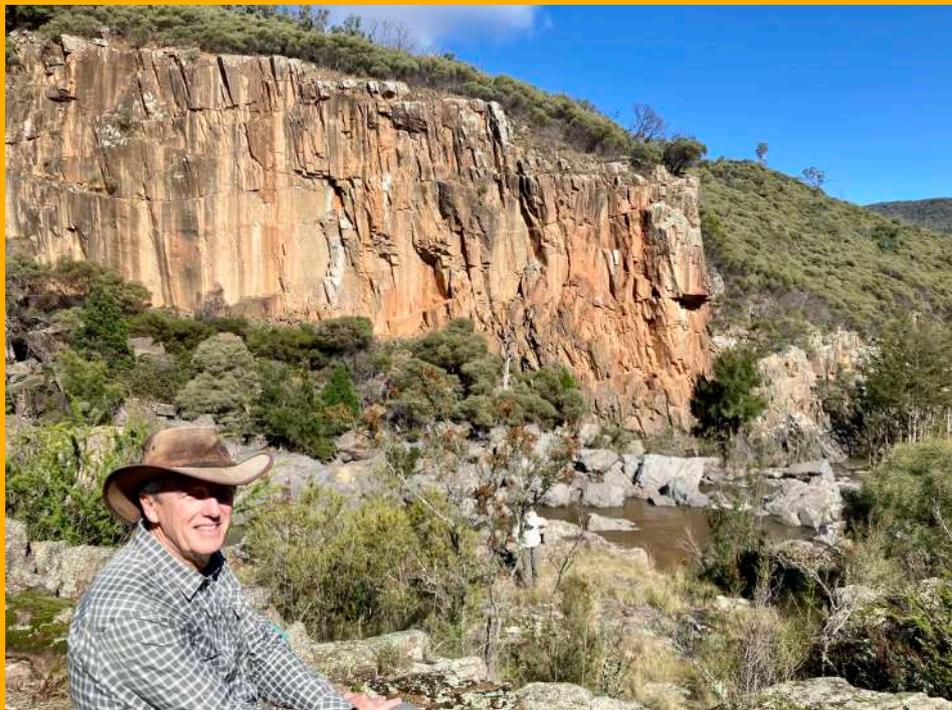


BRINDABELLA BUSHWALKING CLUB

MAY 2022 NEWSLETTER



BBC President, Bill Gibson, at Red Rock Gorge on our Easy/Medium Wednesday walk 20 April, 2022

From the President

It is uplifting to see that we have new members joining the club and whilst their experience is broad ranging it is also great to see how each and every one of these new members are made to feel at ease and included in our activities.

Prior to joining the club in January 2018 Deborah and I had done a small amount of local bushwalking together as preparation for doing the Milford Track in late 2017. We thoroughly enjoyed the longer walking and so we decided to join a local club. I have very clear and pleasant memories of the first walk that we did with the club in January 2018 where we walked to Mt Coree with Peter Wellman leading. We were made to feel very welcome by everyone and the care and attention shown was special.

Bushwalking NSW gives great insight into why you should join a club. You make new friends, with clubs very welcoming to new members. You meet people of all ages, and from all walks of life, who share your interest in bushwalking and outdoor adventure. It is safer to walk with a club and there is also safety in numbers on a walk. You get to share lots of great knowledge and experience with club leaders guiding you. When I look at the many still very active walkers in their 80's+ then I think that bushwalking must also contribute to greater longevity.

Walking and outdoors adventure is more fun with a club, discover new places to walk – in your local region, the rest of the state, country and across the world. So spread the word!

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



Opposite: it was a varied Easy/Medium walk with great weather and a little drama when a large dead tree about 30 metres away suddenly fell over. On climbing the Urambi Hills, Isobel Crawford, NPA, found a new plant species for the ACT - Myrtus communis - the common myrtle of Olympic garland fame.

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Contributions welcome

Articles and photos

Send to

editor@brindabellabushwalking.org.au

COVID

UPDATE

[CHECK HERE](#)
FOR ADVICE
AND
RESTRICTIONS

Growing Old Disgracefully BBC Grading System Part 2

Ageing happens. There comes a time when you realise that you cannot do the sort of walks that you did in your 20s – or even in your 40s or 50s.

You need a magnifying glass to read a map. You can't really hear what your fellow walkers are saying. Small cuts take ages to heal. Maybe your joints are getting a bit stiff. You tend to be among the slowest in a group - others are always waiting for you to catch up.

Now is NOT the time to retire to your armchair. You need to keep as fit as you can for as long as you can. Outdoor exercise, especially in a bush setting, has so much benefit for your overall wellbeing.

First be realistic. You can no longer do the arduous treks of the past and you might need to drop back a bit in the level of walks that you do. Remember that the BBC Walks Grading score is made up of 3 factors: distance, total climb and terrain. A fourth factor is speed – walks with a higher score tend to be at a higher speed. Have a good think about the sort of walks that you enjoy most: Do you like to wander along a cascading creek? get to the top of a mountain? take photos? see the wildflowers? What is your preferred terrain – firetrails, footpads, grass, rocks, boulders ...?

For example, the following walks each have a grading score of 9. Which type of walk appeals to you the most?

1. Along the valley to Horse Gully Hut starting at the Mt Clear carpark. 18km. Total climb 540m – an undulating route along a fire trail with a section of grassland and creek crossings. Views across the landscape and upwards to high ridges and Mt Clear.
2. Booroomba Rocks from Honeysuckle Creek campsite. 12km. Total climb 500m – uphill to the trig point, with some steep sections – downhill on the return. Footpad and some off-track sections, clambering across and up rock slabs. Fabulous views.
3. Bogong Rocks from Smokers Gap Car Park. 7km. Total climb 300m. All off-track – thick scrub, fallen trees and rocks. Amazing massive boulders. Views across to Billy Billy Rocks.

So, keep on bushwalking and pick walks with the sort of features that you prefer. If you like to be off-track, then a walk that is partly off-track may be better for you than a full day off-track. If you like longer walks on firetrails, consider poles to reduce the pressure on knees and hips.

POT LUCK DINNER - FRIDAY 13 MAY

ST MARGARET'S CHURCH HALL, HACKETT 6 PM

Cnr Antill Street &, Phillip Ave

Guest speaker, David Briese, will talk about the Great South Coast Walk. David was instrumental in developing this walk.

Elaine Atkinson

Please send your contributions to elainem.atkinson@gmail.com by 10 May.



Contact leaders if you need more details about a walk. Between bushwalks keep up with other forms of exercise and make the most of Canberra's local nature reserves.

Lastly, if you know you can do a particular walk "if only they wouldn't go quite so fast", then talk to the Walks Officer about putting some slower versions of popular walks onto the program. You won't be the only one to enjoy a favourite walk at a slower pace.

Prue Deacon

This 'n' That

*. *Imagine walking for 660 km along some of the most beautiful coastline in Australia*

You may be familiar with David Briese's ambitious proposal for a new long distance walk from Sydney to Mallacoota. David would welcome your feedback on the proposal which you can see [here](#).

* You don't need to be Shakespeare to write for the newsletter. I don't think he did much bushwalking anyway. There is a lot of expertise in the club and if you have some thoughts or recollections on a bushwalking related topic please consider writing an article. Just aim for about 500 words and send it, with photos if possible, to me at the address on the front page. You might like to drop me a line first. Also, please feel free to let me know if there are other topics that you would like to see covered.

Thank you everyone for the suggestions that you have sent to the Walks Officer for walks that you would like to see in future Walks Programs. There is still a little time if you have further ideas to let us know. For inspiration you might like to browse the Walks Register on the [BBC website](#). Send any suggestions to the BBC Walks Officer at walks@brindabellabushwalking.org.au

David Wardle

The Care and Support of Children on our Walks



Children sometimes participate on our Club walks and, when there is sufficient interest, we conduct separate Family Walks for younger children. We have a legal Duty of Care to protect children from mental, physical or sexual abuse while they are engaged in club activities. To assist us, our 'umbrella organisation', Bushwalking NSW, has prepared practical guidelines for the care and support of children and we have adopted these. This also meets our insurance coverage obligations.

Parents must telephone the leader in advance to ask permission to bring a child along on a Club activity. The leader is not compelled to accept children and does not need to provide a reason for refusing to do so.

If the leader agrees and the child is to be accompanied by someone other than the parent, the leader must be told in advance the name of the Responsible Adult who will be with the child. The relevant section on the Walk Report/Attendance Sheet must be completed by the parent or nominated Responsible Adult (if applicable) before the walk. If there are likely to be a number of children then, as more space is available on it, the leader should use the Family Walk Report form.

To guard against any possibility of abuse occurring, we have a collective responsibility to ensure that no child is left alone with anyone other than their accompanying parent or Responsible Adult. If, in spite of this precaution, an accusation is made, the leader is to be advised immediately and they will then cease the activity and report the matter to the Walks Officer who, in turn, will notify the police.

*'They're my people walking along there! I'm their leader!
I'd better follow them!'*

(Attributed to [Alexandre Auguste Ledru-Rollin](#), a French revolutionary in 1848 - [probably apocryphal](#))

In the Documents for Leaders and Members section on the Home Page of the Club's website, there is now a 'button' named **Creating a child-safe environment**. This document provides more information and includes a direct link to the Bushwalking NSW Guidelines.

Additionally, the Club's **Guidelines for leaders** (also on the Home Page – beside the **Creating a child-safe environment** button) now include a paragraph headed **Safeguarding Children and Young People**.

Peter Dalton

*Editor's note: If you take grandchildren on a bushwalk, be prepared for a tough assessment from them e.g. comment from my granddaughter Emilie (10):
'Let's get this bushwalk over and done with!'*

A Salute to Our Leaders

As a member of a bushwalking club, like many of us I've been exceptionally fortunate to be able to visit some very special places, not just in some of our local wonderful nature reserves, national parks and state forests but also further afield in the Budawangs, Ettrema Wilderness, Blue Mountains, South Coast, Tasmania, Slovakia, Malta and beyond! Of course, such activities don't happen seamlessly or without significant 'behind-the-scenes' planning. Our leaders put so much effort into organising everything beforehand that sometimes we forget and can be guilty of a quick 'thank-you' at the end of a walk.

Bushwalking NSW recently conducted social research to better understand what inspires our leaders and how we can provide them with better support when taking on such responsibilities. It shouldn't be a surprise to learn that they found that the levels of volunteering have fallen significantly over the last ten years, and not just in bushwalking clubs, but in many other community organisations. The trend isn't just confined to Australia but is also noticeable worldwide. One leader who participated in the survey even said that they felt sometimes they were expected to be a tour guide! When I read this, I made a mental note to remember to make a special effort on every walk to thank the leader, knowing that they do this willingly without any expectation of a reward. We are very fortunate in BBC to have such extraordinary leaders who give of themselves so willingly.

Terrylea Reynolds



SOCIAL NEWS APRIL 2022

Due to poor weather, the autumn picnic / octogenarian event was rescheduled for Friday 29 April in Weston Park. What a picture perfect day and Weston Park (near the beautiful pond) was the perfect location.

We enjoyed our walk through the beautiful autumn trees and the lake just sparkled. There were 45 attendees, 18 octogenarians and 3 nonagenarians (missing in the photo are Ruth, Margitta, Lesley, Barry, Ailsa and Peter M). President Bill spoke of the contributions and achievements of our older club members, eg Ray Franzi (92) was a founding member in 1969 and has held every position on the committee.



Thanks to the older members who have laid the foundation for a successful club. If you would like a copy of Bill's speech, please email me [here](#).

Mary Lindsay wrote a history of the club which can be found [here](#).

Next social gathering is the potluck dinner Friday 13 May (see p.2).



Octogenarian with Filipino Nonagenarians and Centenarians 2012

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

Walking in Victoria

When the moment comes to visit family, friends or the football in Victoria make sure that you keep a few days spare to indulge yourself with some interesting walks. On a recent trip for the above we did just that. If you need some inspiration do check out the Great Dividing Trail Network website. <https://www.gdt.org.au/>

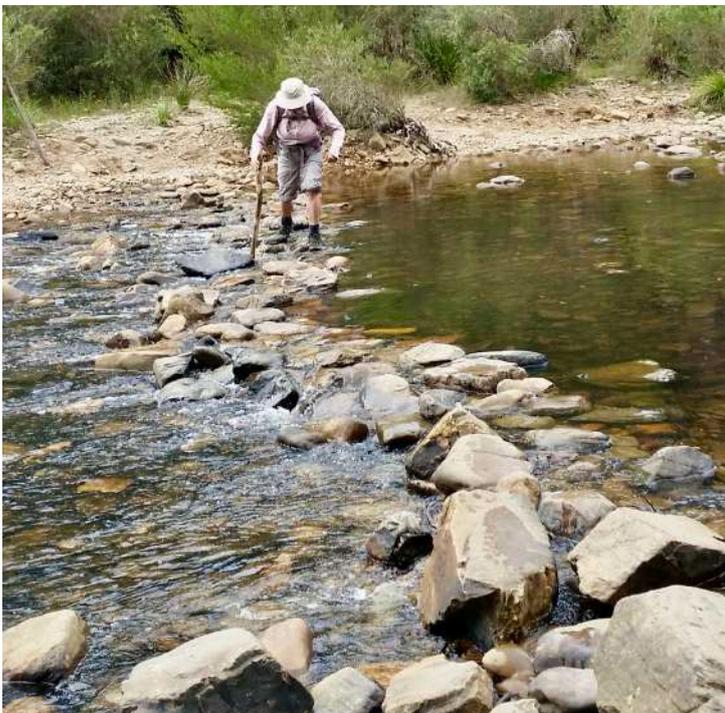
This website will introduce you to a whole series of walks based on many central Victorian towns as day, circular, short or overnight walks. We did a number of these based at Hepburn Springs and Blackwood. The Trail is made up of five distinct sections – the [Leanganook Track from Bendigo to Castlemaine](#), the [Dry Diggings Track from Castlemaine to Daylesford](#), the [Wallaby Track from Daylesford to Creswick](#), the [Eureka Track from Creswick to Mount Buninyong](#) and finally the [Lerderberg Track from Daylesford to Bacchus Marsh via Blackwood](#). You could walk all 300kms of the combined tracks, however the tracks are designed with frequent access and egress points to allow easy visitation (*click on each for details*).

As you would expect from these locations the majority of the walks provide an insight to the previous gold mining activities of the area. On both the Goldfields Track and the Lerderberg Track we walked to two areas where the landscape had been dramatically altered by the miners cutting a tunnel through a narrow isthmus to drain a large bend in the river to enable it to be sluiced for gold. Quite spectacular as the water still rushes through these rock hewn tunnels. Another track follows an old aqueduct, many kilometres in length, both cut into the rock and raised above the surrounding area to divert water to where it was needed for gold extraction.

While it was such a pleasure to be walking through lovely unburnt landscape, the natural disaster that had, and still does affect this area, are the fallen trees from extreme wind events over the past few years. A few fallen trees across the track? No, great swathes of forest had been brought down and were still in the process of being cleared. Unsafe areas were clearly marked, so don't be deterred however it is a reminder that our National Parks and forests are always in need of careful management and adequate resources.

On a practical level we did need printed maps to identify and then follow our walks and found the Aussie Disposals store right by the Alexandra fountain in the centre of Bendigo great for a good range of maps for Victoria and specialty ones for the areas that we wished to visit now and into the future.

David Wardle



Bushwalking NSW Leadership Report

Bushwalking NSW will provide more support to clubs and club members on leadership issues according to speakers at a webinar of about 70 bushwalkers held on 12 April.

Issues canvassed focussed on the qualitative research that was the subject of the [Voices](#) Report published in March. The principal objectives of the research were to identify the reasons for the reluctance on the part of experienced members of some clubs to come forward for leadership roles and to recommend some solutions. Navigation skills were not addressed in this exercise as the view was taken that they are already addressed by clubs.

Instead, the research asked participants to identify other factors that may discourage members from taking on leadership roles. A common complaint was that some new walkers seemed to see their leaders in the same light as commercial tour guides. The result was a list of disincentives such as lack of confidence in people management and in dealing with emergencies. The range of topics covered included ways of assisting new leaders in managing aspects of leadership such as unreal expectations of participants; safety; emergencies; pace; saying 'no' to unreasonable requests; time management; and walkers who were unfit for the walk in question. In this connection, discussion focussed on measures such as co-leadership of some walks, where a more experienced leader might take on responsibility for covering aspects of the walk other than navigation. The need for more education of members on how to be a good participant in walks was also covered. Bushwalking NSW has in train the development of online training to assist clubs' own efforts in these areas.

Editor's Comment

'If you're their leader, they'll follow you even if it's only out of idle curiosity!' This was one of my 'take outs' when I did Bob Chittenden's excellent navigation course some years ago. The initiative by NSW Bushwalking should be of interest to all members. In my own modest experience of leading walks, whenever I've been uncertain on how to deal with a particular situation, it has usually been possible to draw on the experience of others in the group.

For example, the leader might formulate their own ideas but also invite suggestions before making a final decision. However, we need to beware of an over-reliance on on consultation. From my working life, I well remember participating in a management course in which all the participants were trying to be consultative because 'consultative management' was the 'flavour of the month'. It nearly drove everyone crazy.



"I told him as an expert in the field I strongly recommend wearing it, but he just kept bringing up his 'rights'."

Commercial developments in NSW national parks

Bushwalking NSW is running a zoom meeting on this topic on 17 May with a presentation by Dr. Christopher Birch Senior Counsel, who is also a keen bushwalker and cross country skier. If you wish to join it you need to register [here](#).

Many NSW National Park closures

Due to recent flooding in areas across much of NSW, many national parks, campgrounds and tracks have been closed recently. You can check the status of any of them [here](#).

How to go to the toilet in the bush

This is a tricky topic for your sensitive editor to cover effectively and, at the same time, with decorum but [this link](#), kindly sent to me by Peter Dalton, is helpful. It is, of course, addressed to an American audience and deals with it in the context of camping in the wilderness. Language aside however, the advice it offers is not bad at all.

Day walks don't present quite the same difficulties but one important piece of advice is to always tell someone about it so that you don't get left behind. If you can secure your own privacy, it will also be appreciated by others.

Starvation can lead to health hazards

DEAR DR. DONOHUE: I'm difficult to meet daily protein weight is totally over the top. I am 5 feet 7 inches tall and weigh close to 300 pounds. I was average weight in high school. Get to a dietitian for diet advice that provides for essential nutrients while paring down calorie intake sensibly. Your local hospital should be able to put you on the track of one. Combine



Parents keep kids home to protest school closure

SAN FRANCISCO (AP) — Parents kept 200 elementary school students home from school for an entire day in a parent-organized protest of the district's plans to close the school. "I know I'm the principal," she said. "But I'm not satisfied."

Paying to Walk in the Top End ‘in the Wet’

Terrylea Reynolds

When I first mentioned to some friends that I was planning on walking in Kakadu and Litchfield National Parks during the wet season most of them scratched their heads and wondered at my thinking. Who, in their right minds, would go hiking in the Northern Territory in the wet season? When I added that I was also paying a commercial guide to take me hiking there for 2 weeks they did look at me askance, wondering (I’m sure), if I’d hit my head on an unanticipated branch somewhere on a recent hike. So, it was against this background of quizzical looks from some of my friends that I embarked on quite the adventure walking in the Top End in February.

To any of you who’ve ever contemplated visiting this area I can assure you that visiting during the monsoon season opens up many unexpected pleasures – creeks and rivers come to life, waterfalls that are normally just a trickle transform into tumbling torrents, unique birds fly in from far afield in search of a mate with which to raise the next generation of chicks, the explosion of plant life takes your breath away and powerful lightning shows flash across the sky accompanied by thunder the likes of which we seldom see in Canberra.

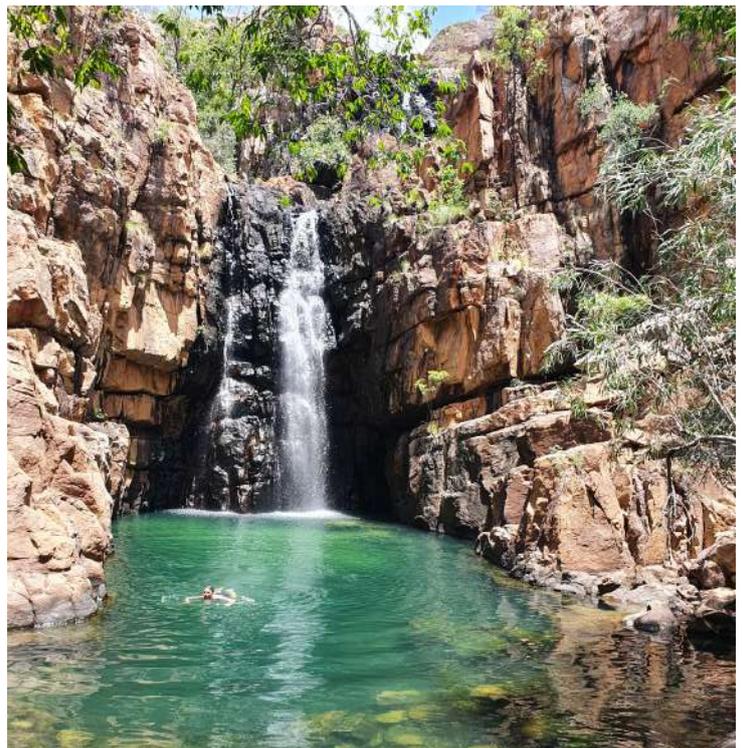
Certainly, it was hot and humid, and I soon discovered that I’m definitely a dry-season walker. That humidity knocks the stuffing out of you and a 6km hike, which would ordinarily be undertaken down south in 2 hours, becomes an all-day effort necessarily interspersed with frequent swims in the numerous waterholes to cool down and clean the dripping perspiration from your face and body. You still need to be careful though when choosing a swimming hole with fresh and saltwater crocodiles no less happy to take a bite out of you during the wet season than during the dry, but with so many waterholes filled to the brim up high on the sandstone Arnhem land plateau you are spoilt for choice of a safe swimming oasis.

Despite the intensity of the weather and the unpredictable downpours, undertaking a walking trip up north during the off-season also has plenty of other advantages. Begone that heavy Goretex rain jacket – a plastic poncho does the trick nicely. Long pants? Forget it – shorts and gaiters work perfectly. Thermals for evening – don’t even go there. A thermos? Definitely not. Lugging lots of water? No need – crystal clear water is

abundant. Packing that polar fleece or puffy jacket? Not a snowballs chance in hades.

Other advantages of walking in the off-season? Not only is it significantly cheaper but your choice of accommodation is plentiful with so few tourists vying for that well-located cabin. Tour operators are extra welcoming knowing that it’s a long time till high season rolls around again. Browsing the indigenous art galleries is also much more pleasurable when you can take your time without finding yourself shoulder to shoulder with other potential purchasers.

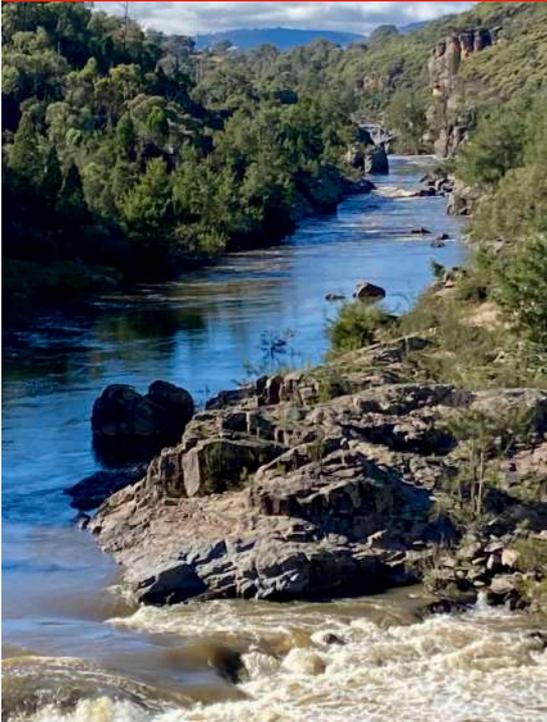
There are times though when it makes sense to pay an experienced commercial guide to take us to some pretty special places and, for me, visiting remote areas in Kakadu and Litchfield was one of those times. I needed someone who knew the area intimately, who had a vehicle (a troop carrier actually) which would get me into areas which could be heavily bogged, who could take me to indigenous art sites that very few people ever see, who allowed me to enjoy bush cooking without doing any of the work myself, who selected beautiful camping places where I was guaranteed of no-one else being around, who took care of the entire itinerary and did all the planning. Heaven? To a leader? Absolutely! The value of being able to go bushwalking without a care in the world, knowing that someone else is responsible for all the details? Priceless.



More photos from recent walks



Googong foreshore 24 April (above and right)



6 April



20 April

Above left: Murrumbidgee River after rain
Left: Urambi Hills Easy walk

We never really grow up. We only learn how to act in public.