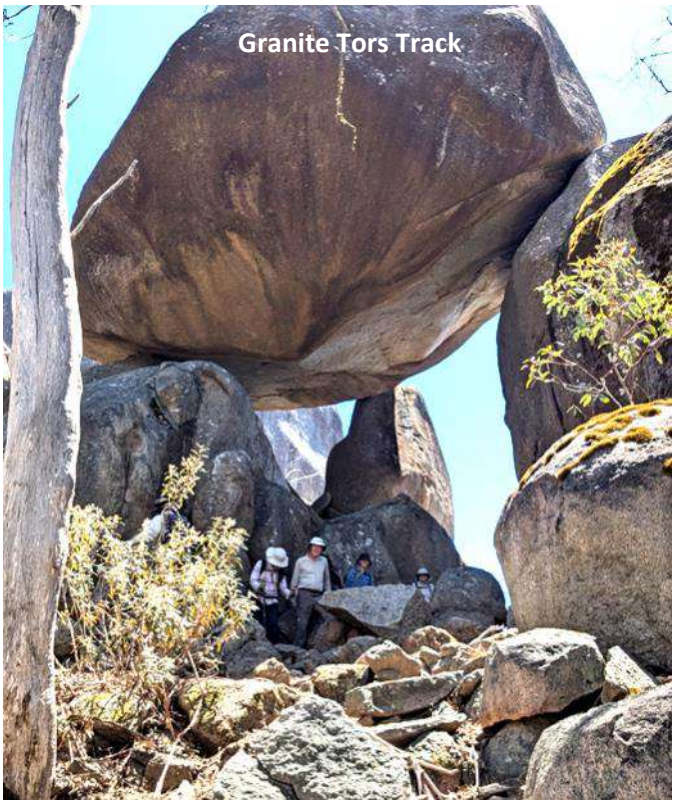
Brindabella Bushwalking Club

December 2025 Newsletter

Issue 101

In this issue


Granite Tors Track

From the President

First of all, I would like to thank Heather McLoughlin for the wonderful work she undertook in managing the club's Facebook page. Heather has moved back to Tasmania. Next, I would like to thank Nancie and Lam for taking this role on. I am sure you will all support them in managing our Facebook page.

One of the activities that appear in the program regularly are walking trips away. Members put on these away trips because they may want to go to an area that is too far away for a day trip. They believe it is a wonderful place to visit. It may be camping or accommodation based. It may be over a few days or longer.

I have organised and led a few of these trips like the Murramarang South Coast Walk and Blue Waterholes. They take a lot on time in planning, accommodation, travel, handling interested walkers' queries and managing the number that can go. Leaders may need to do a recce to plan the route and to determine the road conditions.

Leaders need to confirm who is going, the directions to get to the start location and that participants have the appropriate gear. This all takes a lot of preparation.

Make sure you thank the leaders if you do go on one of these trips.

Lastly the club will hopefully run a first aid course early next year. If you are a leader then this course if free. More news will follow when the details are available.

From the Editor

Thanks to those of you who have contributed to this issue; your reports and stories are of interest to us all. You'll notice that some of the humour this time has a Christmas connection—I've been saving these all year!

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 our Facebook Manager at
facebook@brindabellabushwalking.org.au

BBC Website

www.brindabellabushwalking.org.au ***[All newsletters are on the website]***

The furniture store salesman told me, "This sofa will seat 5 people without any problems."

I said, "Where am I going to find 5 people without any problems?"

New Members

We welcome the following people who have joined the club since August this year

Anne- Maree Doherty; Tim Ricketts

Jennifer Bates

Marian Kearney

Trish Woods

Ruth Beach

Larissa and Doug Witschi

Richard Manderson

Meg Keen

Jo Hardiman

Anne Waithman/Graeme Wilkinson

Anthony Perry

John Kane

Ailsa Brown

Kyeelee Driver

Ben Burdon

Lasitha Suraweera

Jean Wang

Vicki Ratliff

Alan Schierer

Bronwyn Kosman

Bernard and Michelle Sheville

Alison Carmichael

Andrew and Alison Staniforth

Nimi Krishnakumar

Penny Azzato

Teena Paul

Urip Sutiyono

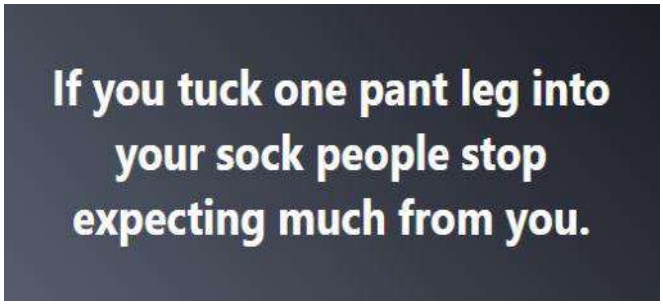
Garry Boxsell, Robyn Bilston

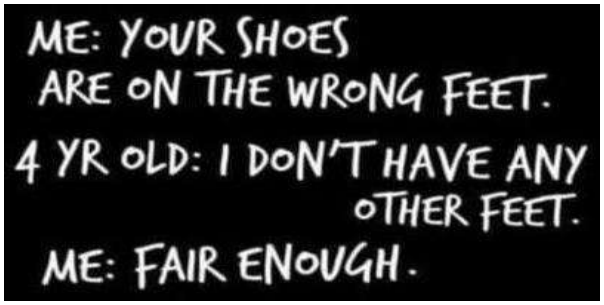
David Smith

Erica Lejins, Ross Kerr

Natalie Howson

Sally Eldridge





Royal National Park Car Camp – 2025

Bob Chittenden

A special thank you to Wahyu Sutiyono and Peter Evans who supplied the photographs for this article.

Thank you also to Ian Mason. Ian and myself were the only drivers who could carry passengers each day (campervans cannot carry passengers, something that must remembered in the future).

Bonnie Vale camping ground is in the Royal National Park and does not have any cabins, nor are there any accommodations (hotels, motels, B&Bs) nearby. Most of our ageing membership now require the comfort and ease of either staying in lodges or camping grounds with cabins, etc.

Moreover, the forecast for the duration of the camp was to be somewhat damp and windy. A couple pulled out prior to the camp because of Mr BOM's predictions

11 BBC members attended the 2025 Royal National Park Car Camp with a couple of the eleven providing vital support from the camping ground (past-president Bill Gibson had a severe leg injury which prevented him from walking for example).

Monday 27 Oct 25:

After we had all set up our tents/campervans/campertrailers, ten of us set out on the Point Hacking walk including a nice walk through the town of Bundeena from the camping ground (8km, 50m climb).

Due to the lateness of commencing the walk and the threat of imminent rain, the walk was shortened to a loop walk to view the Jibbon Aboriginal Rock Engravings rather than greater Port Hacking.

The relatively new viewing platform at Jibbon Aboriginal Rock Engravings and the accompanying descriptive plaques are in pristine condition, while sadly the engravings themselves have sadly been allowed to degenerate, such that none of the engravings are now visible (even with a good imagination).

The engravings were maintained for many years by the local elders, but now the engravings contained within soft sandstone rock have disappeared due to erosion

Tuesday 28 Oct 25:

A somewhat overcast and cool day forecast, so we decided to walk from Wattamolla back to camp (14Km, 284m climb).

Some expertise was displayed in the taking of the day's group photo

There were some spectacular flora, ocean views and bird song along the way.

Although it was quite windy, an almost sheltered spot was found for lunch that had good views.

What is sad, is that the 'Wedding Cake' is now almost unrecognisable and fenced off.

Lunch with friends on a busy track

Endless magnificent views.

Wednesday 29 Oct 25:

Mount Bass Trail to Audley via two waterfalls, (9.1 km, 215 m climb).

What a lovely day for a walk in the rain. Was to have been a there and back walk of 18Km, but walking in boggy tracks and along slippery rocks in the rain, took the fun out of it.

However the scenery was well worth it and the path was clearly marked

After reaching Audley and following very little discussion, a nice coffee and nibbles, we were able to organise a car shuffle to take us back to camp thanks to mobile phone coverage and with the help of a couple of those who ventured only to the waterfall and return. How lucky were we that they did!

Thursday 30 Oct 25

Otford to Wattamolla (18Km, 590m climb).

By far the best walk of the trip.

Although most of the track has been markedly upgraded such that now it is now mainly on boardwalk (the somewhat new fibreglass construction now used on a number of foot tracks these days).

The upgrade to this section is being constructed inland.

The upgraded parts of the foot track made such a difference that it cut at least three quarters of an hour off the time that it took to complete the walk a couple of years back.

There are still a few stretches that have yet to be opened.

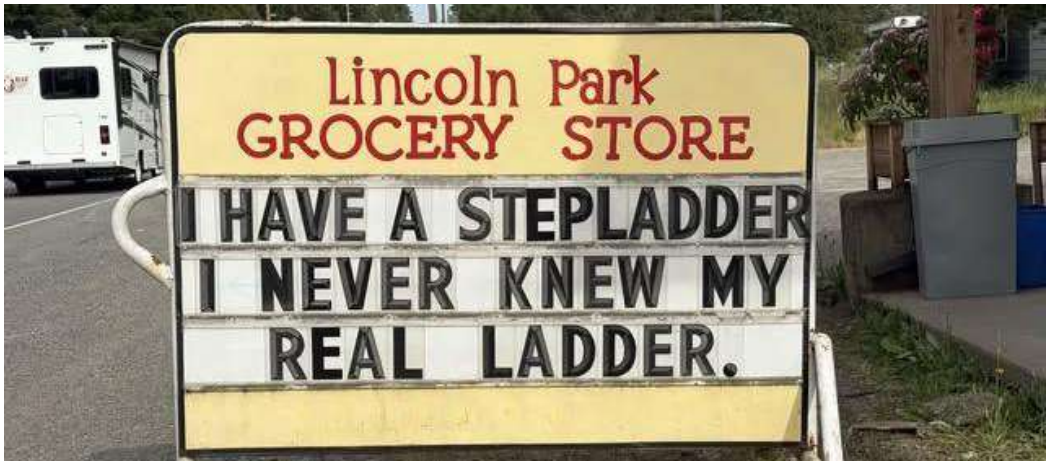
Overall, the weather was very kind to us and some of the views fantastic.

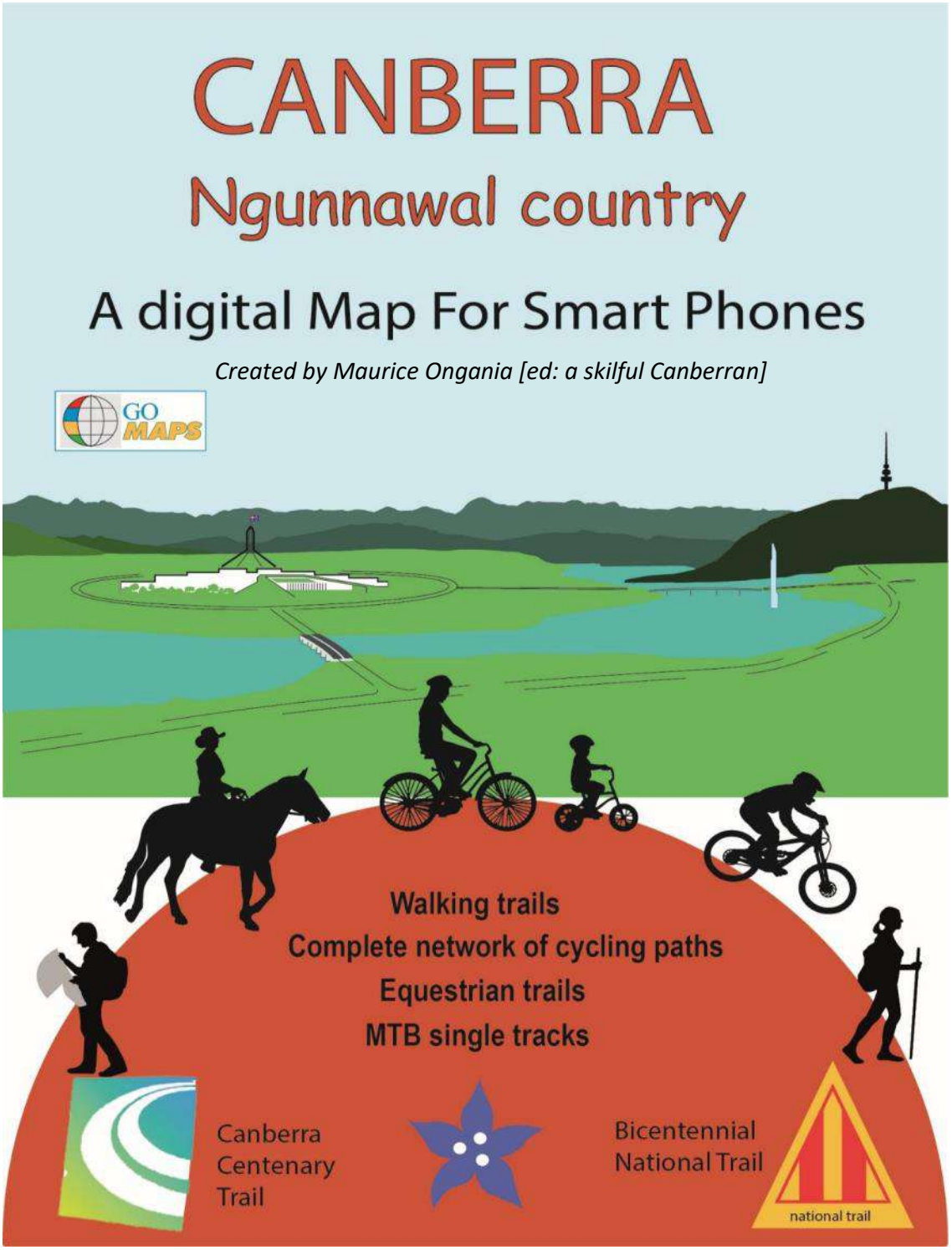
Friday 31 Oct 25

Ferry ride to Cronulla.

With walks over, and a busy life to lead, most of our walkers declined the offer of a scenic ferry ride.

Five of us did, enjoyed the views, had coffee and returned to Bundeena.





Most of us use one App or another to navigate with on our smartphones. Unfortunately many of these Apps are complex and frustrating. Maurice has just released an App called GoMaps on Avenza (the summary above outlines its purpose) which is finely detailed and accurate, while remaining very clear and easy to interpret.

The full 9-page description, including screenshots and photos is too large for inclusion in this newsletter, but if you would like to read it, please email **editor@brindabellabushwalking.org.au** and I'll send it to you.

AVENZA MAPS®

Coming Up This Month

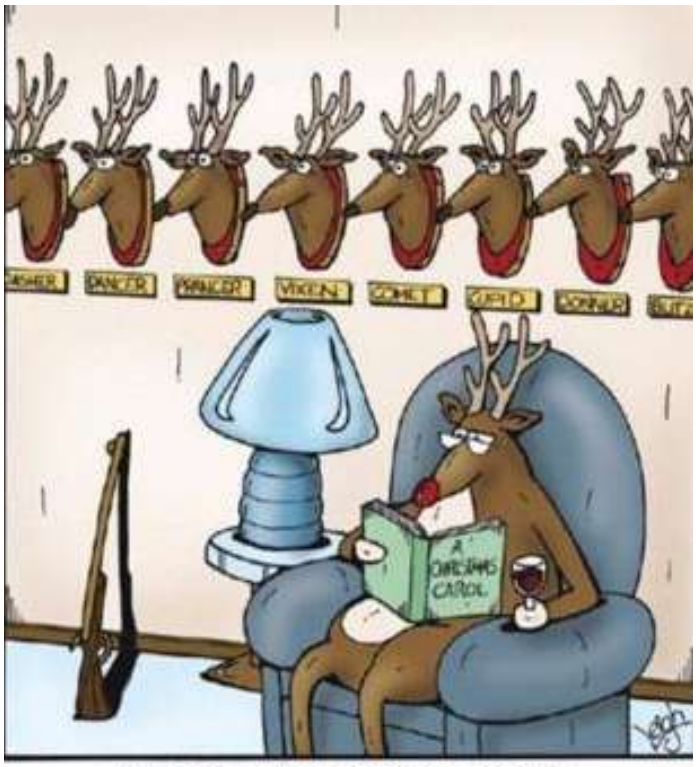
(See the program on the website for more details; Wednesday Walks have been omitted)

Date	Walk Title	km	Rating	Leader
Sat 6 Dec	A Day in the Brindabellas	8	Easy (7)	David Wardle
Sat 6 Dec	Short Easy Walk—ANU Sculptures	6	Very Easy (5)	John Clune
Sun 7 Dec	BBC Christmas Party	n/a	n/a	Elaine Atkinson
Sat 13 Dec	Gordon and Point Hut	8	Easy (6)	Leigh Hermann
Sun 14 Dec	Cooleman Ridge	10	Easy (7)	Andrew Cupit
Sat 20 Dec	TBA			
Sun 21 Dec	Jinjera Hill	10	Medium (9)	David Dedenczuk

Can I just ask everyone a huge favour? Those of you who are planning to put Christmas lights outside your houses, please can you avoid
anything blue and flashing?

Every time I drive past your house, I think it's the police and have a mild panic attack. I have to remove my foot from the accelerator, slam on the brakes, put my seat belt on, throw my phone on the floor, hide my beer, swallow my joint, stop at stop signs, slow down at the bumps, and shove the gun under the seat.

It's a major drama. I really appreciate your cooperation.



All of the other reindeer *used* to laugh and call him names.

Be kind whenever possible.....It's always possible

Walking the Hill Towns of Umbria

David Wardle

Some years back, Prue and I had seen a UTracks advertisement for a seven-day self-guided walk covering part of the St Francis Way from Assisi to Spoleto in Italy. Family members had also reported back that this was lovely walking country. COVID intervened to crush those thoughts, however they were always there and come this year we decided that now was the time.

Looking down on Assisi from Mt Subasio

There is a series of old hill towns in Umbria that have both religious and strategic heritage. Both themes were never far away. We arrived in Umbria by train at Perugia however started our walk in Assisi. We had booked a self-guided walk which included bed and breakfast accommodation and luggage transfer. The first day from Assisi to Spello started with an 800 m climb up to the top of Mt Subasio and a 1200 m descent down the other side. Slightly intimidating but this was one of the best days of the walk. From the summit we could see our destinations for the days ahead. I doubt that St Francis actually used this particular climb as he walked from monastery to other religious refuges however on other days we were to be on his specific route.

On the way to Poreta

The hill towns of Assisi, Spello, Foligno, Trevi, Poreta and Spoleto were our destinations each evening and our sections of this long distance walking path were always clearly well signposted, often following early Roman trade routes and one day an old Roman aqueduct. Each town had similar features of fortifications, churches, town squares and enticing places to eat. Some days there was a bit of a trudge through outlying areas to get to the centres of the old towns, however most days were walking through olive groves where the annual harvests were underway, orchards, and freshly ploughed fields. Lots of little surprises such as the Black Celery Festival in Trevi and the freshly carved roast pork from a stall in Spoleto. Away from any crowds we were walking on our own each day with just a few locals to greet with Buongiorno.

Walled hermitage between Trevi and Poreta

Trevi

Walk Statistics for November

Short Weekend walks continued with two held in November

Weekend Walks

01-Nov-25	Power to Flower	12
02-Nov-25	Mirigan Rocks, Orroral Valley & Fishlock Yards	4
08-Nov-25	Short Saturday walk - Lyneham Ridge	7
08-Nov-25	Progressive Dinner	18
09-Nov-25	Glenburn Heritage Circuit	7
15-Nov-25	Spinnaker Ridge	4
16-Nov-25	Geodetic Dome & Orroral Homestead	7
22-Nov-25	Short Weekend walk - Bruce Ridge	7
22-Nov-25	Moonlight Hollow Rd to Bendora Arboretum	10
23-Nov-25	Big Hole and Marble Arch	5
29-Nov-25	Sparrow Hill & East Kowen	6
30-Nov-25	A Tallaganda Ramble	4

Wednesday Easy walks

29-Oct-25	Curtin Horse Paddocks	20
05-Nov-25	Yarralumla & Barton	17
12-Nov-25	Hughes Garran Green spaces	17
19-Nov-25	Short (Easy) Wednesday walk	CNCL
26-Nov-25	Giralang Playing Fields & Palmerville Heritage Park	18

BBC led Easy/Medium and Medium/Hard walks

05-Nov-25	Macarthur, Mt Wanniassa & Farrer Ridge	32
05-Nov-25	Mt Gudgenby	5
19-Nov-25	Cotter Pines / Stony Creek Reserve / Murrumbidgee	34
19-Nov-25	Legoland & Orroral Valley Circuit	8

SHORT WEEKEND WALKS

In the August Newsletter I sought interest in the occasional Short Weekend walk, being easy walks of less than 7 km or 2 hours with a 9.30 start and minimal climb, much like the regular Short Wednesday walks, but held on a Saturday or Sunday.

Since then I've received some very positive feedback on the three walks that have been held, and so we plan to continue these walks on a trial basis for 6 months to the end of May. If they prove successful a more permanent process will be put in place.

But, of course, we need more leaders. If you'd like to lead one of these walks, please email me at *Walks@brindabellabushwalking.org.au*. If you're keen for these walks to continue, I'd like to hear that as well.

Leigh Hermann

Walks Officer

Family generations successively having fewer and fewer kids is called a receding heirline.I will not be taking questions

Managing Choking Incidents

During a choking incident, quick recognition and proper action are essential for saving a life. Developing reliable choking first aid response skills can help you act confidently in these critical moments. Identifying signs of choking, such as inability to speak, coughing, or gasping for air, is vital. If the person can cough forcefully, encourage them to continue as this may dislodge the obstruction.

For severe choking in adults and children over one year in Australia, ***follow these first aid steps***:

- Call triple zero (000) for an ambulance immediately
- Encourage the person to cough to try to remove the object
- If coughing is ineffective, bend the person forward and give up to 5 sharp back blows between the shoulder blades with the heel of your hand
- Check if the blockage has been cleared after each blow
- If the blockage persists, give up to 5 chest thrusts:
  - Place one hand in the middle of the person's back for support
  - Place the heel of your other hand on the lower half of their breastbone
  - Give a sharp, upward thrust
- Check if the blockage has been cleared after each thrust
- If the obstruction remains, continue alternating 5 back blows with 5 chest thrusts until medical help arrives or the object is dislodged
- If the person becomes unconscious, start CPR immediately.

Two old timers where drinking at the bar when they saw a woman at a nearby table who was obviously in discomfort and appeared to be choking. After a short while, Tom said he'd go over and see what he could do. By the time he got there, she was on her feet, very red in the face and unable to breathe.

He immediately hoisted her skirt up and licked her buttock. She got such a fright, she coughed out the obstruction and began breathing again.

On return, his mate said: " I'd heard about that hind-lick procedure, but didn't know it would be so effective."

SOCIAL NEWS DECEMBER 2025

Not a lot to report for the last month. However, here are a couple of upcoming events

Sunday 7 December - see program and emails from the Social Convenor for more information.

Thursday 1 January - New Year's day early evening picnic at Bowen Park, Barton. There'll be an email closer to the date.

Actual Analogies Used By High School Students In English Essays

1. When she tried to sing, it sounded like a walrus giving birth to farm equipment.

2. Her eyes twinkled, like the moustache of a man with a cold.

3. She was like a magnet: Attractive from the back, repulsive from the front.

4. The ballerina rose gracefully en pointe and extended one slender leg behind her, like a dog at a fire hydrant.

5. She grew on him like she was a colony of E. coli and he was room temperature Canadian beef.

6. She had him like a toenail stuck in a shag carpet.

7. The lamp just sat there, like an inanimate object.

During the Covid lockdown, if you had family around on Christmas Day, police could force entry to your home and make them leave.

Does anyone know if this service is still available and if you have to book?