

BRINDABELLA BUSHWALKING CLUB

MARCH 2022 NEWSLETTER



BBC



Wednesday
Feb. 2
Peter Wellman's
Medium
Wednesday
Walk took 9
walkers through
the Bango
Nature Reserve
near Yass
Photo by Jenny

FROM THE PRESIDENT

The club is in a good position vis a vis membership. The vast majority of members renew their membership each year and it is great to see that the number of new members joining the club more than offsets the number not renewing.

Our walks program relies on a pool of walk leaders who plan, prepare and offer these walks and the profile varies from very easy through to hard, thereby catering for the needs and capabilities of all members. We offer very practical training to club members on navigation and basic bushwalking skills which boosts confidence and provides support to those considering becoming a leader. As a result of this training and encouragement from existing walks leaders it is pleasing to see that our walks leader cohort is growing.

At a recent executive committee meeting we discussed the need to provide additional guidance to members which covers the areas of understanding and applying

Continued next page

INSIDE:

- 2 New members; Mt Ainslie Sunset Walk; Website Search Function**
- 3 Flooded out - Prue Deacon**
- 4 Outward Bound**
- 6 Proposed Walks Trip - Grampians Peak Trail - Wayne Holgate**
- 7 Knees and Ankles/ Mystery photo**
- 8 Where are the Cicadas?**
- 9 Some recent walks**

Contributions welcome

Articles and photos

Send to

editor@brindabellabushwalking.org.au

COVID

UPDATE

**CHECK HERE
FOR ADVICE
AND
RESTRICTIONS**

Continued from page 1

BBC walk grading guidelines, managing large group numbers on walks and the care and support of children on our walks. These are all very important aspects of our duty of care which may sometimes be taken for granted. As our membership profile changes, so too does the level of experience of both leaders and participants. In future newsletters we will cover these issues.

I do hope to see you on a walk soon, until then do take care.....Bill

Welcome New Members

Anthony Aston
Richard Calver
Maude Caruana
Juanita Cucinotta
Pam Dixon
Paul Ellis
Jenny Forde
Jenny Hefford
Jeanette Jeffery
Sinan Kaniskan
Sarah Khan
Peter Le Mesurier
Ray Sparvell
Mark Tuttle

And welcome back returning members

Christine Bruce
Madeleine Huckstepp
Maggie McKenna
Julie Raine

Current Membership 398

SOCIAL EVENT FEBRUARY 2022

Friday 4 February – annual Mt Ainslie sunset walk

47 members (including 2 nonogenarians) walked/met at the top of Mt Ainslie and enjoyed drinks and nibbles while chatting with fellow members. Despite being a bit chilly, we were rewarded with a beautiful sunset. Many thanks to the Social Sub-Committee for their contribution and thanks also to Mark the bartender and John who ensured we signed the Walks Report. A great team effort!!!



Next social gathering is Queanbeyan heritage / public art walk (subject to weather) Monday 14 March (public holiday for Canberra Day). I have organised a short talk on Queanbeyan's history. 2 walks on offer catering for everyone. Details via email closer to the date.

Elaine Atkinson
Social Convenor

Website Search Function

Walks leaders and other members who just want to check out possible destinations have a new tool available to them on the website. Just go to 'Resources for Members' and peruse the topics listed under 'Trip Reports' or choose an archived newsletter to explore. All newsletters are covered together with 39 trip reports for Australian and overseas destinations.

FLOODED OUT: Big Hole and Marble Arch Car Camp

From February 18 to 20 we were hoping to repeat the enjoyable Big Hole and Marble Arch Car Camp of February 2021. The first setback came when our initial campsite bookings were cancelled because of feral animal culls in the nearby area from February 7 to 18 - we were allowed to camp on the 19th but not the 18th.



Shoalhaven River just downstream of the river crossing

Below: Shoalhaven River crossing and the start of the walk on the other side

Plans were changed accordingly but we thought we had better check out the camping area beforehand. Alas, the campsites were sodden and mushy. A very large tree had fallen over one campsite. And the Shoalhaven River was running very deep and very fast - too deep to wade across and too fast to be able to swim over - so you couldn't

get to the start of the Big Hole and Marble Arch walk.



With the possibility of more rain feeding the river over the coming weeks, I decided to cancel the car camp. Hope we can try again in drier times.

Prue Deacon

Outward Bound have contacted us with an invitation that some members may wish to consider.

Material supplied by Outward Bound

Outward Bound Australia (OBA) is a non-profit organisation using adventure based programs in the natural world to help people discover their potential and in doing so, contribute to a better, bolder, more compassionate and more resilient society.

Based in Tharwa, ACT, OBA has taken over 500,000 Australians on journeys of discovery since 1956 and has recently become an Open Award Centre for the Duke of Edinburgh's Award (The Award). The Award, like Outward Bound, was founded by Kurt Hahn in the UK and is now in 130 countries around the globe. It is an organisation empowering young people aged 14-24 to explore their full potential and find their purpose, passion and place in the world. Obviously there is a lot of synergy between OBA and The Award.



Learning navigation

OBA now administers the entire Award for young people whose school doesn't run it. It also means OBA have increased demand for Adventurous Journeys, which are 2 day / 1 night, 3 day / 2 night or 4 day / 3 night self sufficient bushwalks. We need to grow our pool of casual employees to supervise these hikes, mostly during school holidays and weekends, in ACT, NSW and Victoria. OBA bought a business in 2018 that had great

success recruiting experienced bushwalkers with vast life experience willing to pass on that knowledge to young people. They were trained in Duke of Ed requirements, assessed on their map reading and group management skills and employed on a casual basis when they weren't off walking around the globe. It didn't suit everyone, but the people that were employed LOVED it. They were paid well to share their knowledge in a variety of locations



Their Excellencies gear up

and had access to wholesale rates on outdoor gear; i.e. Pro Deals, as an added bonus. It was the perfect solution for them and that business. OBA is hoping to forge the same relationship between Outward Bound Australia and Brindabella Bushwalking Club.

Are you an experienced Bushwalker, like working with children and young adults and want to share you hiking knowledge and life skills? Age is no barrier. If you're fit enough, responsible and can communicate effectively in a group environment, you're halfway there.

If you're interested to hear more please email people@outwardbound.org.au or call Ian Wells on 0419 203374.

Continued next page



The Governor-General His Excellency David Hurley AC DSC (Rtd.) takes to the air at Outward Bound, Tharwa.



Grampians Peaks Trail (GPT) Walk Trip in the Grampians National Park on 23rd to 31st October 2022

Wayne Holgate - for some biographical details see below

I am proposing a trip to the Grampians National Park to walk sections of the Grampians Peaks Trail.

The spectacular Grampians Peaks Trail (160km) traverses a wide variety of terrain over its 160km. It is a challenging 13-day/12-night hiking experience.

The walk can be divided into 12 stages, starting and finishing at road access points. The aim of this walk for BBC is to **walk 6 of the stages** of the trail as day walks with a rest day in the middle.

There is relatively straight forward car shuffle for each of the stages.

We would base ourselves in Halls Gap in either camping, camper trailer, caravan or motel/cabin type accommodation.

Each stage of this walk is NOT easy. Even though a stage might be rated at a certain grade, each stage is broken up into sections and so I put the grade for the hardest section for that stage.

For each stage of have noted the grade, distance, expected time of walking and expected climb.

If you are interested then please let me know with

- Name
- Phone No
- Email
- Type of accommodation
- Transport (own, willing to share, Need transport)

For further information check the [Grampians Peaks Trail website](#). If you have any questions then please contact Wayne Holgate on 0420 359 223 or wmholgate@gmail.com

There will be a max limit of 20 with a reserve list if needs be.

Places to stay

Wonderland cottages

Address: 5-17 Ellis Street, Halls Gap, Victoria, Australia

Phone: [0484 272 999](tel:0484272999)

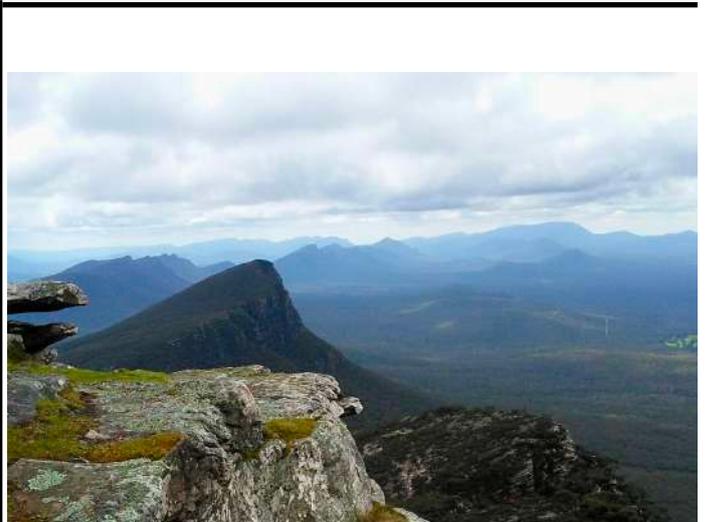
Int'l: [+61\(0\) 484 272 999](tel:+610484272999)

Email: wonderlandcottages@gmail.com

Biographical details

Wayne Holgate and Elspeth Holgate are active walkers. Wayne has been a member of Central West Bushwalking Club and was given life membership for his work for the club. Wayne and Elspeth moved to Canberra in June 2021 to be near children and grandchildren. They joined the club as soon as they moved to Canberra.

Wayne and Elspeth often take off with their cub camper for 2-4 weeks at a time, just recently travelled around SA visiting the Eyre Peninsula, Flinders Ranges and Arakoola.



The Grampians



Continued next page

Continued from previous page

To design the walks, I used the recently published Grampians Peaks Trail (North, Central, South) maps by Parks Victoria. They have a map on one side with the track showing and each stage described in full on the reverse side. They are \$9.95 each plus \$5 postage

While this proposal covers 6 stages the full 12 stages comprise *Mt Zero Picnic Area to Roses Gap Road (16k)*, *Roses Gap Road to Mt Difficult Road North Crossing (19.8k)*, *Mt Difficult Road North crossing to Halls Gap (14.5k)*, *Halls Gap to Rosea Car Park (10.8k)*, *Mt Rosea Car Park to Grampians Road (12.6k)*, *Grampians Road to Mt William Car Park (14k)*, *Mt William Car Park to Jimmy Creek Road (18.6k)*, *Jimmy Creek Road*

to Yarram Gap Road (10.8k), *Yarram Gap Road to Griffin Fireline (12.1k)*, *Griffin Fireline to Cassidy Gap Road ((11.5k)*, *Cassidy Gap Road to Piccaninny Car Park (11k)* and *Piccaninny Car Park to Dunkeld (11.2k)*.

On the 1 to 5 rating scale used by Parks Victoria, each of the two stages between Grampians Road and Jimmy Creek Road is rated at 5 (*suitable for very experienced bushwalkers with specialised skills, including navigation and emergency first aid. Tracks likely to be very rough, very steep and unmarked.*) The others are rated at 4 (*Bushwalking experience recommended. Tracks may be long, rough and very steep. Directional signage may be limited.*)

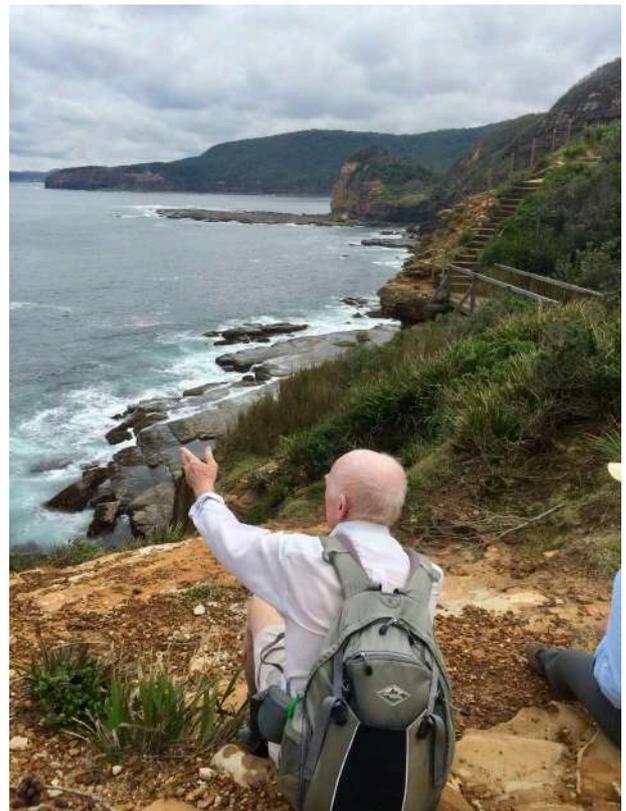
Wayne Holgate

Looking after Knees and Ankles

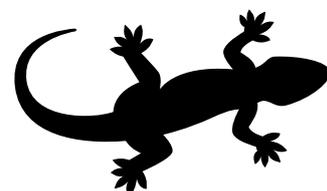
Knee and ankle problems among bushwalkers are not unusual and, while individuals should seek their own professional advice, some reputable general information is also available online.

An example is this [brief guide](#) published by Bushwalking Victoria. As you might expect, if you post a question about this topic online you are likely to get a range of answers some of which will be more useful than others - see, for example, [this blog](#) on a bushwalking forum.

There is also no shortage of information related to hiking and knees on international websites and, in cases of osteoarthritis, a program of exercises developed in Denmark, 'Good Life with osteoArthritis - Denmark ('GLAD') has achieved professional recognition in Australia. Information available on the [GLA:D AUSTRALIA website](#) includes educational material, much of which is relevant to a general audience. It also extends to arthritic hip problems.



***Mystery photo - where and when was this trip?
Answer on next page***



WHERE ARE THE CICADAS?

The information in this article is based on this CSIRO blog by Eliza Keck. For further information and some great photos, visit the webpage.

It's been a while since we've had the right conditions but you may recall hot days at the south coast when the noise was almost deafening. Why are they so noisy and, while they sometimes act alone, what prompts them to act in unison, making the sound swell and subside?

An easy answer is 'You'd be screeching too if, after seven years underground, you only had a few weeks to find a mate before you died.'

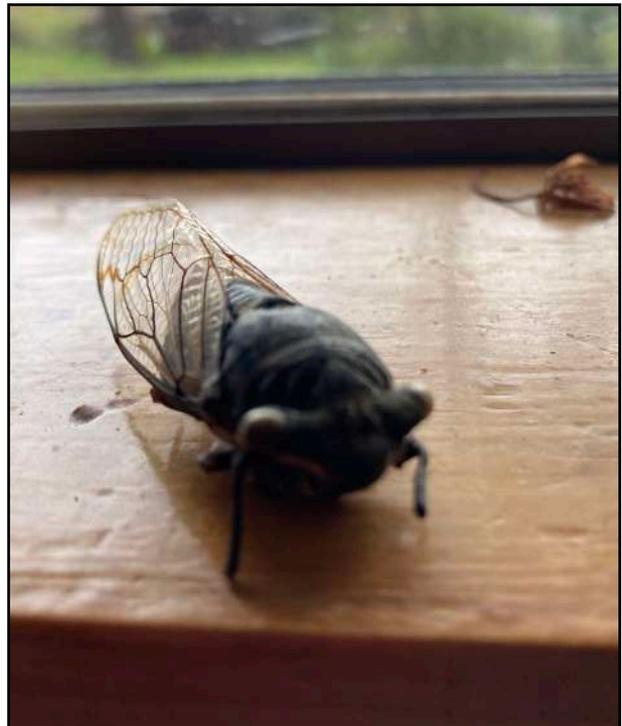
Our local cicadas are a little quieter but they have been heard having their say this year even in Canberra suburbs.

Cicadas are the loudest insects in the world. Australian cicadas can produce an ear-splitting call painful to human ears (over 120 decibels). While every species has their own special call, many use the same tactic to increase their chance of finding a mate while avoiding predators: they group together and sing in chorus. The logic is similar to why fish swim in a big school; by being noisy all together, they hope that the many predators that crave the crunch of cicada (such as birds, ants, spiders and even bats) pick one of their noisy neighbours instead of them. The collective sound is also painful and discombobulating for many predators. The time of day they sing is also no accident: during hot, oppressive weather most predators are too busy trying to keep cool to go hunting.

So how do such tiny creatures make such overpowering overtures? Scientists are still trying to figure it out fully but the general gist involves a pair of ribbed membranes on the abdomen called the tymbals. The male cicadas contract the muscles in their abdomen (called internal tyrnbal muscles) which causes the tymbals to collapse inwards, creating a pulse of sound.

When male cicadas sing, their ear-parts (called tympana) also crumple up so they don't deafen themselves. Fun fact: While you'd be used to hearing the larger, very loud cicadas, some smaller cicada species are known to also sing loudly, but at a pitch too high for us to hear!

Below: An exoskeleton of a south coast cicada



Answer to the question on previous page - Bouddi Coastal (and Great North) Walk north of Sydney led by John Clune in 2016

Some recent club walks



The Spinnaker 16 February



Tennant Homestead ruins 13 February



Joint NPA/CBC/BBC Gigerline Nature Reserve 9 February



Exploring the fairly new Mamarag Trail via Butters Bridge



Legoland from Honeysuckle Creek 6 February