and carriage of First Aid Kits and you'll see what I mean.

It's the beginning of a new year, so I thought it a good time to mention these and get them out of the way. Enjoy 2017 and please do keep submitting articles for publication.

When is it Too Hot to Walk?

It has been a long hot summer. Many walks have been cancelled or significantly altered because of the heat.

The committee was once asked to agree on a temperature above which it is too hot to walk safely, but we chose not to do so. The leader will cancel the walk if they think the conditions on the day are unsuitable for the walk or may alter the route of the walk if possible to provide a cooler option. On the other hand the leader will realise that it must be too hot/cold/wet, etc, when no one turns up at the meeting point!

Start Times for Walks

Reminder: As shown in the preliminary pages of the program, the 'Start Time' is the time at which vehicles will leave the meeting place and drive off to the beginning of the walk. Walkers need to assemble at the meeting place at least 10 minutes before this so that the attendance sheet can be signed, car pooling arranged and drivers briefed on the route. The leader also needs time to speak with visitors/new members to ascertain their suitability for the walk and to explain the 'waiver' they are signing.

Lower Cotter Catchment Reserve Draft Management Plan

The ACT Government invites you to comment on a draft reserve management plan for the Lower Cotter Catchment.

The plan has been prepared under the ACT Nature Conservation Act 2014, which requires management plans to be prepared for all public land reserve areas, with public consultation to be held on draft plans for a minimum of six weeks.

The draft Lower Cotter Catchment Management plan was released for public comment on 16 January 2017. The closing date for submissions is 10 March 2017.

<https://www.yoursay.act.gov.au/lower-cotter-catchment-draft-reserve-management-plan>

Advance Notices

- Two weeks in early April - Great South-West Walk, Victoria. Contact John at j.clune@bigpond.com
- Madeira, two weeks in June - Once again, contact John at j.clune@bigpond.com



Emergency+ 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.



Geocaching and Photography

Bushwalking with the club has the aim of walking through the bush, either on or off a track, enjoying the views, the company and all that nature has to provide. This isn't always compatible with other interests.

Geocaching. If you want to divert or slip away at lunch time to find a geocache, then don't expect to get approval. The leader won't know where you are and won't know where to look for you if you don't return. This is not fair on the leader or other walkers who will have to search for you.

Photography. With the cameras in mobile phones becoming more capable all the time, most of us have a very good lightweight camera with us on walks. There are often plants, animals or scenes that we want to photograph and so we do. However, some people take an excessive amount of time to take their photos or they just want to wait until everybody has passed so that the photo will be uncluttered. This results in the walk being paused while they take their photos or, as is sometimes the case, they get left behind and have to try to catch up. This is frustrating for the rest of the group and can also result in a 'lost walker'; so please do the right thing by avoiding this situation. Taking snapshots, rather than technically-perfect photos might be the solution.

Other Interests. Most of us enjoy the botanical delights, the bird life, rock formations and so on and we might ask the leader to pause for a while to enjoy these, but stopping to do so while the group continues on can also result in a 'lost walker'.

Please be Considerate. Do keep taking photos and admiring all around you as you enjoy the walks. However, if you want to look for geocaches or have some other specific theme, you can always organise a walk yourself or ask a leader to program something for that purpose.

The Great South Coast Walk

Imagine walking for 660 km along some of the most beautiful coast line in Australia. Ever since my wife, Pennie, and I walked from Sydney to Mallacoota 12 years ago, we have toyed with the idea that this would make a great long-distance walk. For most of the walk, tracks already exist and there are many campsites and camping grounds along the coast - infrastructure is not an obstacle to creating this walk. The greatest asset of the walk would be its diversity, as it includes not only beaches, but rivers and lakes, heathland, different types of forest, coastal villages, rural land and true wilderness. On its way it passes through several national parks. This presence of coastal towns and campgrounds would make it appeal to those seeking more “creature comforts” on their walk, as well as those looking for a wilder experience. It also makes it well-suited to walking in stages as well as end-to-end walking.

Now we have decided to do something about it and have set up a website to both develop it and promote it. The website has a forum section where people can contribute to ways of making the proposed track better, raise possible issues or just comment in general. The concept of the walk has been endorsed by Bushwalking NSW, as well as several local bushwalking clubs and National Parks associations. The link to the site is <http://greatsouthcoastwalk.net> and I would like to invite club members to check it out and start the ball rolling by offering suggestions via the forum.

David Briese



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.

First Aid

The following two quotations come directly from the preliminary pages of our program

Advice to Walkers. “Most day walks take the party several hours away from car or phone, and pack walks often much further away. All walkers must take their own first aid kits - see the Rules for Walkers for details. The club cannot guarantee that there will be someone in each party with first aid qualifications.”

Rules for Walkers. “Some first aid needs arise more often than others: sunburn, thorn pricks, insect bites, abrasions and bruising from falls, blisters, heat exhaustion through not drinking enough, and sprains and strains from slipping on rock or wet wood. Snake bite is always a possibility. Walkers must carry a first aid kit containing, as the minimum, a wide compression bandage (for snake bites, sprains and breaks), some wide micropore surgical tape (all-purpose), bandaids and pain killers.”

Most of the following information has been taken from the Bushwalking NSW website.

First Aid in the bush

Well, of course you should carry a First Aid kit - but what should be in it? If you look in most of the kits available in the marketplace you will find a whole lot of things you will never ever use. They are there because the manufacturer is trying to cater for every possibility under every situation, most of which are not that likely in the bush, and some of which are ridiculous.

What is really important to understand is that Remote Area Medicine is different from domestic First Aid. For a start, the '**First**' bit is wrong: if the injury is small it may be '**All**' the aid the patient is going to get. If the injury is large, the patient isn't going anywhere. Forget about the whole concept of 'First Aid' in the bush.

We used to carry a large First Aid Kit suitable for field surgery, but most of the contents never got used and went out of date. These days we carry a few Panadol, some wide micropore surgical tape (*very* all-purpose), a small amount of burn cream, a handful of Band-Aids (both ordinary and wide), a sterile scalpel blade in its sealed wrapper (weighs nothing), a special needle for spikes and splinters and some iodine pills for sterilising water. Add a couple of clean handkerchiefs for bandages, and that's it. It makes a very small kit - and the bandaids are about all that ever get used anyhow. **Note: BBC believes a wide compression bandage is also essential - for snake bite, sprains and broken bones.**

What is more important is to learn some basic First Aid principals and little bit of what we might call "practical home nursing". Learn things like what to do for a burn or a serious cut or abrasion, and when to give up and send someone for help. You aren't going to do major surgery on a bushwalk.

First Aid Kits

Every walker should carry a first aid kit and that kit should contain everything that might be needed **by you** after an injury, illness or allergic reaction; e.g. if you use aspirin rather than codeine, or if you are allergic to ant bites, you can't expect other walkers to be carrying aspirin or anti-histamines for you.

Walk Reports

The Walks Officer is going to be away until the end of May, but Walk Leaders should still submit Walk Reports in the usual manner (mail or email) and the statistics will continue to be collated through the magic of modern communications.

Emergency Phone Numbers

always dial 000

In an emergency a mobile phone is generally the fastest and easiest way to summon help. Your best chance of coverage is from a high spot such as a hill or lookout, but you are unlikely to ever get coverage in a canyon or gorge. If you don't have enough coverage to make a voice call and can't get to a high point, try to send a text message (SMS) as it often works with lower signal strength than is required for a voice call.

If using a mobile phone, the Emergency+ App is the recommended method because it also shows where you are and you can tell the operator !!!

Whether using a mobile or landline, always dial 000 !!!

Facts

- 112 - the international standard for mobile phones - no longer has any advantages over 000 in Australia.
- 112 goes to the same call service as 000 and does not give your call a higher priority over 000
- 112 does not work from land lines - so always dial 000
- 000 and 112 calls cannot access the satellite phone system - it is a completely separate system
- 000 and 112 will not work where there is no coverage from any network

Walks Program Meeting

The next walks program meeting is scheduled for 9 May. This may be rescheduled due to the absence of a couple of walks committee members and will be chaired by Peter Wellman. Further information will be provided closer to the date.

Advertisements

We often get unsolicited advertisements for products and here are some we received in the last couple of months. We don't endorse these and have no first-hand experience of them. If you are interested then check the websites.

<http://www.boali.com.au> Accommodation in an upmarket lodge at Thredbo for \$130 per person per night; ensembles and 3 meals included.

www.baktrax.com Trekking in Vietnam and Thailand, run by a man from Yarrowonga.

www.tenterfieldlodgecaravanpark.com.au. A range of accommodation from \$29 for a powered site - discounts for groups.

Conclusion

We hope you've enjoyed this newsletter and, as always, we'd be very happy to consider items from you for inclusion in the next newsletter - these can be emailed to walks@brindabellabushwalking.org.au