

BRINDABELLA BUSHWALKING CLUB

JULY 2023 NEWSLETTER



From the President

In April 2022, I somewhat optimistically wrote that the repairs to Rocky Crossing, which has been closed since January 2020 and provides vehicle access to Orroral Valley, should be completed in 2022. We were expecting road access to Orroral Valley therefore being available later in 2022. Although delayed, the recent opening of the crossing is most welcome as it will allow access to the many great walks in and around the valley and that area of Namadgi NP (including parts of the Australian Alps Walking Track). It will be interesting to see how the landscape has changed in the 3½ years as a consequence of bushfire and flood events.

The month of July sees the publication of our July-December program as well as all necessary executive committee and administrative preparations for the club's Annual General Meeting. Although I will be absent for the AGM, as Deborah and I will be hiking in Europe and the UK, Prue Deacon, the club's Vice-President, will substitute for me at the meeting, thank you Prue.

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

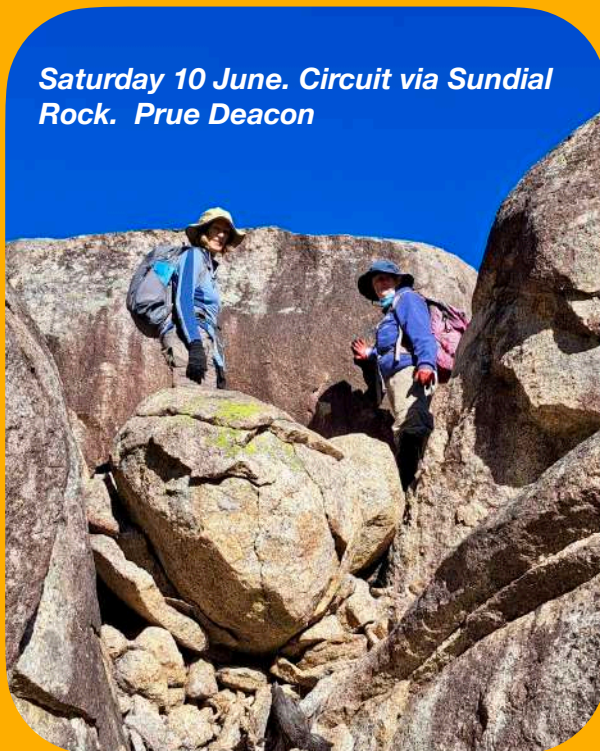
A Great Koala National Park?

(see [here](#))

A proposed GKNP in northern NSW would protect a total of 315,000 hectares of koala habitat on public lands. 140,000 hectares is already protected as conservation reserves, while the remaining 175,000 hectares are currently classified as State Forest. The State Forests are a critical part of the proposal, containing much of the best koala habitat in the region.

A gateway visitor centre is proposed south of Coffs Harbour on the Pacific Highway adjacent to Bongil Bongil National Park. It will provide visitor information, Gumbaynggirr Cultural information, a café, educational space and a koala hospital. The centre will be the launch point for various park activities including koala spotting tours, Indigenous Cultural tours and trail hiking.

Ed.



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Ed. Peter Ford

Contributions welcome

Articles and photos

Send to

editor@brindellabushwalking.org.au

COVID

UPDATE

[CHECK HERE](#)
FOR ADVICE
AND
RESTRICTIONS

Lamington National Park Queensland

5-15 June 2023

Fourteen club members participated in the trip to stunning Lamington National Park led by Deborah and Bill Gibson in June.

Lamington National Park was spectacular- towering trees reaching up to the rainforest canopy, dramatic fungi on mossy trees, many waterfalls and creeks and endemic birds. The group was based for the first four nights at O'Reilly's Rainforest Retreat (in Green Mountains) and then for six nights at Binna Burra. Some of the group stayed in campgrounds, with the remainder in very comfortable villa accommodation at O'Reilly's and then an outstanding farm stay near Binna Burra.

Our first walks at O'Reilly's were the demanding West Canungra Creek Circuit and the Toolona Creek Circuit. Both involved ascents of over 700m with repeated crossings of the creeks, sometimes with wet stepping stones and in light rain. While some of us slipped in the creeks, others helped and there were no injuries. On the following day we completed two short, easier, walks near O'Reilly's.



20km, seeing rare hoop pines and an Albert's Lyrebird. On the next day Daves Creek Circuit was a shorter walk with varied vegetation including tree ferns, grass trees, heathland and brilliant flowering banksias.

We departed early one morning for the nearby Springbrook National Park, climbing up from Appletree Park to the Purling Brook Falls lookout. After many creek crossings and a steep climb, we were rewarded by great views and lunch in a café.



Coomera Creek Circuit was a beautiful 17.5 km walk with around ten creek crossings, lots of waterfalls and spectacular views. Our final walks were the shorter Lower Bellbird Circuit and Caves Track, both through varied forest and with stretches of repaired landslips showing the vulnerability of the steep cliffs to erosion.

All walkers reported having a great time at the farewell dinner at Binna Burra Tea House. There were many thanks for Deborah and Bill - for their care in planning all the details of the walks and the fantastic accommodation, and the support and encouragement provided during the walks.



On our fourth day we drove to Binna Burra, a more accessible trailhead on the eastern side of the park. Araucaria Lookout Track was our first Binna Burra walk in dryer rainforest. We walked around



Constitutional Changes

As someone once said:

'To say my fate is not tied to your fate is like saying, "Your end of the boat is sinking.'

Club constitutions are about working together and, like national constitutions, they need updating from time to time.

The proposed changes you will be asked to consider at the next AGM have arisen substantially out of amendments made in 2019 to the *Associations Incorporation Act 1991* under which our club is incorporated. Minor amendments clarify administrative procedures and obligations.

Explanatory material will be circulated by the Secretary well in advance of our AGM. It will focus in particular on the impact of those legislative changes requiring incorporated clubs to meet current community standards when it comes to disciplinary matters. Generally speaking, these relate to what has been termed 'natural justice' or 'procedural fairness'. Some of these standards are now set out in the Act. Others are expressed in Model Rules which have been made under the legislation.

The most significant amendments concern the adoption of this aspect of the Model Rules. While some latitude is given to clubs in considering which of these Model Rules they wish to adopt, the Committee's approach has been to adopt the disciplinary rules in their entirety. In contrast, the approach that the Committee has taken to general administrative matters is to tailor them to the specific needs and practices of our club.

You can read more about the ACT legislative changes [here](#).

Ed.

Murramurang 3 Day Walk

Many members will be familiar with the Canberra Times columnist, Tim the Yowie Man who writes about local issues in the Saturday Canberra Times. He has recently written about the revamped Murramurang South Coast Walk - 'New Track's Unexpected delights' - and it's a good read - see the Canberra Times of 17 and 24 June and 1 July.

See also the [January 2022 newsletter](#).

Facebook

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

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

Welcome New Members

(Membership now stands at 445)

New Members

David Abela

Chris Bell

Janice Carlisle

Linda Carter

Yvonne Croft

Beverly Edwards

Peter Eland

Katherine Finn

Simon Geach

Nancie Lim

Helen Ludellen

Anneli Lynch

Trish Noel

Ralph Seccombe

Cheryl Smith

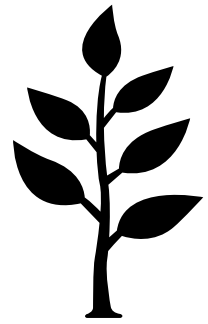
Welcome and have fun!

Returning:

Ed.

Julie Summerfield

Wendy Walker



SOCIAL NEWS JULY 2023

Monday 12 June: Morning Coffee at The Courtyard Café, Old Parliament House

29 members and 3 visitors enjoyed morning coffee, good food and company on a chilly winter's morning. Some members went for a walk, visited the political cartoons and the National Archives. Due to the success of the morning, I will organise again next year.

Nest social/walk outing Sunday 16 July: heritage walk and lunch at the Captains Flat Hotel (see notice in the Walks Program). The walk can be as short or as long as you like, so it caters for everyone. I will send out an email closer to the date, as I will need to make a booking at the hotel.

*Elaine Atkinson
Social Convenor*



Two of our nonagenarians, Ray Franzi and Doug Wright



Pat Pickering and Ray Franzi



Robyn Kelly and Caryl Finlayson



Activities to Promote Heart Health

[Editor's note: While the author of this article (Ahmed Raza) doesn't mention bushwalking, you may find some good suggestions here to complement it.]

A healthy heart is a healthy life, for most cases at least. Keeping a healthy heart should not be difficult for anyone. There are a lot of activities that we can do to reduce our risk of getting any heart related diseases. It goes without saying that doing cardiovascular exercises promote a healthy heart but there are specific activities that not only promote a healthy heart but are also fun to do which can also contribute to your overall heart health.

1. Running: Running is on top of the list because it is the number one recommended activity for anyone who wants to keep a healthy heart. Running is a very easy cardio exercise that anyone of all ages can do. Running not only helps you maintain a healthy weight, it also helps to strengthen your heart muscle. Running also lowers blood pressure and maintains a healthy cholesterol level. These benefits help reduce the risk of heart diseases. The article [Heart Health Benefits of Running](#) discusses more on the benefits of running for a healthy heart.

2. Yoga: There is no stretching the truth here, yoga does help your heart! Yoga, as a form of exercise, involves lots of stretching and breathing movements. This promotes good circulation and good breathing. Although it is not an aerobic exercise, yoga can offer so much more than being an exercise. Yoga is a good stress relieving outlet. It promotes relaxation of the body and mind. Stress can cause a lot of negative effects in the body, especially the heart. Many reports show that instances of cardiac events stem from too much worrying and depression. Yoga is a way of breathing out all those negative emotional stresses and keeping your heart happy.

3. Dancing: Dancing is another cardio exercise that promotes a healthy and happy heart. A lot of exercises nowadays incorporate dancing as part of their promoted lifestyle. Some of the common ones are Tae Bo and Zumba. Because dancing is a cardiovascular exercise, it promotes weight loss, increased flexibility and overall improved physical performance. The benefits of dancing are not limited to the physiology of the heart. Dancing is fun! It promotes stress reduction and diminishes the tendencies of depression. On top of that, you get to meet a lot of new friends! The overall impact of dancing to your heart should be enough to convince you to put on those dancing shoes!

4. Laughing: Laughter indeed is the best medicine. The health benefits of laughter is not a myth. Our physiology is all affected by our emotions. Many emotions like stress,

depression, loneliness and sadness have an immediate effect on our heart. Stress hormones release chemicals to our body that promote an unhealthy heart. Laughing causes an increase in our heart which makes us take deep and numerous breaths. This promotes healthy circulation and vascular function. So laugh your way to a healthy heart!

5. Gardening: This may come as a surprise but gardening is one of the hobbies that can contribute to a healthy heart. Gardening is a labor intensive hobby. It requires you to get sweaty and dirty. Gardening includes pulling out weeds, planting and mowing. This causes you to increase your heart rate and sweat, thus contributing to your vascular functions. Gardening also relieves stress and keeps your mind and hands occupied. Gardening also encourages healthy eating—garden to table food. And because one sooner or later sees the fruit of their gardening, it also promotes self fulfillment and a sense of accomplishment which boosts your overall mental, emotional and heart health.

There are many more activities that you can take up to help improve your heart health. Keep in mind that maintaining a healthy heart should not be stressful. A simple chat and laugh with your friends is already a step to helping your heart.

References:

1. <https://www.bronsonhealth.com/news/five-ways-running-improves-your-heart-health/>
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4. <https://blog.providence.org/archive/amazing-ways-laughter-improves-your-heart-health>
5. <https://www.livingsafer.com/gardening-for-heart-health/>
6. <https://healthtalk.unhealthcare.org/health-benefits-of-gardening/>

[In addition, please email me [here](#) if you wish us to follow up with the people who supplied the article. Ed.]



ACLS is an American commercial organisation - see [here](#)

Ed.

This page was written by [Lorraine Anne Liu, RN](#) on Jul 10, 2021.

ACLS Training Center

LEECHES

We often hear stories about encounters with leeches but how much do we know about them? To answer some popular questions, the following has been prepared by extracting and summarising the most 'bushwalking relevant' parts of [this paper](#) published by the Australian Museum.

Introduction

Leeches are annelids or segmented worms, and although closely related to the earthworms, are anatomically and behaviourally more specialised.

Leeches usually have three jaws and make a Y-shaped incision. The Australian land leech has only two jaws and makes a V-shaped incision.

Habitat

Most leeches are freshwater animals, but many terrestrial and marine species occur. Land leeches are common on the ground or in low foliage in wet rain forests. In drier forests they may be found on the ground in seepage moistened places. Most do not enter water and cannot swim, but can survive periods of immersion.

In dry weather, some species burrow in the soil where they can survive for many months even in a total lack of environmental water. In these conditions the body is contracted dry and rigid, the suckers not distinguishable, and the skin completely dry. Within ten minutes of sprinkling with a few drops of water, these leeches emerge, fully active.

Freshwater leeches prefer to live in still or slowly flowing waters, but specimens have been collected from fast flowing streams. Some species are considered amphibious as they have been observed in both terrestrial and aquatic habitats.

Distribution

There are around 500 species of leeches world wide. These are divided into two major infraclasses

1. Euhirudinea: the 'true' leeches – marine, freshwater and terrestrial – which have suckers at both ends and lack chaetae (bristles)
2. Acanthobdellida: a small northern hemisphere infraclass ectoparasitic on salmoniid fish, which lack an anterior sucker and retain chaetae.



The Euhirudinea is further divided into two orders:

1. Rhynchobdellida: jawless marine and freshwater leeches with a protrusible proboscis and true vascular system
2. Arynchobdellida: jawed and jawless freshwater and terrestrial leeches with a non-protrusible muscular pharynx and a haemo-coelomic system.

Leeches can be found almost anywhere in Australia where there are suitable damp areas and watercourses although they are absent from the permanently arid areas. There are even marine leeches, but these feed on the blood of fishes (including the Electric Ray with its fearsome electric shocking abilities) and other marine life – not humans.

Feeding and diet

Most leeches are sanguivorous, that is they feed as blood sucking parasites on preferred hosts. If the preferred food is not available most leeches will feed on other classes of host. Some feed on the blood of humans and other mammals, while others parasitise fish, frogs, turtles or birds. Some leeches will even take a meal from other sanguivorous leeches which may die after the attack.

Sanguivorous leeches can ingest several times their own weight in blood at one meal. After feeding the leech retires to a dark spot to digest its meal. Digestion may take several months.

Leeches are grouped according to the different ways they feed:

- **One group** (the jawed leeches or Gnathobdellida) have jaws armed with teeth with which they bite the host. The blood is prevented from clotting by production of a non-enzymatic secretion called hirudin. The land leech commonly encountered by bushwalkers is included in this group.

Foraging

A hungry leech is very responsive to light and mechanical stimuli. It tends to change position frequently, and explore by head movement and body waving. It also assumes an alert posture, extending to full length and remaining motionless. This is thought to maximise the function of the sensory structures in the skin.

In response to disturbances by an approaching host, the leech will begin 'inchworm crawling', continuing in a trial and error way until the anterior sucker touches the host and attaches. Aquatic leeches are more likely to display this 'pursuit' behaviour, while common land leeches often accidentally attach to a host.

Other behaviours and adaptations

Respiration

Respiration takes place through the body wall, and a slow undulating movement observed in some leeches is said to assist gaseous exchange. Aquatic leeches tend to move to the surface when they find themselves in water of low oxygen content. As a fall in atmospheric pressure results in a small decrease in dissolved oxygen concentrations, rising leeches in a jar of water provided nineteenth century weather forecasters with a simple way of predicting bad weather.

Sensory organs

Sensory organs on the head and body surface enable a leech to detect changes in light intensity, temperature, and vibration. Chemical receptors on the head provide a sense of smell and there may be one or more pairs of eyes. The number of eyes and their arrangement can be of some use in identification, however to properly identify a leech, dissection is required.

Colour changes

The Rhyncobdellids are capable of dramatic colour changes but this is apparently not an attempt at

camouflage, and the significance of this behaviour is unknown.

Locomotion

Leeches move by either an undulating swimming motion (eel-like) or by an 'inch-worm' like crawling motion using

the anterior and posterior suckers. The posterior sucker is attached to a substrate and the leech stretches out and attaches to the substrate with the anterior sucker, the posterior sucker is then detached and pulled up to the anterior sucker.

Medicinal use of leeches

For over 2000 years, leeches were needlessly applied for many ailments as an adjunct to blood letting. Their use in Europe peaked between 1830 and 1850, but subsequent shortages led to a decline in their use. Today there is a real clinical application in that they are of great value to plastic surgeons when venous congestion of skin and muscle flaps is a problem.

Leeches in Sydney suburbs

The Sydney suburban sprawl is resulting in houses extending into areas such as wet valleys that leeches normally prefer. It is therefore less distance for these leeches to travel in wet weather before they end up in backyards and can get a meal from domestic animals or humans living there. Similarly the domestic animals and humans themselves unwittingly bring many leeches home with them from bush walks, holidays, and other travels. If these leeches are adult they will invariably find a suitable damp spot in the garden to lay their eggs and suddenly you have a colony of leeches in your backyard.

Leech repellents

The most common enquiry regarding leeches concerns repellents. It is unknown whether a specific preparation is commercially available but there is a plethora of tried and tested, but unproven leech-protection ideas. These include a lather of bath soap smeared on exposed parts and left to dry, applications of eucalyptus oil, tropical strength insect repellent, lemon juice and impenetrable barriers of socks and pantyhose.

Continued next page

Danger to humans

The presence of hirudin in the wound following a leech bite may cause oozing to continue for several hours. Although inconvenient, blood loss is not significant.

Gut bacteria can cause wound infection. In the post-operative use of leeches this is closely monitored and dealt with by use of the appropriate antibiotic.

There may also be a delayed irritation and itching after a bite. There appears to be no support for the theory that mouthparts left behind after forced removal of the leech causes this reaction.

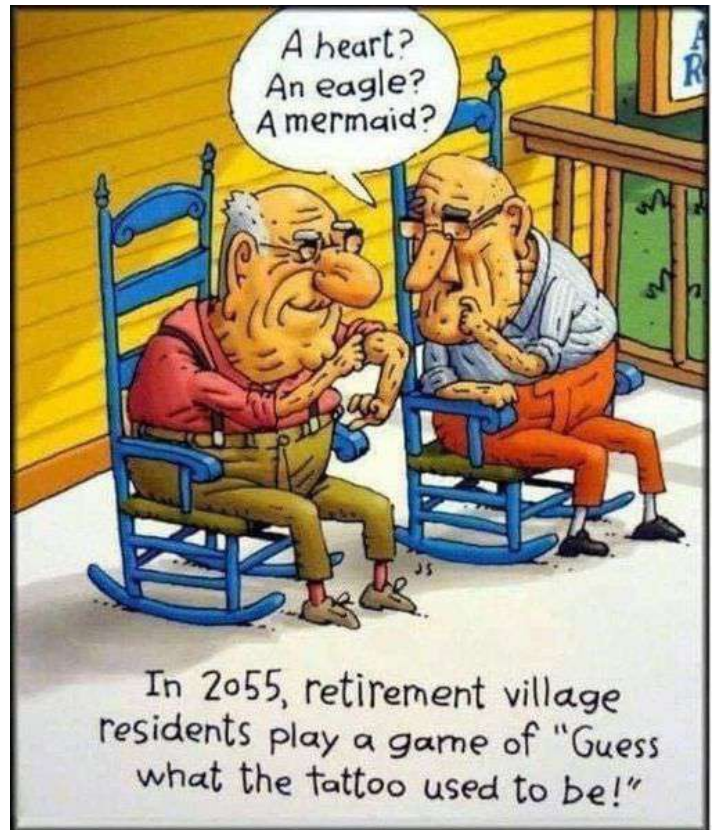
Can leeches transmit disease?

There is no evidence to suggest that they do. The presence of trypanosomes in the gut of jawless leeches has been noted, but jawed leeches do not appear to be hosts.

Trypanosomes cause the African sleeping sickness in humans. Leeches transmit trypanosomes that infect fish, crocodiles and even platypus, but none of them are dangerous to humans.

Allergy to leech bite has been reported. Medical opinion should be sought, depending on the severity of the reaction.

Further reading [June Bushwalk Magazine](#)



My wife and I went into town to shop. When we came out, there was a cop writing out a parking ticket. We went up to him and I said, "Come on man, how about giving a senior citizen a break?"

He just ignored us and continued writing the ticket.

I called him an "butthead." He glared at me and started writing another ticket for having worn-out tyres.

So my wife called him a "jerk." He finished the second ticket and put it on the windshield with the first. Then he started writing more tickets.

This went on for about 20 minutes. The more we offended him, the more tickets he wrote.

He finally finished, sneered at us and walked away. Just then our bus arrived, and we got on it and went home.

We try to have a little fun each day now that we're retired. It's so important at our age!! «



BLAST FROM THE PAST

1991

