

FOOTPRINTS

December 2023

*Newsletter of the Border Bushwalking Club Inc A5665
Affiliated with Bushwalking Victoria*

We acknowledge the Traditional Owners of the lands and waters on which we travel and meet. We respect their elders past and present.

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Ira: Meeting Suppers & Social Convener; Wendy; Equipment Officer; Alwyn: Policy; General member: Tim.

SEASON'S GREETINGS TO ALL OUR MEMBERS AND SUPPORTERS

Christmas Party: Tuesday 5 December

The Club's Christmas party will be held on Tuesday 5 December at Brown's Lagoon, Olive Street, South Albury, starting at 5.30 pm. There will be all the usual frivolities and this year's Club Champion will be announced. The Club will provide a barbecue with a selection of meats and veggie burgers and members are asked to bring the trimmings:

If your surname starts with the letters A to M: Please bring a salad

If your surname starts with the letters N to Z: Please bring a dessert

You must tell us that you are coming so we have enough food for all, so please email catering supremo Ira roboira@yahoo.com.au **before 29 November**. Please tell Ira if you have special dietary needs.



From the President's Stump

Walking 425 kilometres in Portugal over five weeks was certainly a memorable experience for me and Trish. This small Iberian nation is more than just the lively and historic cities of Lisbon and Porto, timeless Fado music, velvety custard tarts (*pasteis de nata*), rich port wines and iconic *bacalhau* (cod) dishes. It's more than grilled octopus and sardines, footballer Cristiano Ronaldo, cork, the big wave surf at Nazare or the golden beaches of the Algarve.



It's also a place of unbelievable natural beauty and mesmerising scenery like that of the Douro Wine Region and the Alto Minho, the beaches of Costa Verde and the rugged mountains of the Peneda-Geres NP. The Portuguese have a special fondness for the Minho, a verdant region of vineyard covered valleys, mountainous wilds, isolated beaches and picturesque river towns that seem unchanged by time. Further north is the Parque Nacional da Peneda-Geres – a vast, rugged wilderness of dramatic peaks, meandering streams and frozen-in-time stone villages. Hiking trails criss-cross the reserve, taking walkers over old Roman roads, past castle ruins and sparkling waterfalls.

We experienced all this and more, but now we're back home I've come to realise just how blessed we are to have our very own natural beauty and mesmerising scenery right here in our own backyard - think the Bogong High Plains, Mount Buffalo and Kosciuszko NP, the mighty Murray, the Razorback and Mount Feathertop. I'm looking forward to reacquainting myself with some of these awesome places in the next couple of months now that winter has past and the days are longer. Places that are beckoning me include Ryders Yards and the 'Secret Waterfall', our very own Youngs Hut, and the Huts of Hotham.

These all feature in our current Activities Program, as well as weekends at Lake Catani and JB Plain, the iconic Razorback, canoeing on the Mitta, Kosciusko Huts and even a trip across Bass Strait to Tassie!

Congratulations to our Activities Co-ordinator, Bernadette and our Leaders for cobbling together a program that will stimulate your senses and make you too realise that we are certainly blessed with a surfeit of natural beauty and mesmerising scenery that is definitely world class!

I look forward to catching up with you on a mountain track, a bike path or at our annual End-of-Year celebrations.

Ian



WHAT'S COMING UP IN THE NEXT SIX WEEKS?

For more details of the activity please click on **events** in our club website. You will also find the leader's phone number here. Please ring them to discuss the walk and to book in.

<http://borderbushwalkingclub.com.au/>

Don't forget events are added to the website frequently so check often or you may miss out. In fact, why not add an event yourself. An experienced leader will support you.

Saturday Nov 25 th	Bike ride: Wodonga to Tallangatta by the lake	Ungraded (46km)
Weekend 2–3 Dec	Falls Creek: Ryders Yard Beginners camp	Gr 2 Easy Medium
Weekend 9–10 Dec	Mt Hotham: Youngs Hut via Paling Spur	Gr 4 Medium Hard
Sunday 10 th Dec	Mt Hotham: The Huts Walk	Gr 4 Medium Hard
Weekend 12–14 Jan	Dinner Plain: JB Plain Car Camp	Ungraded
Saturday Jan 13 th	Mt Hotham: The Razorback	Grade 4 Medium Hard
Saturday January 20 th	Falls Creek: Youngs Hut day walk	Grade 3 Medium
Weekend 20–21 Jan	Falls Creek: Youngs Hut overnight	Grade 3 Medium

YOU'LL NEED TO PLAN IN ADVANCE FOR THESE ONES:

15–17 Dec	Mt Buffalo: Lake Catani Camp, walk and paddle	Ungraded
20–21 Jan	A weekend canoeing on the Mitta River	Ungraded
28 Jan–2 Feb	Kosciusko NP: more huts and stuff	Gr 4 Medium Hard
24 Feb–2 Mar	Tasmania Overland Track. FULLY BOOKED	Gr 4 Medium Hard

Welcome to new members:

We welcome Suzanne Fisher, Alan Hewett, Madeleine Rowley and Benjamin Forbes to the Club.

Welcome to new Web Wizard

It's a double welcome to Suzanne Fisher, who has kindly agreed to take on the role of Web Wizard. Thanks, Suzanne.

We also express sincere thanks to Ralph who has been the Web Wizard for a number of years and held other Committee roles. We thank you, Ralph, for your tireless devotion and efficiency, never forgetting also the support you've received from Sue. We hope things look up for you in 2024.



First Aid Update: Snake bite

By Rob Timmings of the Kingston/Robe Health Advisory. (From Great Walks e-newsletter, 01 November 2023, and reprinted with permission of the Editor)

With summer just around the corner, it is vital to be prepared for snakes and potentially a snake bite. It's better to be informed with facts about snake bites, so you do not hesitate if the time comes.

Did you know?

3000 snakebites are reported annually.

300–500 people are hospitalised

2–3 deaths annually.

The average time to death is 12 hours.

There are five genus of snakes that will harm us (seriously) - Browns, Blacks, Adders, Tigers and Taipans.

All snake venom is made up of huge proteins (like egg white). When bitten, a snake injects some venom into the meat of your limb (NOT into your blood). This venom cannot be absorbed into the blood stream from the bite site. It travels in a fluid transport system in your body called the lymphatic system (not the blood stream). Now this fluid (lymph) is moved differently to blood. Your heart pumps blood around, so even when you are lying dead still, your blood still circulates around the body. Lymph fluid is different. It moves around with physical muscle movement like bending your arm, bending knees, wriggling fingers and toes, walking/exercise etc. Now here is the thing. Lymph fluid becomes blood after these lymph vessels converge to form one of two large vessels (lymphatic trunks) which are connected to veins at the base of the neck.

Back to the snake bite site

When bitten, the venom has been injected into this lymph fluid (which makes up the bulk of the water in your tissues). The only way that the venom can get into your blood stream is to be moved from the bite site in the lymphatic vessels. The only way to do this is to physically move the limbs that were bitten.

Stay still! Venom can't move if the victim doesn't move.

In the 1980s a technique called Pressure immobilisation bandaging was developed to further retard venom movement. It completely stops venom /lymph transport toward the blood stream.

Procedure

A firm roller bandage is applied directly over the bite site (don't wash the area).

Technique: Three steps: keep them still!

Step 1: Apply a bandage over the bite site, to an area about 10cm above and below the bite.

Step 2: Then using another elastic roller bandage, apply a firm wrap from fingers/toes all the way to the armpit/groin. The bandage needs to be firm, but not so tight that it causes fingers or toes to turn purple or white. About the tension of a sprain bandage.

Step 3: Splint the limb so the patient can't walk or bend the limb.

Do nots:

Do not cut, incise or suck the venom.

Do not EVER use a tourniquet

Don't remove the shirt or pants, just bandage over the top of clothing. Remember movement (like wriggling out of a shirt or pants) causes venom movement.

DO NOT try to catch, kill or identify the snake!!! This is important.

In hospital we NO LONGER NEED to know the type of snake; it doesn't change treatment. Our new anti-venom neutralises the venoms of all the five listed snake genus, so it doesn't matter what snake bit the patient.

Notes from the Committee

1. Acknowledgement of Risk forms

We thank members who have renewed and paid their fees **BUT** many of you have not updated the Acknowledgement of Risk form. This must be done every year for insurance purposes. Please can all members, including Life Members, go to the website www.borderbushwalkingclub.com.au, click on Members tab, log in with your password, go to Online Membership Renewal and check that you have ticked the Acknowledgement of Risk box. Thank you.

2. Numbers on walks

The Committee wishes to remind members that there must be a minimum of **FOUR** people on a Club walk or other activity, as stated in the Risk Management policy. If there are fewer than four and those people wish to proceed after assessing the possible risks, then the activity will not be recognised as an official Club activity.

Trip Reports

Spring on Nail Can Hill

Today's trip report for the Spring on Nail Can Walk 22/10/23 is brought to you by the letter W (with assistance from Bernadette).

Wonderful Women Wander Wantonly amongst Wildflowers

We Went West (after starting in the East)

Weird Wonders Waited.

Wild Winds held off.

Wows Were Warranted.

This is **Why We Walk.**



Pretty Valley Circuit

This is a walk where we go round in a circle, deliberately. Even so, the gale-force wind seemed to be in our faces most of the day. Six of us set off across the causeway at Pretty Valley pondage, having decided to do the walk in an anti-clockwise direction. The weather was fine but very windy as we headed up the hill towards Tawonga huts, where we had a leisurely morning tea sitting on



the rock in the sunshine. While we were packing up, we noticed dark clouds moving in and hoped there was no rain.

From the huts we took the short but steep track up to Pole 333, the crossroads of the High Plains, and maintained a steady pace along the Alpine Walking Track towards Cope Saddle. We noticed there were very few wildflowers out yet, in contrast to the walk towards Mt Nelse two weeks previously. The fussy leader doesn't like having lunch at Cope Saddle Hut, so at Pole 432 we took a very short deviation to a magnificent stand of snowgums where there were logs to sit on but little shelter from the ever-increasing winds and darkening clouds.



Lunch was a brief affair, and we were soon back on the track and walking down to the hut, where turned left and headed towards the Pretty Valley Road. By now, the wind was full in our faces again, making conversation difficult despite the broad track. On this part of the walk, we looked out over the numerous creeks criss-crossing Pretty Valley, quite unlike anywhere else. We got back to the pondage at about 3pm, feeling somewhat windswept but grateful the rain had held off, and hoping to walk again on the High Plains very soon.

Eileen



Derrick Hut Overnight



Things don't always go to plan. A last-minute track access issue switched our overnight hike from a section of the Hume and Hovell Track to a section of the Australian Alps Walking Track and didn't suit everyone. It is a short walk from the new Loch Carpark to Derrick Hut. So, after setting up tents and having lunch we wandered down to Spargos Hut. On our return to Derrick Hut, we found that we had the company of 13, Year 10 Melbourne Grammar boys on day 1 of a 20-day Outdoor Education trip. Watching them set up their tents and looking for "the tap" to get water from was very entertaining. We woke to a rising white out on Sunday morning, which meant our other planned side trip to Mt Loch summit was abandoned. Deb



Langford Gap to Fitzgerald and Kelly Huts

This was another trip that didn't quite go to plan. I was due to lead it but woke up very unwell. I met the group (at a distance) in Mt Beauty and asked Pauline to lead the walk instead, which she did admirably. Many thanks, Pauline, from Eileen.

This lovely day walk in the high country was luckily possible due to Eileen's excellent description of the track, and so I became the Clayton's leader with a very willing group that supported and followed.

At the carpark at Langford's Gap a large group of young, very fit men and women runners, arrived and took off ahead of us, heading for the huts also, but we never saw them again.

After crossing the aqueduct, the easy meandering walk, with spectacular views, soon gave way to a



recovering burnt hill of snow gums. After some huffing and puffing, we soon stopped at an adequate spot for morning tea, but of course Murphy's law, after this we came to a magnificent old large snowgum. It had managed to escape the fires, and we decided it was definitely worth remembering as a morning tea spot for next time.

From there the forest thinned, and there were vast amounts of purple wildflowers over the hills. The wind

had been cold, but now it was a pleasant relief as the day became warmer, and we were now on the exposed track to the huts.

On arriving at Fitzgerald Hut , we met a descendant from the original Fitzgerald, Mike, and his wife Pauline and daughter Sam. They were happy to pose for a photo, and we hope to see them on a walk again, maybe even join the club!

After lunching in the shade, we headed for Kelly Hut , then back up the hill and onto the Aqueduct track. We had a large group of school boys pass us, overnight hiking, good to see and encourage.

Walking along the aqueduct was easy and pleasant with the water sometimes still, sometimes flowing, with schools of fish and croaking frogs.

A great day out, thanks to the participants who put their trust in me, with no wrong turn taken, thankfully.
Pauline



Blue Waterholes

Blue Waterholes is in the northern part of Kosciuszko National Park. It's at the beginning of Clarke Gorge, and as the name suggests, is a crystal-clear blue waterhole that's perfect for a cool swim on a hot day. We arrived at an empty Magpie Flat campground early Saturday morning and after setting up our tents in the best spots, set off to walk the 7km Nichols Gorge Loop. This walk is along the dry Nichols creek with side trips into Coleman and Murray Caves. By the time we arrived back at camp, we had neighbours of the human and animal kind. The afternoon was hot enough for a swim. Well, we thought it was until we got into the crystal blue freezing cold water. Refreshed and clean we returned to camp.



We woke on Sunday morning to the sound of howling dingos as they moved, hunting, through the gorges. Our second walk for the weekend was along and in the creek that runs through Clarke Gorge to Coleman Falls. This walk was spectacular as we crossed and recrossed the creek, 18 times, under the soaring sheers cliffs and limestone formations. Once at the falls we had a break, before retracing our steps back to the cars.

This was a case of 3rd time lucky for this weekend and well worth the wait. Thanks to everyone for making it a great weekend.
Deb.



There were so many good photos from this month's walks I've added a few extra:



Mt Feathertop from Pretty Valley circuit

Purple Hovea in flower near Kelly Hut



Clarke Gorge, Blue Waterholes



Recycle your old boots!

The Athlete's Foot store in Dean Street, Albury, has a collection point for worn out boots and sports shoes. These are deconstructed and the materials reused for other purposes.



Photo credits this issue:

Bernadette, Deb, Eileen, Jenny, Pauline, Wendy, Zibet

Services included in your BBC membership include

A range of gear is available from the club to hire at a very minimal rate

1. Back-packs
2. Hiking poles
3. Waterproof jackets
4. We even have a dehydrator if you want to prepare your own meals

Safety equipment is available free of charge for leaders of club activities

- First aid kits
- GPS
- PBLs

All of the above is stored and managed by **Adventure Gear, 479 Dean Street, Albury.**

Call in and have a chat to Gino and Wendy for all your equipment needs, whether it be hiring or buying at the special BBC club discounted rate.

Cut off date for input to the next issue of Footprints: 16 January 2024

Contributions to *Footprints* are always welcome and can be sent to newsletter@borderbushwalkingclub.com.au

Disclaimer *All statements and opinions expressed in articles published in 'Footprints' are those of the respective authors and do not necessarily represent the views of the Editor, the Committee or members of the Border Bushwalking Club*

Car pooling policy

Traditionally, the Club has encouraged members to car pool for travel to the start of walks to reduce costs, encourage sociability and minimise our carbon footprint. Leaders of activities identify a meeting spot for members to meet and travel together from. Participants are expected to contribute to drivers' costs, with all participants paying the same amount and each driver receiving an equal amount. The leader is responsible for calculating, collecting and distributing 'petrol money' using a formula that takes into account distance travelled, number of participants, number of cars, and a cost factor. **Leaders please note:** the cost factor is currently **\$0.50**.

In response to requests, here is an example of how the policy works. **Participants** are all people undertaking the activity who wish to car pool, including leader, drivers and passengers. Those who do not wish to car pool should tell the leader when booking in. **Designated drivers** are the drivers of vehicle used in the car pool.

Leader uses Google Maps or prior knowledge to get accurate estimate of the distance to be travelled from agreed meeting place (e.g. Bunnings, Wodonga) to the start of the walk and doubles this for the round trip. This distance is **multiplied** by number of cars needed and current cost factor rate:

Distance x number of cars used x cost factor

The calculated number is then **divided** by the number of participants to give an amount in dollars and cents. Round to nearest dollar and collect this amount from each **participant**. Divide this amount equally between **drivers**.

Example:

Seven people book in for a walk at Falls Creek starting and finishing at Cope Hut car park. They meet at Bunnings in Wodonga. The distance to start of walk is 122 km, making it 244 km for round trip. Two cars are needed.

Distance x number of cars x cost factor: $244 \times 2 \times 0.50 = \244

Divide by number of participants (7) = \$34.86. Round up to \$35.00

Leader collects \$35.00 from each participant including drivers (\$245.00)

Two cars were used, leader gives \$122.50 to each driver.

We run a cash economy. To help leaders, participants should bring notes/coins in small denominations.

\$