

Brindabella Bushwalking Club Newsletter

September 2015
Volume 1, Issue 1



From The President

The purpose of this newsletter is to provide up-to-date information to our club members. We only have one General Meeting each year and a lot happens between meetings.

We haven't set a schedule for the production of newsletters - they'll just come out when we think they are needed.

The committee would be very happy to consider items from you for inclusion in the next newsletter.

Contents

From the President	1
AGM Results	1
Cancellation	1
Subscription Fees	2
Car Costs	2
The Website	2
First Aid Kits	2
Rules for Walkers & Leaders	2
Leader/Navigation Course	2
More Leaders Needed	3
Walks Topics in General	3
Wednesday Walks Lists	3
Deadline for Next Program	3
Archiving the Club's Records	4
Improving Navigation Skills	4
Meeting Place Changes	4
Walks for New Settlers	4

Cancellation

The tour of Desert and Mallee national parks for 12-27 Oct has been cancelled.

The following members were elected at the AGM.

The Committee for 2015-2016

President	-	David Wardle
Vice President/Walks Officer	-	Peter Dalton
Secretary & Public Officer	-	Julie Pettit
Treasurer/Membership Secretary	-	Davinia Wells
Social Convenor	-	Colleen Fox
Training & Development	-	Bob Chittenden

Walks Committee

Peter Dalton	Kathy Handel	Prue Deacon
Robyn Kelly	Peter Wellman	Jillian Bellamy

Social Committee

Colleen Fox	Lucinda Lang	John Wells
Julie Pettit	Margitta Acker	Terry O'Brien

Clare Munro (to be confirmed)

Emergency Officers

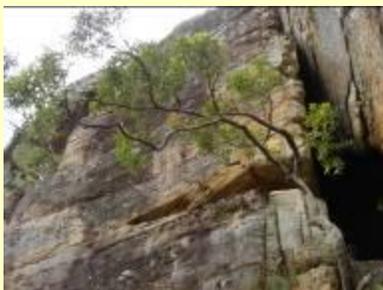
Doug Finlayson

Colin Boreham

www.brindabellabushwalking.org.au



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



Subscription Fees

Subscription fees will remain unchanged for 2016-2017. However there will be a printing and postage fee of \$5 added to the fees of members who want to have the two Walks and Social Programs mailed to them, rather than receiving it by email. This will recover the cost of printing and postage.

Car Costs

Car costs remain unchanged at 12 cents per kilometre per passenger. Leaders should recalculate the costs for all drives that involve Tharwa Bridge, because some of the distances used in the past were calculated when the bridge was out.

The Website

Remember to check the website from time to time. The latest versions of all the club's forms are there and there are a couple of interesting new items.

If you have a **Smart phone**, then have a look at the 'How To' section to learn about the new free **Emergency+** application that can save your life. Also read how dialling 000 isn't necessarily the best option in an emergency.

If you are sick of paying for maps, the 'How to' area also shows how to access these for free.

The **Club History** will also soon be added to the website.

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.

Rules for Walkers

The Rules for Walkers, which always appear in each new program, are tweaked slightly whenever the committee sees the need. Please take the time to peruse these when you get the new program.

Rules for Leaders

Bob Chittenden provides a copy to all members who attend the Navigation and Leadership course. The committee will also send these to all leaders next month, because it might be a while since some have seen them. If anybody else would like a copy, please contact the Walks Officer, who will email them to you.

Walks Leader/Navigation Course

As an obvious follow-on, the next course will be held on **Sunday 29 November**. If you are interested, please contact Bob by no later than Sunday 8 November so that he can send you the learning material in time.

It is not an essential requirement that you have completed this course before leading walks, but you will certainly be better prepared if you have done so.

We Need More Leaders

Some of our long-term leaders are scaling down their efforts after many years of service to their fellow members. We need replacements because, as can be seen from the program, just a handful of members are leading most of the walks.

If you have been a member for 2-3 years, or more, and have therefore enjoyed the efforts of our leaders on numerous walks, perhaps it is time you made a contribution. If you could lead just one walk in each half-yearly program, it would make a big difference and would ensure all categories of walks remain viable.

You can lead a walk you previously enjoyed, or one that you would like to go on, or a new one of your own invention. The walks officer will ensure you have an experienced leader in your group, who can 'mentor' you to whatever extent you like. Basically, he/she will be your safety net, but won't interfere with your walk. Please contact the relevant Walks Committee member to discuss this (see page of the Walks and Social Program).

Ideas for Walks

Believe it or not, our experienced leaders sometimes run out of ideas for new walks and reluctantly end up reprising ones they have led before. If you have an idea for a walk, please let one or more of the leaders know - they'll probably be most grateful.

Walk Gradings

Even though the BBC walk grading system is about the best available, the results will always be somewhat subjective. While one leader might consider the terrain to qualify as 'some rough going' and grade the walk accordingly, another might see it as 'mostly rough going'. For this reason, the committee is encouraging leaders to expand on walk descriptions to eliminate as much doubt as possible.



Sticking Together on Walks

Faster walkers often like to forge ahead, while slower ones prefer to hang back. Both these options can cause obvious problems. Recently, a leader was back with the tail-enders when she became ill and couldn't continue with the walk. The 'front-runners' were out of both sight and earshot, which caused a dilemma - someone from the rear had to rush a long way uphill to alert the others, who then had to come back and together find a solution. We should always keep sight of the person ahead and the person behind.

Wednesday Walk Lists

There are two Wednesday walks lists - one is for the Easy Walks and the other one is for both the Easy/Medium and Medium/Hard Walks. If you would like to receive email advice about these walks, please send your name and email address with a request to:

Easy and Very Easy Half-Day Wednesday Walks - ewwcontact@brindabellabushwalking.org.au

All other Wednesday Walks - mediumww@brindabellabushwalking.org.au

Deadline for the Next Program

The next Walks Program Meeting will be held on Tuesday 3 November (details are in the current program). Please try to get your proposals for walks and other activities to the relevant committee member before that date (their email addresses are at pages 1 and 8 of the program).

Archiving the Club's Records

BBC Newsletter

A good deal of very hard work has gone into archiving the club's records with the ACT Heritage Library. This will be updated every five years. Ann Campbell and Julie Pettit are to be congratulated on their determination in completing this project. The Heritage Council staff were so pleased with the product that they intend using it as a template for other organisations. Well done Ann and Julie!

Improving Navigation Skills

Navigating in the bush is a skill we can all learn - and just as easily forget if we don't practice. The only effective way to keep proficient is to take a map, or an extract of one from SIX Maps (see the Club's website for details) on each walk. Then, identify the start point, relate the map to the ground (i.e. orient the map) and try to recognise the obvious features around you - gullies, spurs, saddles, ridges and so on. Next, with the aid of your compass, follow the route the leader is taking you on, observing the various new geographic features you encounter along the way. It helps to know the time you set off on each leg, because we walk at about 4-5kph on roads and tracks; but more slowly in denser foliage or tougher going; e.g. we should have covered around 1km in just under 15 minutes.

There are a variety of 'advanced' techniques available - just ask experienced leaders what tricks they use and you'll soon build up a good knowledge of these. The leaders will likely be flattered you asked, so don't be shy.

Walk Meeting Place Changes

We have been using the Spotlight car park at Queanbeyan for some time now, so it will be added to the list of meeting places at page 2 of the next program and appear as: **SQ: Spotlight car park, 6-8 Bungendore Rd. (aka Kings Highway).**

Coleman Court Parking. Be very careful here, as many of the all-day parking spots have now become only 2 hours. The committee is looking for a nearby alternative and will announce this in the next program.

Walks for New Settlers

Nathalie Jitnah, who organises the Family Group of the BBC, has been in touch with a number of refugee support groups in the ACT. They are keen to provide the opportunity for some recent new settlers in Canberra to experience some of the bush outside the city area. They are hoping that we could provide leaders to take some of these people on a few very easy walks. Nathalie will make all the administrative arrangements - she just needs volunteer leaders. If you are able to assist would you please contact Nathalie for further information at: mtnjit@yahoo.com

Conclusion

We hope you've enjoyed this newsletter and, as the President said earlier, 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