

BRINDABELLA BUSHWALKING CLUB

FEBRUARY 2023 NEWSLETTER



From the President

This time of year, is for many, more about family and festivities than hiking in remote or even local areas. In addition, the recent variable weather (hot/cold, wet/dry) has contributed to the challenges of fitting serious walking into an already packed calendar.

The clubs walks program has been designed to accommodate these variables, hence for example, having earlier start times and/or shorter less strenuous walks to compensate for the hotter weather and/or afternoon thunderstorms (feels very tropical/monsoon-like). I appreciate this attention to circumstances and we hope that our membership does also.

As we get into February, I look forward to more walking as the weather cools a little.

We received a recent update on the repairs to the Orroral Road bridge/Rocky Crossing, where the bridge is now completely fenced off i.e. it is a construction site with absolutely no access for walkers/cyclists. We are now hoping that the bridge repairs will be complete by mid-May, which would then allow us to offer walks in the Orroral Valley.

The current newsletter is another “good read”, highlighting a number of recently well received social events as well as a timely article on hydration and some good humour (thank you to our editor).

Don't forget about the Mt Ainslie Sunset Walk this Friday, starting from the carpark behind the War Memorial at 6:30pm.

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



The third anniversary of the Namadgi fire was marked on 27 January. See our [Facebook site](#) for some ACT Parks and Conservation photos

Inside:

- Kosciusko walking - Eric and Pat Pickering - 2
- Draft Model Rules , Letters - 3
- Social News - 4
- Myth busting - 5
- Some Tidbinbilla history - 7
- Blast from the Past - 8

Contributions welcome

Articles and photos

Send to

editor@brindabellabushwalking.org.au

Kosciusko (Perisher Valley) 16-22 January 2023

You will all be pleased to know that Janet's week in Kosciusko (Perisher Valley) was a great success! All told, about 21 people with a bit of to-ing and fro-ing enjoyed the luxury of the Canberra Alpine Club chalet. Pat and I were delighted to meet old walking friends including Ailsa and Ross, Pat Miethke, Lorraine T and Lucinda.

There were tigers, sheep, cyclists, painters, poets and the odd Bilby (or were they long-eared rabbits). Some climbed Kossi (not the Bilbys) some cycled there (well almost). There were trips to the Main Range, Twynam, Carruthers, Blue Lake, Stillwell, the new track – Charlottes to Guthega, Sawpit Creek, Thredbo River, Rainbow Lake, Porcupine Rocks, Little Porcupine and other places including cafes at Charlottes Pass and Guthega. Each day small groups scattered this way and that to do their preferred walk/activity of the day. We marvelled at the scenery and those special gnarled gums, which can assume interesting shapes and profiles. Here, there is a parent and child?



Pat and I were chuffed on the first evening, when to the strains of "Happy Birthday to You", Janet produced a Pavlova with many lighted candles in celebration of our 90th birthdays. Then there was that wonderful, perfect rainbow in the golden evening light,

Thank you all for a wonderful week, in particular walk leaders, Andrew, Gary, Lucinda and others. Dagmar, were you the leader of the walkers we encountered at Little Porcupine? No, we were not helicoptered in! Thank you Ailsa and Ross for sharing your art works with us. And Ross, your double rainbow picture is a classic! You know folks; over the rainbow is "where the dreams that you dare to dream, really do come true". Photo by Ross Andrews.

The biggest thank you is to Janet for all the hard work, planning, and making it all happen in such a delightful way. Thank you Janet! I am sure you agree with Hannibal Smith of the A-Team (circa. 1985) " I love it when a plan comes together".



Eric & Pat Pickering



Facebook

Our Facebook Manager regularly posts photos, walk reports and information about upcoming activities. Please visit and see what our members are planning or have recently been up to.

<https://www.facebook.com/BrindabellaBushwalkingClub/>

Please send your photos etc. to Heather at facebook@brindabellabushwalking.org.au

DRAFT MODEL RULES

As an incorporated association, the BBC is required to comply with the provisions of the ACT's *Incorporated Associations Act 1991*.

One of our important obligations is to ensure that our Rules comply with the Act. Recent changes to the Act require incorporated clubs such as ours to modify their rules relating to the handling of disputes with a member or between members. The Committee has been aware of this requirement for some time and of changes made by other clubs to their rules. While we have had proposed changes under consideration we have also been aware that the ACT Government has undertaken to put forward a set of model rules to assist clubs in this task. The Draft Model Rules have now been published and can be read [here](#). The covering statement is [here](#).

The draft rules cover membership, dispute resolution, disciplinary action, rights of appeal, committee membership and functions, election and removal of members, committee meetings, annual and general meetings of members, financial matters and other administrative obligations.

As an example of the approach taken, the following provision (clause 14) gives the flavour of what is required:

Dispute resolution procedure—appointing decision-maker

(1) As soon as practicable after receiving a notice under section 13, the committee must appoint a decision-maker to decide the outcome of the dispute.

2) The committee must ensure that the decision-maker—
(a) is unbiased; and

(b) has, or can quickly acquire, knowledge of *[certain matters including the association's Rules]* and

(c) does not have a conflict of interest.

The Draft Rules are open for public consultation until **6 April, 2023** and a more detailed article will be included in the March issue of the newsletter.

Ed.

A First Aid Tip: My friend gave me his Epi-Pen as he was dying. It seemed very important to him that I have it.

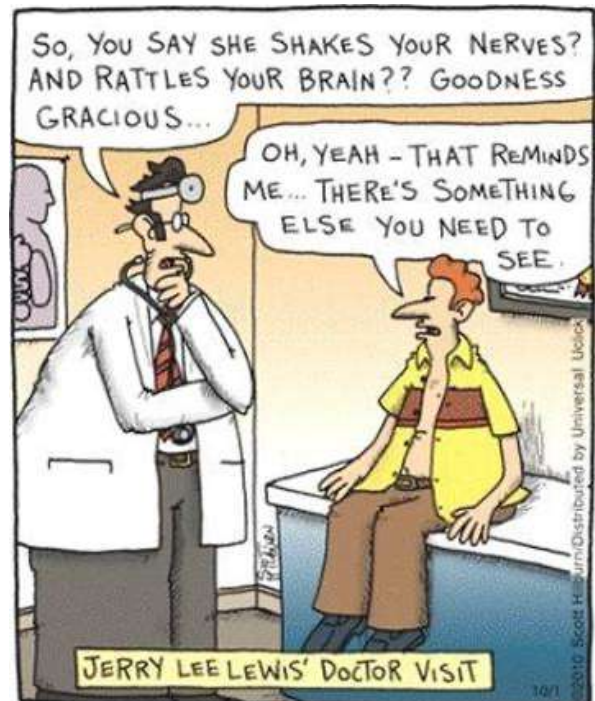
LETTERS

I would like to send a heartfelt thank you note to all organisers and leaders who run the Wednesday walks. (These people may also run the weekend walks but I haven't been able to join them yet.)

I thoroughly enjoyed every walk I did in 2022, rediscovering tracks that I hadn't been on for many years and discovering new areas I would not have gone to on my own. The rains made this year an exceptional one for our forests, grasslands, waterfalls, flora, fauna etc. Every changing scenery has been exceptionally beautiful.

I truly appreciate the dedication and drive of those who plan, facilitate and lead the walks. Again thank you and a very happy new year to you and to everyone in BBC, CBC, and the NPA.

*Kind regards,
France Meyer*



SOCIAL NEWS JANUARY 2023

New Year's Day Picnic: Bowen Park

There were 24 attendees this year. It was another happy outing with fellow club members catching up after Christmas. Weather permitting, this will continue to be an annual event. It was great to see 3 members ride their bikes from the north side.



Breakfast 13 January: Bowen Park

All I can say is **fabulous**. Fabulous company, fabulous venue, fabulous weather and fabulous food and coffee.



There were 16 members and 2 lovely grandchildren who all enjoyed chatting and eating in the shade before the heat of the day. The lake was sparkling. We all oohed and aahed when Caryl's French toast arrived. My waffles with lots of fruit were also delicious.



It was great to enjoy warmer weather at long last. Due to the success of the short notice picnic, I will organise another one on a Thursday mid January next year.

Elaine Atkinson, Social Secretary



At our Christmas Party, David Wardle snapped this picture of our President, accompanied by his culinary advisor, as he presented his gingerbread Christmas Tree creation. Moments later, all partook of the delicacy.

**Fri 3 Feb – MT AINSLIE SUNSET WALK – 3km Easy (5)
Coordinator: Elaine Atkinson (6288 3557, 0410 154 133).** This is a social event offering drinks and nibbles at the top of Mt Ainslie, timed so that you can enjoy the sunset over the Brindabellas while chatting with friends. Climb: 200m. Bring a drink receptacle and a torch for the descent at dusk - everything else is provided. The event will be cancelled if extreme weather is threatening. **Meet at the base of the Mt Ainslie walking track behind the War**

Memorial at 6.30pm.* Please note:** You are welcome to drive to the top to meet the group. We are welcome to park at Campbell High School.

Elaine Atkinson, Social Secretary

To everyone that
received a book from
me for christmas,
they're due back at
the library next friday.

Thank you.

"A new report says that dogs can sniff out prostate cancer with almost 98 percent accuracy. The report also finds that cats can sniff it out with 100 percent accuracy, but they prefer to watch you die."

Conan O'Brien

Busting 4 common myths about water and hydration

By Aaron Scott NPR



Drink 8 glasses of water a day. Coffee dehydrates you. Drinking extra water helps you lose weight.

You've probably heard these claims about water and hydration before. But are they true?

[Tamara Hew-Butler](#), associate professor of exercise and sports science at Wayne State University; [Mindy Millard-Stafford](#), director of the Exercise Physiology Laboratory at Georgia Tech; and [Yuki Oka](#), a professor of biology at Caltech who specializes in thirst, will set the record straight.

They explain the science of hydration and bust 4 common myths about water.

Myth #1: You need to drink at least eight glasses of water a day.

Is this true? Researchers in 2002 tried to pin down studies that might support the claim by looking through multiple scientific databases — but were [unable to find rigorous evidence](#) behind it.

What we do know, says Hew-Butler, is that water is essential for our bodies. It makes up a majority of our cells and blood, flushes out waste through our urine and helps cool our bodies through sweat. Too little water, and our cells shrivel from dehydration. Too much can result in hyponatremia.

So how much water should we be drinking on a daily basis? It depends, says Hew-Butler, on your body size,

your activity level, the temperature and how much you're sweating.

Because of these factors, there's no hard and fast rule for how much water you should consume. "The best advice is to listen to your body," she says. "If you get thirsty, drink water. If you're not thirsty, you don't need to drink water."

"This will protect you against the dangers of drinking too much or too little," she adds. "And this recommendation applies to people of all shapes and sizes in all temperature conditions."

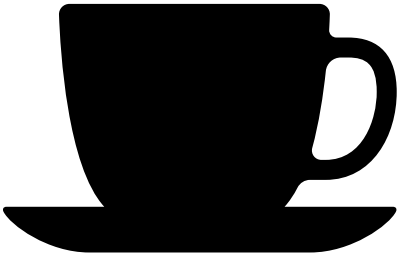
Hew-Butler says hydration is also about the balance of water to salt. Sodium is necessary for our nerves and muscles to function. And it's what our body uses to regulate the amount of fluid it needs to stay hydrated.

Thirst plays a central role in fine-tuning that balance, she explains. "There are sensors located in your brain and they are constantly tasting your blood to see if there's just the right amount of salt. If it's too salty, then those sensors are like, 'Oh my God, I need more water.' When that happens, it makes you thirsty."

Then, if you drink too much water and the sensors in your brain detect that your blood is too watery, they signal a hormone that tells your kidneys to pee out the extra water, she says.

In short: you don't need an app to tell you how much water to drink or guzzle [a gallon of water](#) a day — just trust your body to let you know when to drink water, says Hew-Butler.

There are, however, a few exceptions. [Some research](#) suggests that **older people** may have [a reduced sensitivity to thirst](#) and a decreased amount of water in their bodies — and are therefore at [higher risk of dehydration](#). So, they may need to be more intentional about their water intake. And other research has demonstrated that drinking more water can help with certain medical conditions, including [kidney disease](#), [kidney stones](#) and [urinary tract infections](#).

Myth #2: Caffeine makes you dehydrated.

Another persistent myth about hydration states that caffeine is a diuretic that makes you pee, and therefore caffeinated drinks like coffee and tea don't hydrate your body. The idea is based on the findings of a [study from 1928](#) that looked at [three people](#). Not only is that sample incredibly small by today's standards, but the finding has not held up to more recent experiments. So, consider this myth busted.

According to multiple studies, ranging from a [2003 review of research](#) dating back to 1966 to a [2014 clinical trial that compared coffee to water ingestion in 50 men](#), caffeine can be a mild diuretic in large amounts for people who aren't accustomed to it. But caffeinated drinks consumed in moderation [provide the same hydration as non-caffeinated drinks](#).

"Those studies have shown that drinking caffeinated and some low alcohol-content beverages [such as beer] are not much different than drinking water," says Millard-Stafford of Georgia Tech.

Essentially, with the exception of hard liquor, all liquids count towards hydration. As does food. The experts we spoke to say about 20% of your fluid intake comes from the food you eat, from fruits and vegetables to pasta.

Myth #3: We need sports drinks to replace salt and other electrolytes.

You might hear that you need sports drinks to replace salt and other minerals known as electrolytes (potassium and chloride, which are also essential for our bodies) when you're active.

If you're exercising for more than an hour or so, it's likely you will need to replace the salt you're sweating out along with water, say the experts. But you don't have to do that by drinking sports drinks like Gatorade. While they can be *one* effective way to replace the body's salt, you can get that salt from other foods and drinks. And like thirst, you can trust your body to tell you how much you need.

Researchers have found that along with a thirst for water, humans have [evolved a thirst for salt and other minerals](#)



too. "The brain monitors how much you lose, then triggers a precise appetite" for something salty, says Oka, the professor of biology at Caltech. That might be sports drinks — or a salty snack like peanuts.

Hew-Butler and a team of colleagues conducted a study to find out just how well the body's thirst mechanism for salt works. They [analysed five years of research](#) on ultramarathon runners in northern California. Organizers at the races set out tables with salty snacks such as peanuts, pickles, salted watermelon and even salt packets in addition to water, soda and sports drinks and encouraged the runners to consume only what they craved. The researchers found that the runners were able to keep their salt-balance levels in check just by following their thirst and appetite.

Bottom line? Your body will tell you when it wants salt — so let your cravings be your guide.

Myth #4: Dark-coloured pee means you're dehydrated.

Scientists commonly measure dehydration by looking at the concentration of sodium and other solids in urine, which is what makes pee darker in colour. But that isn't the most precise way to tell whether someone needs more water, says Hew-Butler.

In 2017, she [conducted a study](#) published in the journal *BMJ Open Sport & Exercise Medicine* to see if measuring the salt concentration of urine was an accurate reflection of the salt concentration in blood. She asked 318 athletes to "pee in a cup, then we drew their blood," she says. More than half of the athletes showed up as dehydrated when she measured their urine — but when she looked at their blood, *none* of them showed up as dehydrated.

Just because your urine is dark gold, says Hew-Butler, it doesn't mean your body is dehydrated. It just means your kidneys aren't releasing as much water in order to keep your blood's water-sodium level balanced. It would be more accurate to look at the concentration of sodium in our blood, she says, because our brain's sensors use that to decide how much water our bodies need.

That said, if you're not great at paying attention to your thirst, [some hydration experts](#) recommend drinking enough water to keep your urine a light, straw-yellow colour — a simple way to assess hydration.

Hydration, like so many things, comes down to balance.

"It's a happy medium, right?" says Millard-Stafford. "Not too much. Not too little. Just right — the Goldilocks sort of approach."



September 2022

Nurturing Nature

Tidbinbilla Fauna Reserve



The northern end of the valley circa 1960s ¹

The area Canberrans now know as the Tidbinbilla Nature Reserve has had a few name changes since 2000 acres of land was first put aside for the protection of flora and fauna. The Royal Society's Canberra Branch first proposed the idea of a nature reserve in this area to the Department of the Interior in 1936. Any development however was halted during the second World War and no real progress was made until the Royal Society again got the ball rolling in the mid 1960's. As a result of their suggestion, another 8000 acres was added to the original proposed area of the reserve, so that it took up the whole of the Tidbinbilla Valley. In 1964 a ranger was stationed in the valley and the work of rehabilitation and conservation begun. Soon after this, a biologist and a resident manager were also appointed.

For more information go to our website at: [Find of the month - ArchivesACT](#).

ArchivesACT | Territory Records Office
Policy & Cabinet | Chief Minister, Treasury & Economic Development Directorate | ACT
Government
255 Canberra Avenue Fyshwick ACT 2609 | GPO Box 158 Canberra ACT 2601

Thanks to David Wardle for supplying this reference.
Ed.

www.archives.act.gov.au | www.territoryrecords.act.gov.au | www.act.gov.au

BLAST FROM THE PAST

Tasmania 1998

