

BRINDABELLA BUSHWALKING CLUB



January 2024



From the President

Welcome to a new year of walking with the club.

You should all have seen the January-June 2024 Walks Program and I hope that you, like me, are looking forward to participating in the range of local and away walks that our Walks Sub-Committee have mapped out. Of course, in addition to the specific week-end walks there will be the regular Wednesday walks as well as a number of social events/outings.

At the end of 2023 the club had a most enjoyable and well attended Christmas Party at St Margarets Church. The weather was perfect for an outdoor evening event until right at the end it started raining. Thank you to Elaine and the Social Sub-Committee and Christmas helpers Julie and others for organising this event. Thanks also for delaying the poorer weather until all of us had had dinner and nibbles 😊.

That's it from me, so I hope to see you on a walk soon, until then take care.... Bill.



After 40 years John Clune retires from leading walks



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CONTRIBUTIONS WELCOME [HERE](#)

★ ★ ★
PICNIC/BBQ TODAY 1 Jan. 4.30 pm
Bowen Park - See 28 Dec. email from
Social Convenor



NSW Bushwalking Maps

Peter Dalton

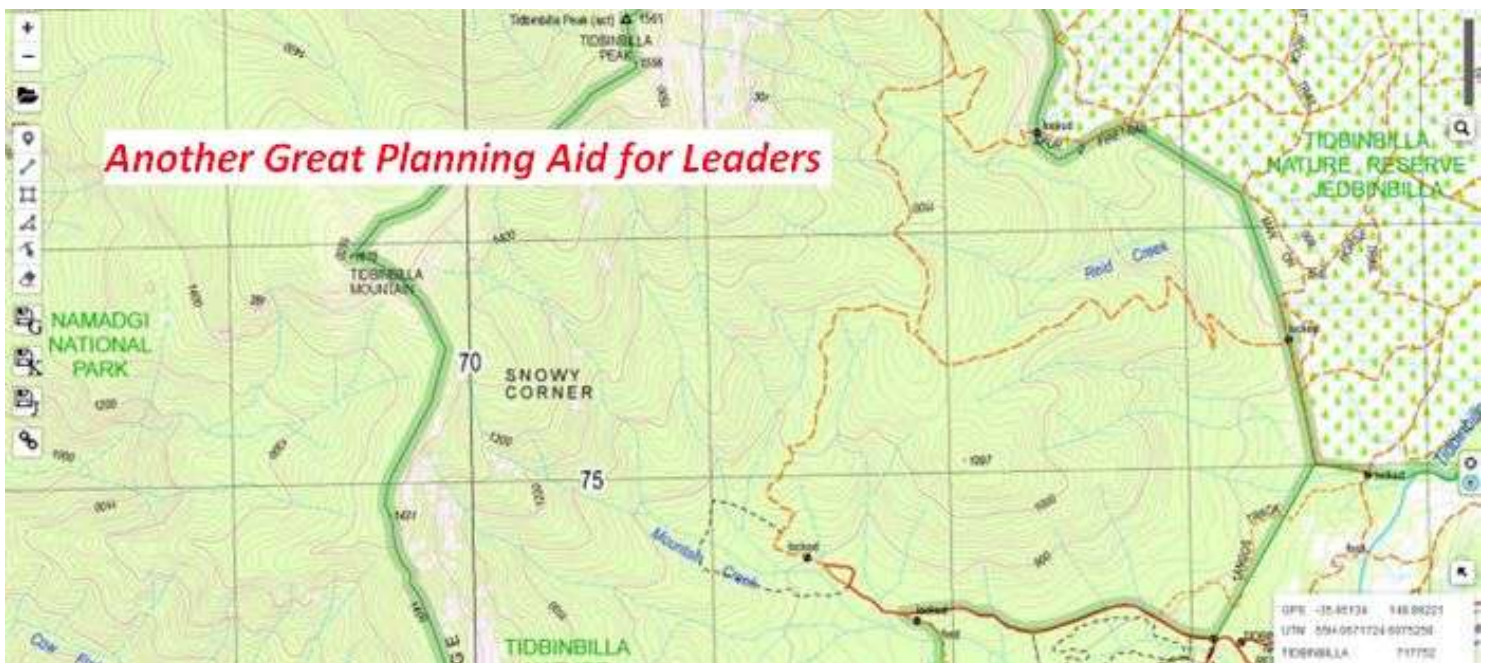
Background

Tom Brennan, the owner of <https://ozultimate.com/> and <https://bushwalkingnsw.com/> (great bushwalking resources) has also produced a simple topographic map program that can be used in several ways. It is here: [NSW Bushwalking Maps](#). For the benefit of BBC members, this is centred on Tidbinbilla Mountain, although the default would normally be Katoomba.

Summary

This is another great planning aid for bushwalkers, particularly leaders, that can be used on its own or in conjunction with other programs and devices. It's free and very useful – highly recommended.

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The Benefits of this Map Program

include:

- the map can be viewed in topographic or satellite format;
- it can be zoomed as required;
- the precise map coordinates and map name of wherever you place the cursor are displayed;
- you can load tracks that you have saved or downloaded from elsewhere;
- you can create tracks of your own; and
- you can save tracks to your GPS, Google Earth or your favourite smartphone navigation App.

A step-by-step guide to its use is now in the **Links** page of our website. If you want to go directly there, click here: [How to use NSW Bushwalking Maps](#)



Vallecito Lake, CO - Conveniently located miles and miles from everywhere!

COMMITTEE NEWS

Our last committee meeting on 28 November which I missed (due to a comedy of errors involving a heavy downpour and a forgotten umbrella) dealt with:

- the appointment of Luisa Dal Molin as Treasurer and thanks to Lana Burmester for her many years of service as Treasurer;
- the importance of social events in building links between members and the club;
- unfinancial members nominating for trips;
- replacement of a shredder;
- Identifying potential leaders;
- website innovations;
- progress on walks and social program;
- navigation course participation;
- encouraging participation in committee work;
- Bushwalking NSW training materials on 'Leadership Training and Recruiting & Retaining Leaders';
- annual review of Child Safety Policy & Guidelines;
- Input to Namadgi Planning Review; and
- progress on archiving some Club documents.

The 'tip of the spear' in bushwalking is, of course, the Walks Program but the list of issues set out above gives an indication of the range of support work that is also required behind the scenes. If you would like to contribute to this work and have a particular interest in some aspects, you might like to contact the relevant office-holder whose contact details can be found on the front page of the program, which is on our [website](#), and discuss how you may be able to contribute.

Namadgi Planning Review

Oops Correction: In the last issue, I published a note about the review of the 2010 Namadgi Management Plan in which I said that submissions could still be made. This was a mistake. The time for submissions is closed and a summary of recommendations has been published [here](#). Thanks to Michael Clisby for drawing my attention to his problems in making a submission at this time.



A Snakebite Incident

This is an abbreviated version of a report of a Victorian incident republished in Bushwalking NSW - you can see the full story [here](#) - see also a related article on p. 8.



In late October, a group of 10 enthusiastic bushwalkers from Bayside Bushwalking Club found their dinner preparations interrupted by a dramatic rescue mission at Oberon Bay, Wilsons Promontory.

Word had made it to the group that a day walker had been bitten by a snake. Without hesitation, the group grabbed their snake bandages and rushed to the edge of the beach on the grassy verge, to find the unfortunate victim, on the ground being cared for by his friend. Another camper had already put two compression bandages around his foot and ankle, and club members wrapped two snake bandages around his leg up to his thigh, and encouraged him to stay still until help arrived. As luck would have it, his friend had mobile coverage and was talking to emergency services. If that had not been the case, the group from BBC carried both a PLB and 2 Garmin InReach devices to call for help. Luckily they weren't needed at this location.

As the patient was not showing any symptoms, a helicopter was not called in but it took about an hour before an ambulance could get there. He 'really got bad' in the ambulance but recovered once antivenom was administered in Wonthaggi Hospital.

The next day saw his recovery and thanks were sent to the bushwalkers from the hospital by one of the patient's friends.



BBC CHRISTMAS PARTY



Another excellent social event on Friday, 1 December organised by our Social Convenor and held at St Margaret's Hackett. Rain was forecast and we were well prepared but it held off almost until daylight faded. It was a great opportunity to catch up with friends and enjoy Christmas goodies.

Ed.

The Guthega to Charlotte Pass walk in the Snowies

David Wardle

The snow has all but gone, wildflowers starting to appear and hopefully some great mountain weather. The NPWS is in full swing creating a number of new walking tracks in the Kosciuszko National Park and when complete these will form a multi day walk showcasing some of the best of the high country.

<https://www.nationalparks.nsw.gov.au/things-to-do/walking-tracks/guthega-to-charlotte-pass-walk>

Earlier this year Prue and I set off on one section of this walk from Guthega to Charlotte Pass. It is 9km one way and not wanting to do the return walk in one day we looked at the option of staying overnight in Charlotte Pass. The Stilwell Hotel is open all year round <https://www.stilwellhotel.com.au/> provides good accommodation and reasonably priced meals so it was an easy decision to make this a two day walk.

The start of the walk from Guthega as far as Illawong Lodge heading south will be

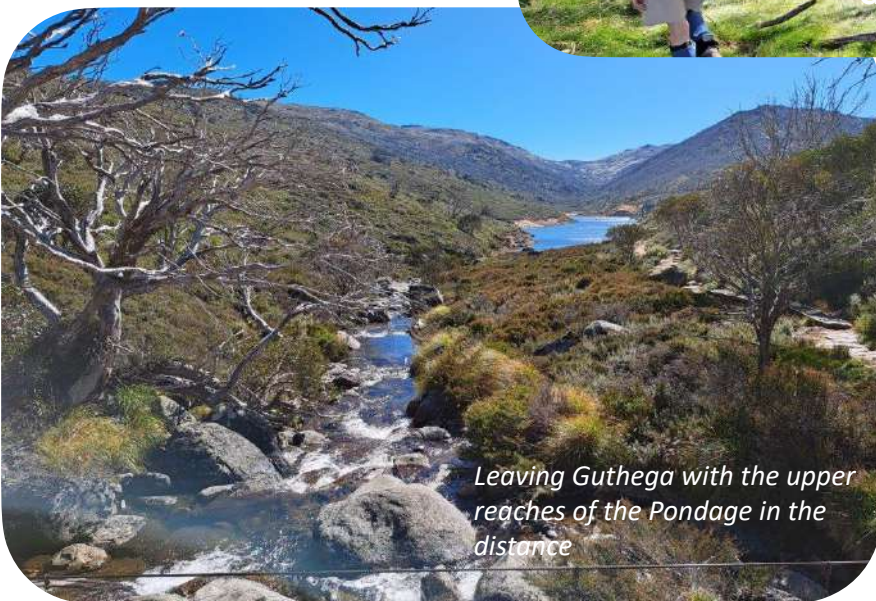
and lunch. The walk then parallels the Snowy River, sometimes close to the stream and then rising high in the valley looking across and up to the Main Range. There are some long sections of metal walkway to protect the alpine vegetation beneath however this was



Crossing the new Spencers Creek Bridge



Gnarled trunks of ancient Snow Gums



Leaving Guthega with the upper reaches of the Pondage in the distance

familiar to many although even here stone steps have replaced many of the former muddy sections. From Illawong the track is all new with the spectacular new bridge crossing Spencers Creek a good place for a stop

not too hard on the feet at all. The track terminates at the 'Yellow Brick Road' with the long end of day slog up to the Pass itself and then down the other side to the Village. The Hotel was a great refuge for the night.

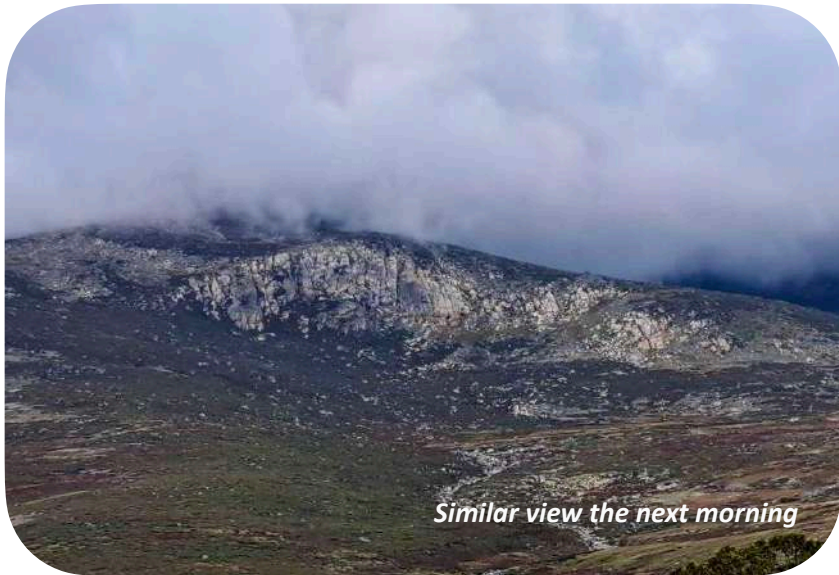
Any out and back walk provides many different experiences for the return journey and with this walk it certainly was the case. We climbed up from the Village under one of the ski lifts and while steep it was much shorter than the road alternative. The clouds had descended, providing a quite emotive view of the Main Range. Rugged up we headed north with clouds covering and then revealing the hills around us. If anything, the Mountains in these conditions are even more spectacular than on a fully clear day.



Heading south with the Main Range coming into view



The view from the Lookout from the top of Charlotte Pass



Similar view the next morning



Rugged up and heading back to Guthega



The stone steps are still a work in progress



The clouds lifted to reveal a familiar view almost back to Guthega

If you have a few days free, grab the chance to do this walk. It was certainly enjoyable.

Snake bites - what to do (and not to do)

Supplied by Wayne Holgate from a Facebook post

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.

5 years ago we would do a test on the bite, blood or urine to identify the snake so the correct anti venom can be used.

BUT NOW...

we don't do this. Our new Antivenom neutralises the venoms of all the 5 listed snake genus, so it doesn't matter what snake bit the patient.

Read that again- one injection for all snakes!

Polyvalent is our one shot wonder, stocked in all hospitals, so most hospitals no longer stock specific Antivenins.

3000 bites are reported annually.

300-500 hospitalisations

2-3 deaths annually.

Average time to death is 12 hours. The urban myth that you are bitten in the yard and die before you can walk from your chook pen back to the house is a load of rubbish.

While not new, the management of snake bite (like a flood/fire evacuation plan or CPR) should be refreshed each season.

Let's start with a Basic overview.

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 can not 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. Stay still!!

Remember people are not bitten into their blood stream. 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.

A firm roll 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.

Australian snakes tend to have 3 main effects in differing degrees.

Bleeding - internally and bruising.

Muscles paralysed causing difficulty talking, moving & breathing.

Pain

In some snakes severe muscle pain in the limb, and days later the bite site can break down forming a nasty wound.

Allergy to snakes is rarer than winning lotto twice.

Final tips: not all bitten people are envenomated and only those starting to show symptoms above are given antivenom.

Originally posted by Deniliquin RFS

Photograph by [Angus Emmott](#)

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highlights including the summit, old stone wall and Clancys Track.

Sun. 21 Jan. - Stromlo Forest Park Medium (8)

Leader: Gary Lynch (0423 633 895). We ascend Mount Stromlo on Casuarina Climb, continue down through Stromlo Forest Park and cross Cotter Road and head to Narrabundah Hill.

Sat 27 Jan – MT TAYLOR RAMBLE – 7 km Easy (7)

Leader: Leigh Hermann (0417 147 260). From Kambah, a short morning walk exploring Mt Taylor on a mixture of fire trails, tracks and footpads, including an ascent of the Village Creek.

Sun 28 Jan – BLACK MOUNTAIN AND ARANDA BUSHLAND – 13 km Medium (8)

Leader: Ian Tucker (0421 312 374). From the car park off Caswell Drive, we take the Caswell Drive underpass, then follow trails to a lookout with lovely views across the lake to the city. We then follow a bush track to the underpass at the Tuggeranong Parkway into the Aranda bushland and explore this reserve.

Coming Up This Month

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

Mon 1 Jan – NEW YEAR'S DAY EARLY EVENING PICNIC

Coordinator: Elaine Atkinson (0410 154 133). An early evening picnic or BBQ at Bowen Park from 4 pm (weather permitting). BYO and something to share if you wish. An email with further details will be sent closer to the date.

Sat 6 Jan – MT AINSLIE MORNING WALK – 8 km Easy (7)

Leader: Ian Tucker (0421 312 374). At the higher end of Easy, a pleasant morning walk to start the year.

Sun 7 Jan – YANKEE HAT ART – 13 km Easy (7)

Leader: Peter Dalton (0414 363 255). Provided we are allowed to access this art site (still closed at the time of writing), we will walk from the Rendezvous Creek car park to the area and visit the Middle Creek cascades along the way. We return on a track to the east which goes close to Gudgenby Homestead.

Sat 13 Jan – MT GINGERA FROM MOUNT GININI – 15 km Medium (9)

Leader: Phillip Hope (0405 916 004). We climb to Mount Gingera trig largely on a footpad, have lunch, and then return the same way or along a ridge to Pryors Hut. Climb: 350-400m.

Sun 14 Jan – ARBORETUM – WALK ONE – 8 km Easy (5)

Leader: Janet Duncan (0423 213 679). This walk will showcase many aspects of the Arboretum, and with the growth of trees we may have some shade. From the Cork Plantation we walk up the short hill and onto the far boundary of the Arboretum.

Mon 15 Jan - NATIONAL PARKS NORTH OF LITHGOW (6-14 April). Last date for expressions of interest in this trip.

Sat 20 Jan – MT MAJURA LOOP – 9 km Easy (7)

Leader: Ian Tucker (0421 312 374). At the higher end of Easy, an interesting and varied circuit of Mt Majura

Trips Away - see program for details

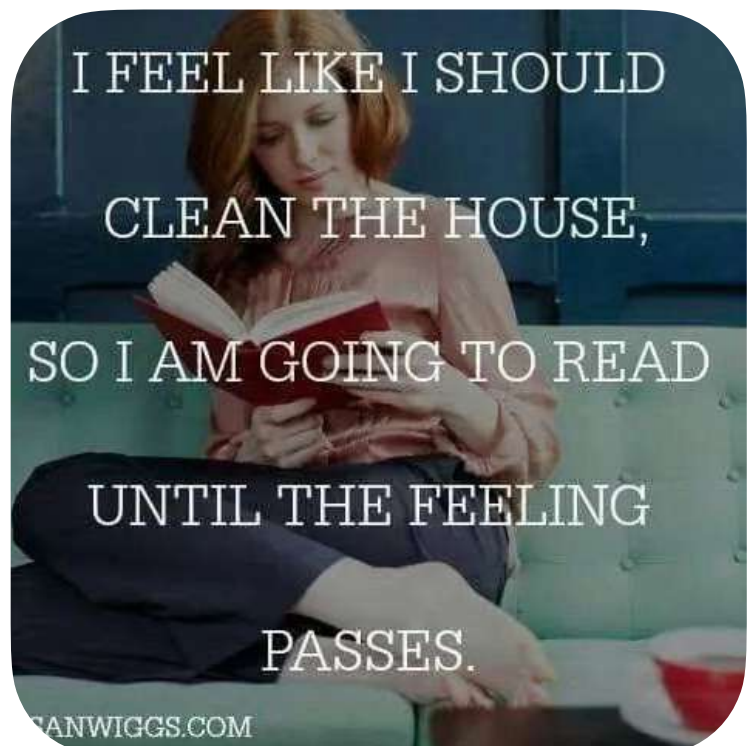
3-4 Feb. Long Point Lookout Shoalhaven River

9-10 Mar. Wee Jasper overnight pack walk

20-22 Mar. Murramarang South Coast Track

6-14 Apr. National Parks north of Lithgow

Sep. Italian Dolomites



Vale Len Haskew

The Canberra Times 22 December 2023 reported the death of Len Haskew. We first met Len at the Mawson Primary School where he was Deputy Principal. Our 4 children, now in their 50s and 60s were taught by Len and others in the period 1971 – 1977 and have fond memories of their time at Mawson Primary. Indeed our eldest son Neil was in the same class as Len's son Geoff. We met Len later as a bushwalker with the NPA and with the BBC. We remember well a packwalk he organised with his brother Bob, also a teacher, in the Newnes shale oil area and along the Capertee River, north of Lithgow. The brothers had a host of amusing stories about teaching in country schools. The walk had its moments too. There were quick sands and I personally had to be helped out when I sank deep into the morass, stopped only by my bulky pack just below waist level. Len became a devoted member of the NPA(ACT) and has done great work for that organisation. He will be remembered in the BBC as a gentle man with a passion for the bush and its conservation. The BBC extends its condolences to Len Haskew's family and friends.

Eric & Pat Pickering



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



Some Modified Neologisms

The Washington Post asked readers to take any word from the dictionary, alter it by adding, subtracting or changing one letter, and supply a new definition.

Here are some winners:

Bozone: The substance surrounding stupid people that stops bright ideas from penetrating. The bozone layer, unfortunately, shows little sign of breaking down in the near future.

Osteopornosis: A degenerate disease.

Inoculate: To take coffee intravenously when you are running late.

Decafalon: The gruelling event of getting through the day consuming only things that are good for you.

Dopeler effect: The tendency of stupid ideas to seem smarter when they come at you rapidly.

Arachnoleptic fit: The frantic dance performed just after you've accidentally walked through a spider web.

Caterpallor: The colour you turn after finding half a grub in the fruit you're eating.

Ignoranus: A person who's both stupid and an asshole.

Glibido: All talk and no action.