



## HUFF STUFF

### Newsletter

### Issue 24

February 2018

Greetings everyone,

Greetings all. Let's hope that our run of good luck regarding lack of bush fires continues until the cooler weather comes in. There were a few fires started throughout the mountains but all were contained very quickly. Crews did however go out of area to Narrabri and Orange and our intrepid brigade secretary and crew leader, Jonathan Mallin, did a day on the Wollemi fire as part of a RAFT (Remote Area Firefighting Team).

Thank you to all those wonderful volunteers who have helped distribute the BANC Newsletter. Jo Ridley, our BANC manager is very grateful to all of you.

Our new HUFF Facilitator Zuzana organized a very successful get-together for the residents of Kenny Street and Beaufort Avenue to allow them the opportunity to meet and share contact details. This was particularly useful for those people who have weekenders and often can't find out what's going on in their absence. We also met two young couples who have just moved in. It was good for everyone to meet up in a casual, friendly atmosphere.



*Fire, food and fun – a good way to meet the neighbours!*

Well done also to Paul who was being very vigilant on a Total Fire Ban (TOBAN) day recently. He was aware of smoke coming from a property near him that he knows is a holiday let. Donning his HUFF ID he set out to investigate. It turned out to be a group of young holiday makers who had started up a BBQ using fuel. They were unaware of the TOBAN. Paul's friendly reminder may have saved them a huge fine. Luckily the group had access to a gas BBQ to complete their meal. This is a common example of people who are holidaying and not always tuning in to media.

Another example that is an ongoing issue can be found in camping areas such as Mount York and Perry's Lookdown. There are often many campers who are not aware of the TOBAN because they are out of reach of television and internet, but are happy to comply when informed. So it is up to all of us to pass on information when we have the opportunity.

We often see walkers who have come up from Sydney for the day and are not always familiar with the strenuous effort required to traverse the tracks, nor do they understand the distances. Whilst out training with the brigade a few weekends ago we came across several groups about to set out without water. Luckily we were able to give them some bottles from our truck.

Heat stress can affect all of us. Living in the upper mountains, most people do not have air conditioners. There have been some extremely hot days and there will probably be a few more before autumn brings cooler weather. If you have elderly neighbours or parents with young babies it may be worth checking that they are okay on these extreme days.

**Protect Yourself From HEAT STROKE**

Heat stroke is the most severe form of heat injury and happens when the body fails to cool down. The victims are not able to sweat and release excessive heat due to dehydration and humid temperature. It can kill or cause damage to the brain and other internal organs.

If you are working in extreme heat and humidity, protect yourself from heat stroke by following these prevention tips.

- Wear light coloured clothing and a wide brimmed hat
- Schedule heavy works for the beginning or end of the day, when it is cooler
- Gradually build up to heavy work
- Take more breaks and rest in the shade to cool down
- Drink lots of water. Avoid tea, coffee, soda and alcohol as they may lead to dehydration



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## Justice of the Peace

Cathy Rood, one of our BANC volunteers is offering JP services. She is available on Thursdays 9.30am – 4pm at BANC – no appointment necessary. If someone needs a JP service outside of these hours there is one at the Commonwealth Bank and another at the conveyancing office at 52 Govetts Leap Rd, Blackheath. You can also look up the following website - <http://www.jp.nsw.gov.au/justices-of-the-peace/finding-a-jp>

## When bushfire weather is forecast...

It is not always possible to be given official advance warning of bushfires. They can happen unexpectedly from escaped burn-offs, lightning strikes, arson.

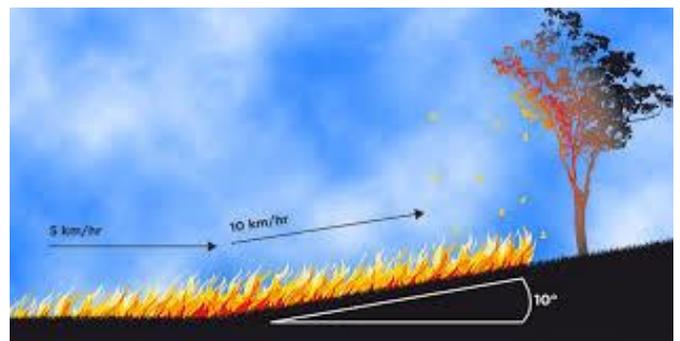
- Look out the window.
- Smell the air.
- Notice the wind.

Be watchful and well-prepared **every** day.

## Early on a day of bushfire danger ...

Whether you plan to go, stay or shelter, inform neighbours of your intention.

Source: *Essential Bushfire Safety Tips* by Joan Webster OAM



*Fires travel faster up hill.*



*Most houses burn down via ember attack.*

## And on that note, enjoy the rest of summer.

Kind Regards, Mina

0419 629 407 Email [mina.howard@banc.org.au](mailto:mina.howard@banc.org.au)