

# Brindabella Bushwalking Club

## April 2025 Newsletter



BBC

Issue 93



*Taking a break on the Griffin Weston Trail*

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*Eagle's nest in Rob Roy Range Nature Reserve*

**BBC Website**

[www.brindabellabushwalking.org.au](http://www.brindabellabushwalking.org.au) [All newsletters are on the website]

## From the President – Thankyou to our Walk Leaders

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The contribution of walk leaders is often taken for granted. They play a vital role in promoting the outdoors and ensuring a safe and enjoyable experience. Their contribution is more than simply guiding a group along a trail; they are responsible for necessary preparation and engagement during the hike.

Before a walk even begins, walk leaders:

- Carefully choose trails that match the skill levels and interests of the group, considering factors such as distance, elevation gain, and terrain to ensure a suitable challenge.
- Scout the chosen route in advance to assess trail conditions, identify potential hazards, and familiarize themselves with landmarks. This allows them to provide accurate information and guidance during the hike.
- Carry essential first aid supplies, emergency beacons (or equivalent) and are aware of weather conditions.
- Often send out pre-hike information, including meeting times, gear recommendations and expectations and guidelines for the walk.

Once the hike begins, walk leaders:

- Ensure that the group stays together and on course.
- Maintain a comfortable pace for the group, accommodating different fitness levels, checking in with participants regularly, offering encouragement and support, especially to those who may be struggling.
- Throughout the walk, leaders remain vigilant about safety. They monitor the group for signs of fatigue or distress and are prepared to adjust the itinerary if necessary.
- Often facilitate conversations and connections among participants, helping to build a sense of community within the hiking club.

So, a big thankyou to all of our walk leaders who make our walks programme a success.

Their effort spent in preparation for and their active engagement during the walk to ensure that the walk is a safe, enjoyable, and memorable outdoor experience is much appreciated.

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

**Son:** 'Dad, I feel like you are always making up rules and stuff.'

**Dad:** '*Like what?*'

**Son:** 'Like, if I don't clean my room up, a portal will open and take me to a new dimension.'

**Dad:** '*Well, that's what happened to your older brother.*'

**Son:** 'I had an older brother?'

**Dad:** '*Exactly!*'



## Meet your Membership Secretary



Hello everyone!

I'm your "newish" Membership Secretary — a role that I happily accepted last year, following in the very competent shoes of Davinia Wells, who held the role (or some version of it) for about a decade (no pressure, right?).

A little about me: I come from the sunny shores of Mauritius, where my childhood "bushwalking" involved mostly walking to and from school. My family's big adventure came in the 1980s when we moved to Australia —one giant leap for our first-ever overseas trip! Fast forward a few years studying in Sydney, a career move to the APS, and voilà — I'm still here in sunny Canberra!

Bushwalking didn't quite make it into my early Australian years. It wasn't until the 2000s, when my great cousin introduced me to the BBC's family bushwalks, that I discovered the joys of the great outdoors. Since then, I've enjoyed many wonderful walks, trips, and social events with the Club. I've also benefitted from the Club's navigation training, which has given me a little bit more confidence in leading walks.

Being in nature is my happy place — although bushwalking with the BBC is as much about the amazing company as it is about the scenery. From friendly chats to sage advice, it's been inspiring to see Club members in their 80s still taking on trails with gusto. If that's not #LifeGoals, I don't know what is.

Since retiring about a year ago, I've been busier than ever— who knew freedom came with its own hectic schedule? Shuttling between Sydney, Melbourne, Adelaide, and the South Coast to visit daughters and parents has meant that my walking boots have had fewer outings than I'd hoped. I do sneak in a bit of tennis and bike-riding when I can, though. But no worries—there are plenty of walks on the horizon to keep the cobwebs off my boots: the Centenary Trail, the Flinders Ranges, and even the Coast to Coast in England later this year.

I hope that you too are making the most of your BBC membership and I can't wait to meet more of you out in the great outdoors!

Cheers, Jane



An Easy Wednesday Walk at Stirling Ridge



# How did he survive being lost for 13 days in Kosciuszko National Park?

*Courtesy of the ABC*



Hadi Nazari and two mates headed out from Geehi Campground for a 3-day walk to the top of Mt Kosciuszko and back. Everything went as planned until the final descent to the Campground. The three were walking some distance apart, when Hadi decided to leave the track to look at something.

He was soon lost and unable to find his way back to the track.

He didn't have a map, compass, GPS or a navigation app on his phone. The phone's battery soon died – this was the third day, after all. He was also wearing dark clothes, which might be a message for many of us.

He lit a fire, but this wasn't seen. He lost his cigarette lighter, so couldn't light any more. He ditched his pack, because it kept catching on the shrubbery. Yet, he still survived 13 days lost and alone.

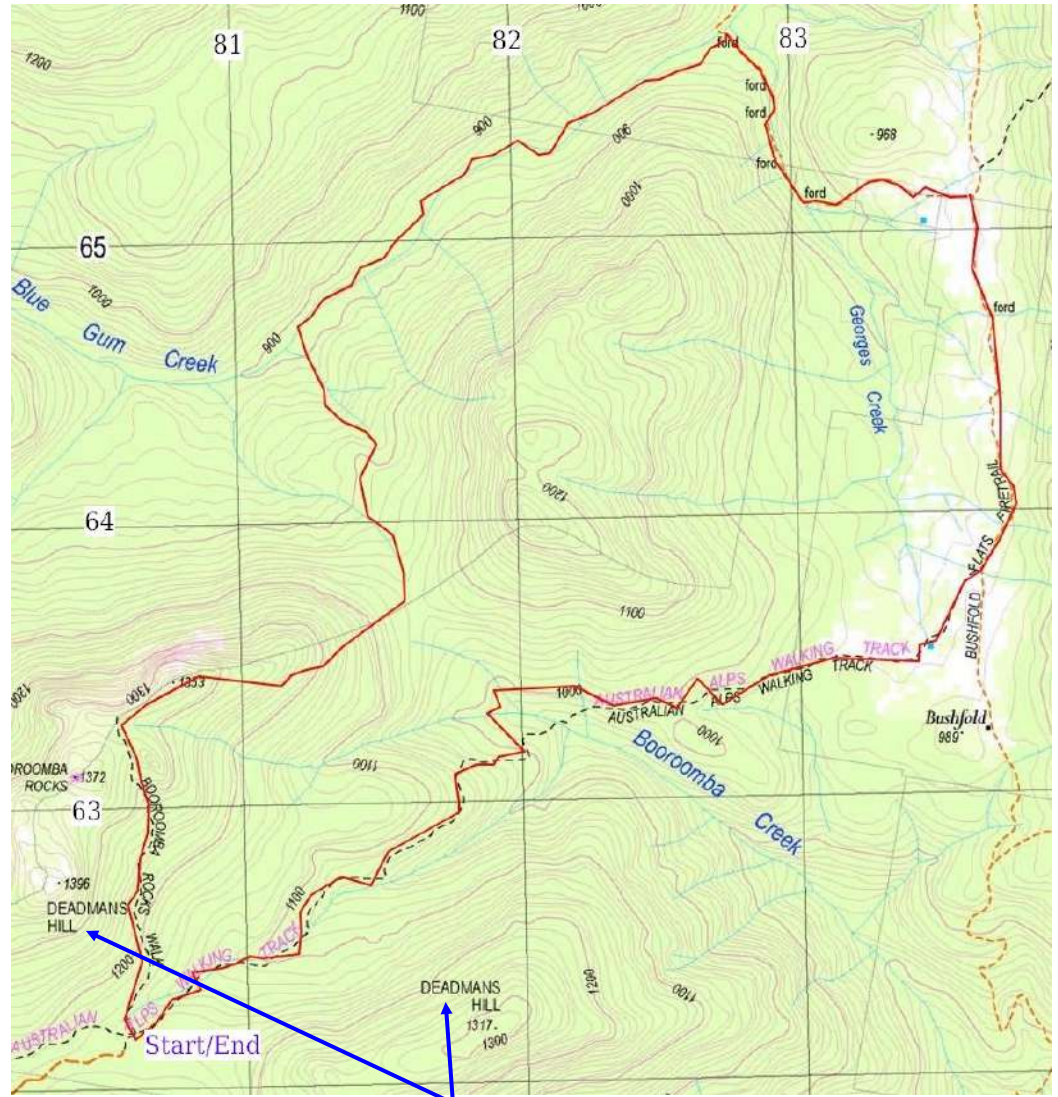
His full account, as seen on the ABC 7.30 report is [here](#).





**Medium/Hard Wednesday Walk - Wed 5 March 2025**  
**Booroomba Rocks & Blue Gum Creek—14km. Climb: 510m**

Andrew led 14 walkers on this circuit in a clockwise direction from Booroomba Rocks Car park (the red line on the map shows the route taken). They went up to Booroomba Rocks and followed the ridge NE to the end before heading down steeply off-track towards the origin of Booroomba Creek, then north to Blue Gum Creek. They then followed the creek NE for a couple of kms off-track until reaching Blue Gum Creek fire trail. The return was on fire trails across Bushfold Flats and the AAWT to Booroomba car park. A couple of the walkers 'enjoyed' unplanned dips in the creek, in which small trout and a medium size black snake were spotted.



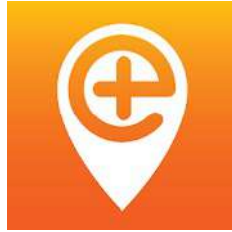
*[Note that 'Deadmans Hill appears twice—a printing error on the online map. The real one is on the right]*



**Blue Gum Creek**



## 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. Download links for each are [here](#).

If you need help in an emergency, 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.

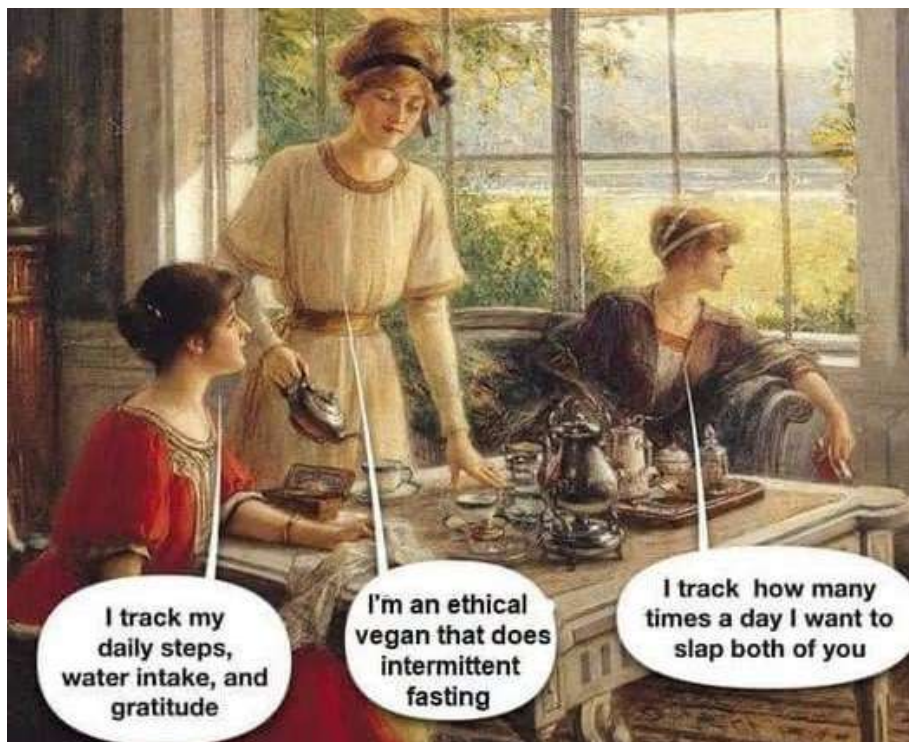
The app uses a mobile phone's GPS functionality and also **what3words**, so callers can provide emergency call-takers with their location information as determined by their smart phone.

With what3words available within the Emergency+ app, Triple Zero (000) callers can confirm their exact location quickly and accurately. Latitude and Longitude coordinates will also be offered, but it is much easier to remember three words.

what3words has divided the world into 3m squares and given each one a unique three-word identifier.

What3words works offline – if you have no data coverage or are in a remote location, you'll still be able to pinpoint the location (then write it down). If someone is injured, for example, members of your group may be able to head to high ground to gain a mobile phone signal and pass the location to the emergency services.

[This link](#) explains both the Emergency + App and how What3words is used with it.





## Rob Roy Range Nature Reserve

Prue recently led a Medium/hard Wednesday walk to the Rob Roy Waterfall and Trig, via the southern boundary. This was a challenging walk on a warm day, with more than 700 metres of climb and descent. The return leg included a visit to the Black and White copper mine, which is not much more than a deep-ish hole in the ground. The photo below, showing plenty of water flowing over the rocks is from an earlier trip—it was very dry this time.



*At the Trig*



## CPR - A REFRESHER



If an adult is unresponsive and not breathing normally, you need to call 000 for emergency help and start CPR straight away.

**CPR** stands for **cardiopulmonary resuscitation**. It combines chest compressions and rescue breaths to give a person the best chance of survival following a cardiac arrest. CPR is a life-saving technique, which can sustain life until an ambulance arrives.

CPR is the action of giving:

- **30 compressions** followed by;  
**2 breaths.**

Try to achieve 5 sets of **30:2** in about 2 minutes (or 100–120 compressions/minute if you are not giving breaths).

If unwilling or unable to give breaths, giving compressions only is better than not doing CPR at all.

A more detailed St John CPR factsheet is available [here](#)

And, remember, in any First Aid Situation, follow the **DRSABCD** action plan:

<b>D</b>	<b>D</b> anger	Ensure the area is safe for yourself, others and the patient.
<b>R</b>	<b>R</b> esponsive	Check for a response.
<b>S</b>	<b>S</b> end for help	Call triple zero (000) for an ambulance or preferably, ask another person to
<b>A</b>	Open <b>A</b> irway	Open the mouth and check the airway for foreign material.
<b>B</b>	<b>B</b> reathing	Check for breathing: look, listen, feel for 10 seconds.
<b>C</b>	Start <b>C</b> PR	30 chest compressions : 2 breaths.
<b>D</b>	Attach <b>D</b> efibrillator (AED)	Follow the voice prompts.

**Note:** You can look forward to more articles like this, which is just the first in a series of refreshers and reminders from the Training Officer on First Aid-related matters.



## Social News April 2025



### **Monday 10 March: Walk and Picnic at Cotter Riverbend Reserve**

26 members and 1 visitor enjoyed meeting at this lovely picnic area. Welcome to new members and hope to see you on a walk soon. Most people walked (5.5 kms), including our lovely nonagenarian. There was an option for a shorter walk.

Originally wet weather was forecast, but we couldn't have asked for a better day. It did get muggy on the 2<sup>nd</sup> leg of the walk, so the undercover picnic area was great to get cover from the heat. One member even had a swim. Definitely a repeat event in the future.



**Upcoming Events** – check the Walks Program for further information. An email will be sent closer to the date.

**Saturday 29 March: Autumn Picnic, Weston Park.** Co-ordinator - Wendy Thompson: 0439 026 751

**Friday 2 May: Potluck Dinner.** Co-ordinator – Davinia Wells - 0439 424 834

Elaine Atkinson  
Social Convenor



Lunch at Cotter Riverbend Reserve



*"I hate it when people act all intellectual and talk about Mozart when they've never even seen one of his paintings."*



A great example of termites at work on this tree alongside the Orroral Heritage Trail.



## Coming Up

*(See the program on the website for more details; Wednesday Walks have been omitted)*

<b>Date</b>	<b>Walk Title</b>	<b>km</b>	<b>Rating</b>	<b>Leader</b>
Sat 5 Apr	Bushfold Hut Circuit (via Mt Tennent Fire Trail)	18	Medium (11)	Michael Clisby
Sun 6 Apr	Strathnairn to Shepherds Lookout (Daylight Saving Ends)	10	Easy (7)	Jane Melanie
Sat 12 Apr	Glenburn and Burbong Heritage Trails	12	Easy (7)	Ian Tucker
Sun 13 Apr	To Be Advised	-	-	Terrylea Reynolds
Sat 19 Apr	Rendezvous Creek to Middle Creek	13	Easy (7)	Wayne Holgate
Sun 20 Apr	Mount Bollard	10	Medium (8)	Leigh Hermann
Sat 26 Apr	Four Huts Namadgi National Park	16	Medium (9)	Bill Gibson
Sun 27 Apr	Molonglo River Corridor Pines/Curtin Circuit	12	Easy (7)	Ian Tucker
Fri 2 May	Potluck Dinner ( <b>book by 25 Apr</b> )	-		Davinia Wells
Sat 3 May	Mt Wee Jasper	12	Medium (9)	Peter Wellman
Sun 4 May	Spring Creek Gorge	10	Medium (9)	Wayne Holgate

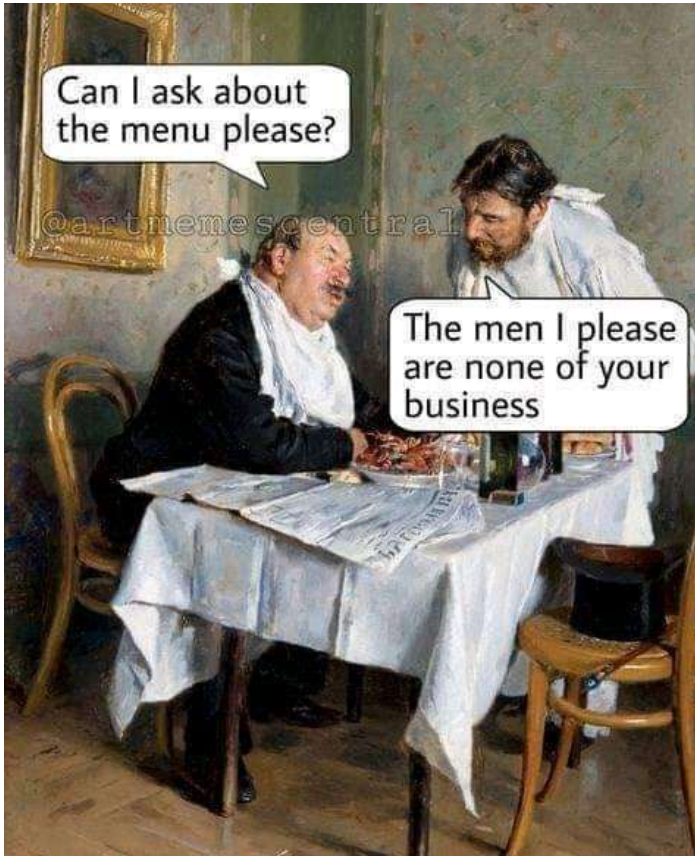


On the Ashbrook Fire Trail Easy Walk—9 March

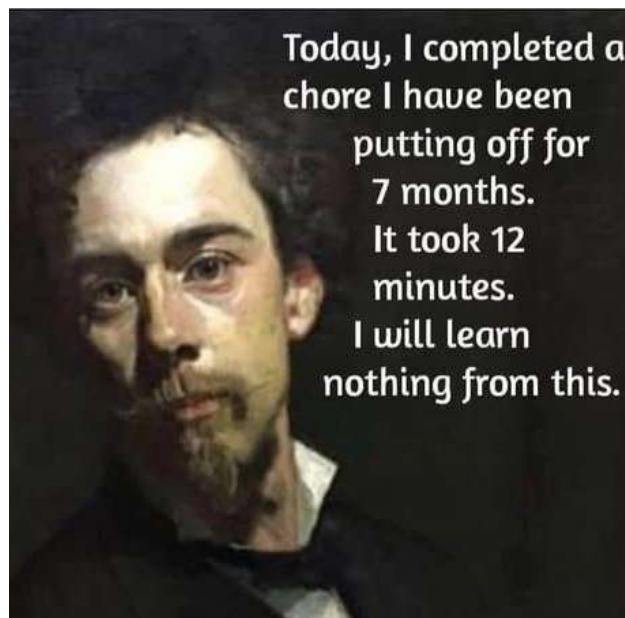
**"It's so annoying when people use the wrong word & don't have the humility to admit it."**



## Just for Fun



*"I wasn't sure what to make for dinner, so I opened a bottle of wine and now I don't care.  
A lesson for all of us there, I think."*



## Facebook

*Our Facebook Manager regularly posts photos, walk reports and information about upcoming activities. 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](mailto:facebook@brindabellabushwalking.org.au)*