



BAYSIDE
BUSHWALKING
CLUB

PACKS UP!

July 2024

Volume 40 Number 8



Bogong High Plains

(March 2021)

(Paul Redmond)

If you enjoy reading this magazine or would like to know more about walking with the Bayside Bushwalking Club, visit our website www.baysidebush.org.au

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Step by step the march is won

The Freemans Mill Track

Bob Edwards and Martin Curtis describe the work happening at the BBC's adopted track into Freemans Mill.

The sight of bushwalkers on their hands and knees on the steep gully 600 metres from the Freemans Mill campsite is now just a cheerful memory thanks to the efforts of volunteers from the Bayside Bushwalking Club and Bushwalking Victoria.

Over the last three months the gully has changed from a muddy, slippery track to a paved path. While still a steep climb over about 90 metres, the track is now studded with stone steps zigzagging up the rise. Ninety-three steps have been built over working bees in April, May and June. Another 30 steps will be built at a working bee this month (Friday and Saturday July 19 and 20), completing the project.

The track has now been cleared end to end and 75 per cent of the steps are in place. This is an attractive walk through tea-tree swamp, open dry forest, rainforest and fern gullies only 1.5 hours from Melbourne. The timber workers took the mountain ash out 100 years ago but there are some old giants in the gullies that are worth taking a look at.

BBC has made a grant of \$2500 towards the steps project. A day at Freemans Mill is planned during the club's 40th anniversary celebrations later this year.

BBC members contributed over 60 hours of voluntary work to the project over three months. BTAC members contributed 74 hours on the weekend of June 15 and 16.



Bayside Bushwalking Club is a sponsor of the Freemans Mill track and takes responsibility, in conjunction with the Parks Victoria staff at Gembrook, for maintaining the 6.5km length of track.

The steps project has been co-ordinated by Bob Edwards, BBC Conservation Co-ordinator, and a co-ordinator with the Bushwalking Tracks and Conservation group within Bushwalking Victoria.



The June working bee was a BTAC event that attracted 10 volunteers over the weekend of June 15 and 16. The volunteers constructed 87 steps on the Saturday. Six had already been built by BBC volunteers, taking the total to 93.

A first-time volunteer, Nick, was welcomed on the Saturday, and Toby brought his two children who pitched in and told us they enjoyed the experience. Future volunteers for sure.

On Sunday, the backfilling of dirt around the stones and the installation of drains continued. Again, rapid progress enabled the volunteers to return to the campground by 11am for an early lunch and the drive home. We also took the opportunity of removing broken glass and discarded cans from all the fire pits.

Saturday night was cold, but the campers enjoyed themselves at a big campfire. Parks Victoria trucked in the stones, sand, cement, tools and a small 4WD to transport the stones to the gully.

BBC's connection to Freemans Mill track started 20 years ago when Parks Victoria started encouraging Victoria's 60 bushwalking clubs to adopt a track.

The early adopters were Neil Burden, Chris Shattock, Jeff McDonell and David Peake. The first project sponsored by the club was the construction of about 85 metres of sturdy steel and mesh boardwalk over a swampy section about 0.6km from the start.

Bob Edwards organises twice-a-year maintenance days on the track to keep it clear and safe.



Bob Edwards, Andy Musgrave (Ranger) and Gerard Herten



Pine Valley, the Acropolis and the Labyrinth

Ian Knapton Recounts the Second Part

of a Tasmanian Trip in March 2024

Here we are in Deloraine with a day to spare between finishing our Walls of Jerusalem walk (*see Packs Up June 2024*) and starting our Lake StClair hike. The Deloraine day started with our gear spread out in hotel rooms drying, airing and preparing for our next four day walk.

But what to do? All voted to come for the ride to take Ken to the Launceston airport. We wandered around the centre of town looking as lost as we do on a bushwalk, poked into shops and generally did little for both the economic and aesthetic advancement of the town.

Leaving around lunch time we dropped Ken at the airport and headed back to Deloraine where we spent the afternoon stocking up on needed and unneeded foods, etc. Dinner was a treat as it was the last supper, well non-dehydrated supper, for three days.

We were up before a grey dawn on our first day, breakfasted and ready to storm the Lake StClair ferry, or were we? Packs-up was called to load our gear into the car for the two hour drive to Cynthia Bay. Alas, came the cry "I've locked my keys in my room and my gear's in there". The ferry waits for no bushwalker. Faces were tight, brows were furrowed, upper lips stiffened as the demi-crisis had to be managed. It would not be unreasonable to mention who owned the key management malfunction, but rules are rules, "what happens in Vegas stays in Vegas". Even though this is Deloraine and not Vegas, names will not be named. A call to a sleeping Hotel manager/ owner brought a disgruntled employee who freed the needed gear from its unlikely prison and we were away. Thanks to some superb and legal driving from Darryl we made it to the ferry in time.

The cloud hung low, but the ferry captain assured us that there would be no rain. He sounded convincing but I observed that the boat's windscreen wipers were performing their intended task. We docked near Narcissus Hut and, after pausing briefly to look around, we were on the track. The first five kms of our trip is on the Overland Track which crosses the Narcissus River on a cable suspension bridge and photos are compulsory.



The team all keen before the hard part

Reaching the Pine Valley Track, we turned west and crossed a couple more suspension bridges over the Cephissus Creek, the second of which was quite an adventure. It is very narrow, about 25 metres long and bounced about 300mm as you crossed, fun.

Five kms after leaving the Overland Track we reached the Pine Valley Hut, our home for the next two nights. This hut has bunks, a pot-bellied stove, and a long table for all to sit at, plenty of clean tank water, several tent platforms, and the stinkiest toilets this side of the dark ages.



On the Labyrinth - Cyane Lake in the background

had set a turnaround time of 4pm which we met as we looked upon Cyane Lake. The weather held and raincoats were needed for wind not the rain.

The Pine Valley Hut was a social environment with the other walkers and the usual fun of meeting new people and telling tall, and almost true, stories.

For our second day we enjoyed the benefit of not having to dismantle our homes and carry them away. We held a group meeting and decided that the Acropolis would be a more realistic challenge than the originally planned assault on Mt Geryon. With day packs we started on what would be one of the best walks I've experienced. Initially the trail leads again through the moss coated forest and past Cephissus Falls. In too short a time we turned west and headed up the Acropolis ridge, steep and a bit of a scramble in places. A feature is the rough ladder that has been created from a fallen tree that allows access up a small but steep incline. Once atop the ridge the Parks Services has placed duckboards to protect the environment and as a side benefit, to elevate us above the waterlogged ground. The walk takes you to the base of a huge crumbling rock face that you skirt around for about a kilometre. It was here that we found our phones had reception, truly a gift, we could check the weather forecast, but didn't, instead we checked the footy scores, forgetting all about weather. If there is a trial to remove leader status, there's exhibit A. The path takes a turn for the vertical and the trek becomes a rock clamber. Cloud was a villain that day as it kept us blind from the view and wet to the skin, but on we climbed. There comes a point, very close to the goal, where the route hits a smooth, vertical rock face of about two metres. There is no way around and a tumble would mean an unhealthy cartwheel down the rockfall. As a team we leaped the obstacle to ascended to the summit plateau. But we were not finished.

(Continued on Page 21)



Bogong High Plains -

Ryders Huts, Dibbins Hut, Blairs Hut and Westons Hut

**From Our High Plains Correspondent
In Collaboration with Michael Yenken**

Myrtleford was abuzz with ANZAC Day celebrations and long weekend travellers when the party came together for lunch at Cafe Fez. Paul, Louise, Anneke and Michael all from BBC and Jan, welcomed from the Catholic Walking Club of Victoria (CWCV), were in high spirits at the prospect of a good walk in clear autumn weather amid beautiful alpine scenery.

From the Mount Cope carpark, we set off in good time, geared up and ready for four days of High Country walking. The weather was bright with a crisp cool breeze. Our leader located a disappearing 4WD track at its now rather subtle junction with the High Plains Road for an easy undulating walk around Mount Cope to join the Australian Alpine Walking Track (AAWT) and continue to the junction of the East and West Cope Aqueducts at the Cope Valley Hut. The management 4WD track beside the West Cope Aqueduct brought us to Ryders Huts by about 4:15. I was amazed that Paul was carrying an esky. Its purpose was to store everyone's third day's evening meal at Ryders, and, as we found out later, carried other secrets.

Ryders is a beautiful alpine campsite set amongst gnarled beautifully shaped Snow Gums, although sadly, many trees are now grey trunked, killed by fire or disease. It is set on a soft bluff with a view across a valley to Mount Cope. After collecting water from the aqueduct as well as wood, we settled around the fire kindly lit by a very friendly couple who had walked in earlier. Paul and Louise led a short and thoughtful ANZAC commemoration for the camp. Louise read a poem found among the displays at the Portland War Museum and Paul recited the Ode of Remembrance - a touching moment emphasised by such beautiful surrounds.

The breeze stilled, the air chilled, and the heat radiating from the fire made a very cold evening quite pleasant. A happy camaraderie evolved between the seven walkers around the fire. Jan and Paul indulged in some club marketing, promoting their respective clubs to our camping companions.

Friday dawned crisp with ice on the tents, compensated by a beautiful sunrise over Mount Cope. All reported sleeping warm, despite the zero minus temperature. No one relished packing cold, wet, icy tents, but the weather was looking fantastic and we were away by 8:30.

We continued westerly on the management track to its finish at a small weir that collected water at the head of the West Cope Aqueduct. From here we headed cross-country around Mount Jim, making for the top of the gully, skirting above the watercourses in its creases; constantly up, to re-join the AAWT, last seen yesterday at the Cope Valley Hut. The beautiful soft expanse of colour, straw, olives and deeper greens of the alpine plains enveloped us all. The group was moving well. However, it was not a walk in the park over the, at times, deep soft snow grass tussocks (a little like walking in snow) at the same time being wary to watch out for small watercourse sinkholes hidden under the alpine heath. These natural booby traps reduced our leader to the horizontal position a couple of times and caused Louise into a gentle roll and



tumble in the soft alpine grass. Those dastardly little holes were hard to see. We stopped three-quarters of the way up the valley for morning tea. Viewed from a short distance, the scene resembled a little tribe in the middle of nowhere in alpine emptiness, gathered in a small knot of colour, a contrast against the blander expanse of snow grasses and heath.



The walking became easier as we neared the top of the ridge with the AAWT marked by a line of regularly spaced snow poles. We met the AAWT at snow pole number 294 and proceeding south, enjoying easy walking on the relatively flat alpine meadows until we reached the junction with the track to Young's Hut. Here the AAWT turns west and heads down the Cobungra Spur to Cobungra Gap, as did we – our route all downhill for the rest of the day.

As a poet said:

On the Way to Damnation

“Too late! Too late!” we yell
As we, already, have begun our ride,
Our chargers stride out to damnation,
Onwards;
God and empire thrown aside.
The Cobungra gap before us,
Over and down to Hell.
No prayer could ever save us.
Beware, we don't take ye'all
As well.

(Continued on Page 24)



The Thursday Walk

27th June – Spotswood to Gasworks Park via the Yarra Punt & Westgate Park

Twenty BBC walkers crossed the Yarra River on the Punt from the Spotswood Jetty, passed under the shadow of the Westgate Bridge to alight at the landing at the Lorimer Street Beach. From this narrow strip of sand on the river's edge the walkers recrossed under the Westgate Bridge following the Bay Trail through parklands under the bridge's eastern approaches, serenaded by the noise of the traffic overhead, to again cross under the bridge to enter the Westgate Park.

The western approaches of the bridge were adorned with scaffolding clad in white. This, our leader informed us, was part of the periodical inspection and repainting of the bridge structure. The white piers reflected the day's clear sunny sky to stand out and look resplendent against the industrial background.

Westgate Park is on part of the site of the Fishermans bend Aerodrome which after its closure became the construction base on the east side of the Yarra of the Westgate Bridge. After the opening of the bridge a park was developed, then let deteriorate before the park as we know it was developed.

Our walk through the park took us past Ibis Island in the Freshwater Lake and past the Salt Lake which turns pink seasonally in response to high salt levels, high temperatures, increased sunlight and lack of rainfall. It was in its normal winter colour but reflecting the warm blue sky of that Thursday. Between lakes the path passes through a cross section sample of the Westgate Bridge cantilever structure.



Salt Lake



Freshwater Lake

From Westgate Park the route to morning tea took us under the Westgate Freeway (again!) and on a walking path parallel to Todd Road to Sandridge Beach on Hobsons Bay at the head of Port Phillip Bay. The name arose from the sand dunes that covered the area now known as Fishermans Bend at the time of European settlement. Much of this sand was subsequently removed and used for building purposes, ship ballast and glass works.

The weather, as mentioned, was ideal for our promenade along the Bay Trail to Beacon Cove to admire the repurposed Princes Pier and the Port Melbourne Front and Rear lighthouse which guided ships to the



piers of Port Melbourne and may still be used as visual markers for ships arriving at Station Pier. From Beacon Cove we toured through Port Melbourne along residential streets interspersed with small parks and along Graham Street, past the historically named Lagoon Reserve to the Gasworks Art Park for a picnic lunch and be entertained by local dogs and their owners.

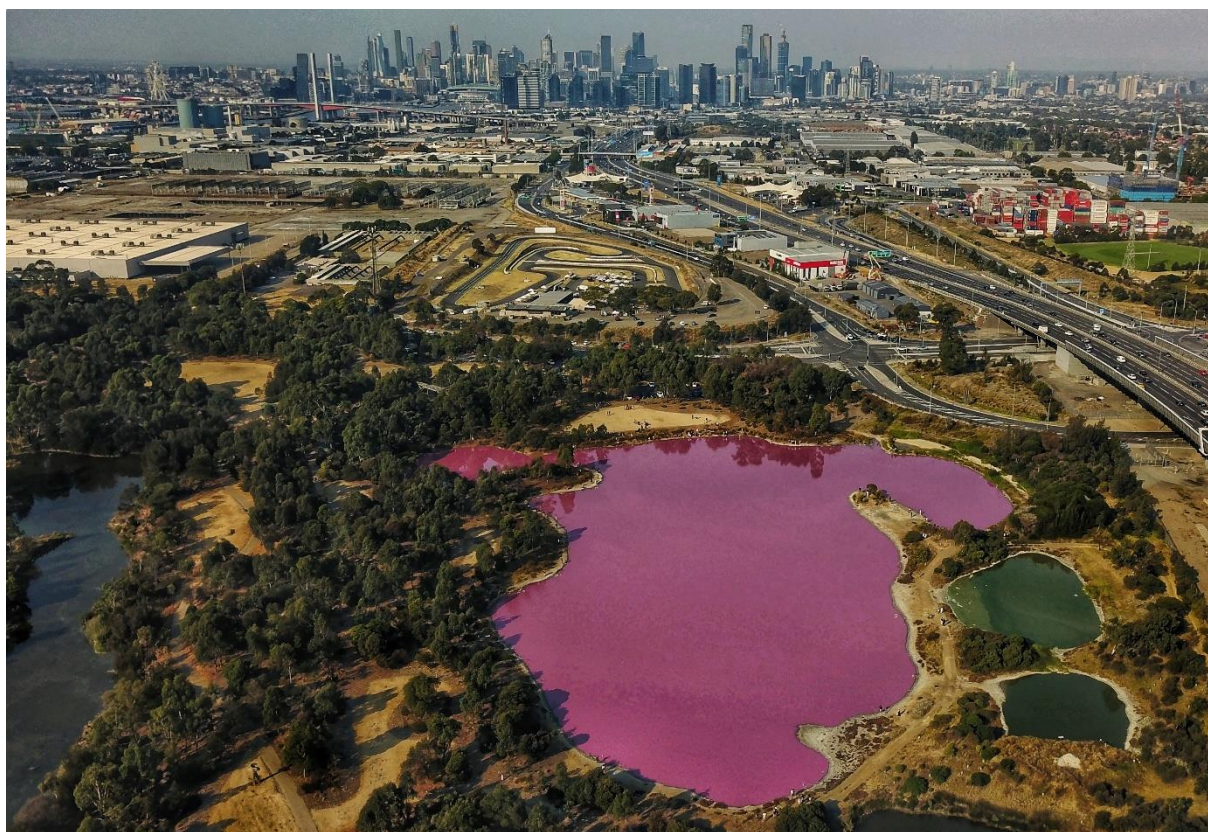
A brief after lunch session took us along Foote Street back to the beach, passing the Lemnos Reserve with its statue of a WW1 nurse and a Digger commemorating the work of the military nurses who did so much work, particularly on the Island of Lemnos looking after the wounded from Gallipoli. Another promenade along the beach front, past “Answering the Call” a memorial statue to sailors who served Australia, the Port Melbourne Band Rotunda initiated and funded by the Port Melbourne Women`s Welcome Home Committee to commemorate the Australians who fought in WW1, the now unused Tasmanian Ferry freight terminal to the Terminus of the 109 tram and the end of a very interesting walk led in his usual style by Paul Smith. It wouldn’t be a Thursday Walk without Paul providing historical details & context to the walk.

At first glance this looked like a walk in the park – only 13 kms and no hills. But, it was quite an historical walk. Passing by, or near, or visiting:-

| | | |
|---|---|---|
| Scienceworks and the former Board of Works sewerage pumping station | 2 Booker Street, Spotswood | |
| Westgate Bridge Memorial Park | Hyde Street, Under West Gate Bridge, Spotswood, | Westgate Bridge Memorial Park Monument Australia |
| Yarra River at Newport and at Fishermans Bend | | |
| Garden City (Sandridge Beach) | | |
| Princes Pier and Beacon Cove | | |
| Gasworks Art Park | | |
| Lemnos Gallipoli Memorial | Foote & Graham Streets, Lemnos Sq. Albert Park, | Lemnos Gallipoli Memorial Monument Australia |
| Answering the Call – Sailors Memorial | Beaconsfield Parade, Port Melbourne | "Answering The Call" Monument Australia |
| Port Melbourne War Memorial | Beach Street, Port Melbourne | |
| Drinking Fountain Memorial to Train Drivers Frederick Maskell & James McNabb, killed in the Windsor train accident. | Beach Street, Port Melbourne | Frederick Maskell & James McNabb Monument Australia |



| | | |
|--|--|---|
| Bicentennial Memorial | Beach Street, Port Melbourne | |
| Monument commemorates 6 construction workers who died in the collapse of the sewer tunnel under the Yarra - Good Friday 1895. | Westgate Bridge Memorial Park, Douglas Parade, Near Westgate Punt Ferry, | Spotswood Sewer Monument Monument Australia |
| Sites of various industries in Port Melbourne including the former Swallow & Ariell Biscuit Factory (vhd.heritage.vic.gov.au/search/nattrust_result_detail/66681), the former Victoria Sugar Refinery Chimney | | |



Westgate Park - Saltwater Lake - Pink in Summer - March 2019

Leader – Paul Smith

Text – Paul Redmond

Photos – Paul Redmond (except for the pink lake which came off the internet)



President's Column

I attended the Bushwalking Victoria Leadership Forum and AGM on Saturday 22nd June representing BBC, together with Louise O'Connor (Vice President) and Paul Redmond (Committee member).

BBC's Jeff McDonnell was elected for a second term as BWV vice president.

We picked up many ideas from the open forum sessions.

Some clubs run dedicated prospective member walks to assist potential bushwalkers to choose if the club's activities are for them and to some extent, to be sure that the membership candidate is right for the club (or bushwalking).

Michael King from Sports Community led an interactive workshop on creating a thriving and engaged community of club members. Michael separated members into groups to discuss how their clubs managed various topics. BWV will share the findings with member clubs soon. There were some great ideas which we would like to convert into actions for BBC over the next year after discussions at committee meetings.

Lyn Atkinson from Boroondara Bushwalkers, who has been leading the development of BWV's online leader training, announced that the project has been completed and is now available for member clubs to use for inhouse leader training.

The Fed Walks 24 committee is excited by Professor David Lindenmayer AO FAA agreeing to be a keynote speaker at the Saturday evening gathering at Tidal River. (See Packs Up December 2021 article The Great Forest. Richelle Olsen from BWV has agreed to be MC.

The sun has passed the winter solstice, so it is now time for leaders to start planning for spring walking. Once our skiers have packed away their gear it will be time to venture out into the wild woods and the high country to enjoy the fresh new growth, the rushing torrents of snow melt and the new season's wildflowers - day walks and overnight walks. New leaders should approach our experienced leaders for guidance or assistance. A good way for newer leaders to gain confidence is for experienced leaders to take on a new leader as an assistant for a walk and sharing of responsibility.

Our new committee members are settling into their roles. Committee roles can sometimes take up a lot of time and some assistance from members would be invaluable. If you would like to volunteer or you are approached to assist, please give the request some serious thought.



Enjoy your walking

Lyn Curtis

(President)

Freemans Mill Track: A Timber Industry Legacy

What bushwalkers know today as the Freemans Mill campsite was one of the more remote timber mills in the Bunyip River/Labertouche area, operating between 1911 and 1926 when the Black Sunday fire destroyed the mill and killed several Bunyip Forest workers.

Freeman's Mill was one of about 30 mills that worked the forest north of Longwarry from the 1880s into the 1930s. The first mills were close to Longwarry where sawn timber could be freighted by rail to Melbourne for further processing. Every six years or so the mills would be relocated deeper into the forest to source a new supply of timber.

The mills were connected to the railhead at Longwarry by narrow-gauge tramways — themselves made of timber — and tramways extended into the forest to bring the felled trees to the mill to be broken down.

Timber was there for the taking, particularly on privately owned land. It was the main component in house building and furniture making. Horse drawn vehicle frames were made of timber and of course, firewood fuelled the slow combustion stoves that our grandmothers cooked on.

The Freemans Mill walking track follows the alignment of a tramway that descended from the mill site to connect to a shared mill-owner tramway that ran into Longwarry to connect with the Victorian Railways' line to Melbourne.



A load ready for despatch to Freeman's mill probably taken in the early 1920s.

Photo: C. McDermid Collection

The farmland that you drive through today to get to the Freemans Mill track — along the Labertouche North Rd and the Bunyip River Road — was originally heavily forested. As the mills took what timber they wanted and cleared the land it was taken up by farmers, some of whom are today replanting native timber species to provide shelter for sheep and cattle in bad weather and to prevent soil erosion along creeks and gullies.



The area is jointly managed by Melbourne Water and Parks Victoria. The Bunyip River and aqueduct once supplied drinking water to Garfield, Tynong and the Mornington Peninsula. These areas are now supplied from the Tarago Reservoir via a closed pipe and the Bunyip River now supplies vegetable growers and dairy farmers in Labertouche and Koo-wee-rup before emptying into Western Port.

A total of 60 people were killed in the 1925-26 Victorian bushfire season, 700 were injured, and 1000 buildings were destroyed.

On Sunday 14 February, bushfires swept across Gippsland, the Yarra Valley, the Dandenong Ranges and the Kinglake area. The fires had originated in forest areas on 26 January, but wind gusts of up to 97 km per hour led to the joining of the fire fronts on 14 February.

Martin Curtis

Membership Fees 2024-25

Membership fees are due again.

On-line renewal with EFT payment is preferred.

| Fees for 2024/25 | Standard | Concession * |
|-------------------|----------|--------------|
| Single membership | \$55 | \$50 |
| Family membership | \$110 | \$100 |

*Concession rates apply where a Health Card or a Pension Card is held - not a Senior's Card.

Clubs' Membership fees include an insurance premium component. If you are a member of two or more clubs, you may elect that only one club needs to charge you a full membership fee to cover insurance. If you elect that BBC is not your "insurance club", please advise the treasurer and your fee for 2024/25 will be \$30 (no concession).

On-line renewal is preferred.

If you insist, pay by cheque or cash at a Club meeting, or send a cheque with sufficient details to identify your payment to the Treasurer at BBC, PO Box 460, Sandringham 3191.



FedWalks 2024



Bookings will close soon

Get on to the website www.fedwalks.org.au to choose your walks and your accommodation style and get your booking done. Act soon as the better accommodation options are going fast. Some walks are booked out.

BOOK HERE: <https://www.trybooking.com/COTQN>

Bookings are going so well that the most popular walk has been added to the program again for both Saturday and Sunday.

The relatively new Three Bays Walk (Tidal River- Squeaky Beach - Picnic Bay - Whiskey Bay - Tidal River) sold out in less than 24 hours. Check out option #13 on both days and book it before it goes again.

Shared accommodation is still available in cabins, huts and lodges, and camping. Individuals book their accommodation, and they will be placed with members from their club. Grab your friends, book now and make a weekend of it!



The latest issue of the Bushwalking Victoria Bulletin is available through the link on the BBC Website under the Packs Up! tab.

The next Leadership Training Day will be held on the 24th of August at Westerfolds Park. Enrolments opened on 1 July 2024. Maximum number of participants 20.

Full details are in the July edition of the Bushwalking News, including the link to enrol.

The expanded July edition includes articles on

- Stay on Your Feet: 10 Tips to Prevent Slips, Trips, and Falls on Your Next Bushwalk
- The Bushwalkers' Ten Commandments





Bunyip State Park 2 – 4 August 2024

This BTAC activity in Bunyip State Park welcomes new as well as seasoned volunteers to a combination of training and walking track maintenance experience.
Learn the techniques of track maintenance and help restore a track.

| | |
|---|---|
| Track(s): | Mortimer Nature Walk and possibly others |
| Project Leader/Contact: | Owen Morris 0406 327 420 cooeeom@gmail.com |
| Where to meet: | Mortimer Camping & Picnic Area – Gembrook Tonimbuk Road |
| Working hours: | Training & track maintenance activities will occur on Saturday & Sunday starting at 9am each day. |
| Skills needed: | Good level of fitness. There is a wide range of tasks. No previous track maintenance experience is required. But experience with Chainsaw operation, brush cutting, hedge trimming, use of hand tools, manual lifting would be welcome. |
| Transport: | Arrange your own. Car pooling is encouraged. |
| Accommodation: | Mortimer Camping & Picnic Area – Gembrook Tonimbuk Road Friday & Saturday nights. |
| We'll provide: | Parks Victoria and BTAC will provide all equipment and PPE. Pre dinner nibbles & a BBQ meal will be provided on Saturday evening |
| Please bring: | Camping gear and provisions for all meals except Saturday evening. A Day pack to carry lunch, energy snacks, water, raincoat, warm top, emergency contact & medical information form, small first aid kit, etc. Sturdy work footwear and gaiters. |
| Scope of work: | We will be working as volunteers to Parks Victoria to do track maintenance work. Training will include: considerations when track clearing, methodology, standards, equipment use and maintenance, track marking and safety considerations. The practical work will include: chain saw operation, brush cutting, hedge trimmer operation and the use of hand tools for vegetation trimming and clean up. Inexperienced volunteers will be paired with an experienced person. Volunteers operating a chainsaw must have a chainsaw ticket. |
| Meeting time: | 8:45am for a 9:am start both days. Volunteers are welcome to arrive at the Camping area from 2:00pm Friday 2 August |
| Finish Time | By 3:30pm Sunday 4 August. |
| WWCC: | It is a requirement of Parks Victoria that all volunteers <u>after their first volunteering activity</u> have a working with Children Check. |
| <p>Please register on ParkConnect by 27 July parkconnect.vic.gov.au</p> | |



Wilson's Promontory National Park
22 – 25 August 2024

| | |
|--|--|
| Track(s): | Various walking Tracks in Wilsons Prom National Park |
| Project Leader/Contact: | Joe van Beek 0411 749 799 joevanbeek@bigpond.com |
| Where to meet: | Baldwin Spencer Lodge in Tidal River |
| Working hours: | Track maintenance activities will occur on Friday & Saturday starting at 8 am each day. There may be some tidy up work required on Sunday. |
| Skills needed: | Good level of fitness. There is a wide range of tasks. No previous track maintenance experience is required. But experience with Chainsaw operation, brush cutting, hedge trimming, use of hand tools, manual lifting would be welcome. |
| Transport: | Arrange your own. Car pooling is encouraged. |
| Accommodation: | Parks Victoria are providing accommodation in the Baldwin Spencer Lodge at Tidal River. Baldwyn Spencer sleeps 30 in bunks split across 6 rooms. Blankets and pillows are supplied. However, volunteers will need to bring their own linen and towels. Facilities include a central dining and living area with gas heating and an outdoor barbecue. A fully equipped kitchen includes a gas stove, microwave and fridges. Two bathrooms with showers and vanity units with separate toilets. |
| We'll provide: | Parks Victoria and BTAC will provide all equipment and PPE. |
| Please bring: | Linen or sleeping bag and towel. Provisions for all meals. A Day pack to carry lunch, energy snacks, water, raincoat, warm top, emergency contact & medical information form, small first aid kit, etc. Sturdy work footwear and gaiters. |
| Scope of work: | We will be working as volunteers to Parks Victoria to do track maintenance work including stone step construction. Other maintenance work could involve brush cutting, hedge trimmer operation, chain saw operation and the use of hand tools for vegetation trimming and drainage or step clearing and odd jobs.. |
| Meeting time: | From 2pm on Thursday 22 August |
| Finish Time | By noon on Sunday 25 August. The Lodge needs to be vacated by 12 noon on Sunday. |
| WWCC: | It is a requirement of Parks Victoria that all volunteers after their first volunteering activity have a working with Children Check. |
| Please register on ParkConnect by 15 August (parkconnect.vic.gov.au) | |



Why Some Venomous Snakes Can Bite and Kill Even When They're Dead and Decapitated

[ABC Science](#) - By science reporter [Belinda Smith](#)
Posted Jun 2024



The eastern brown snake (*Pseudonaja textilis*) isn't only deadly when it's alive. (Getty Images: kristianbell)

The eastern brown snake (*Pseudonaja textilis*) isn't only deadly when it is alive. (Getty Images: kristianbell)

Why a dead snake can bite

To understand how a dead snake can be deadly, it's worth knowing why they can be such effective killing machines when they're alive.

The composition of snake venom itself varies between species but you can think of it as a complex cocktail made of molecules — up to 30 different proteins and peptides — that each might inflict different types of damage, University of Queensland snake expert Christina Zdenek says.

They're broadly categorised into three types:

Neurotoxic molecules. These disrupt nerve function. Effects include drooping eyelids and being unable to breathe, because your diaphragm muscles can't contract.

- Haemotoxic molecules. They disrupt our blood-clotting ability, potentially leading to internal bleeding, organ failure and bleeding in the brain.
- Cytotoxic molecules. These encourage our body cells to burst open, releasing their contents into the blood. This can overwhelm the kidneys, which filter the blood, causing kidney failure and death. Other toxins, such as those found in some spitting cobras, inflict pain.



This lethal cocktail is stored in a gland in their cheek, which is connected to their fangs via a duct.

When a snake bites, perhaps in self-defence or to subdue prey, compression muscles squish the gland. Venom courses through to the syringe-like fang, and into (or onto) their target.

Given these "envenomations" require a muscle to contract, how do dead, decapitated snakes manage it?

It boils down to the fact that snakes are energy-efficient creatures, Dr Zdenek says.

"A snake at rest might only breathe five times a minute, so already they have low oxygen requirements."

This means even when their heart has stopped beating, their tissues can retain enough oxygen to allow nerves to fire, triggering bite reflex if you put a finger in or on its mouth.

"It's unsurprising to me that they can still have these post-mortem reflexes for quite a long period," Dr Zdenek says.

For how long are they dangerous?

We humans have known that snakes appear to "live on" after death for centuries. Back in the 1300s, Egyptian scholar Al-Damiri wrote that "a dead viper's body will continue to wriggle for three days".

More recently, there's the old wives' tale that "a snake won't die until the Sun sets".



While both exaggerate matters slightly, we have a reasonable idea of the dangers of a headless venomous snake from a series of rather gruesome experiments conducted in the early to mid 1900s by US herpetologist Laurence Klauber.

He chopped the head off live snakes (this happened before animal ethics was a serious consideration) and, among other things, measured how long after death the snake could bite a stick placed in its mouth.



One head bit a stick and discharged venom 43 minutes after decapitation," Dr Zdenek says.

As some snake toxins are incredibly stable molecules, and don't easily deteriorate, they can cause problems not minutes but months down the track.

Advice for handling dead snakes

Put simply: don't, if you can help it.

"Whatever you do, stay away from the fangs — and don't kill snakes", Dr Zdenek says.

"It's illegal, and snakes are ecologically important to keep around".

"And it also just puts you in a dangerous position in the event that you are bitten by an alive or dead snake."

"If you are unlucky enough to be bitten by a dead snake, [first aid would be the same as if it was alive](#)", Dr Zdenek says. "You would stay calm, stay still, and wrap that whole limb with a compression stretchy bandage. That's called the pressure immobilisation technique. Then get in touch with medical professionals from there."

Acknowledgement of Risk

Members need to acknowledge annually, for insurance purposes, the risks inherent in bushwalking.

In previous years this risk acknowledgement was made as part of the annual membership renewal process. Unfortunately, some members did not complete the renewal process completely, resulting in their acknowledgement not occurring and the committee (and therefore the club) being left in an invidious position. To rectify this situation, the acknowledgement of risk has been removed from membership renewal to the trip booking process.

Change to Trip Booking Process - 'Acknowledgement of Risk' now appears as an additional step in the trip/activity booking process.

Bushwalking Australia advises: -

The purpose of the Acknowledgement of Risk (AoR) is to help ensure that participants understand the basic requirements of participation in the activity they are about to undertake, and the potential risks that they are about to expose themselves to. In the case of people new to bushwalking, the AoR is particularly important in ensuring they have at least a basic appreciation that there are some risks involved in going bushwalking.

In the case of existing members, it is hoped that signing the AoR at the time of renewing their membership is an annual reminder that there are risks involved in going bushwalking.



Continuing - Pine Valley, the Acropolis and the Labyrinth

From page 6

Wind, cloud and sleet conspired against us and the track was nondescript marked only by cairns of common rock so camouflaged in its environment. Leaping from rock to rock was the only method of moving forward. We pushed on until we stood, entombed in cloud, our mighty tormentor beneath our feet, we were atop of The Acropolis! Cloud obscured any view, misty sleet blew in from all sides, the wind was strong and cold. Although we had triumphed, it was not a pleasant place to be. Hypothermia lurked among the rocks like a predator; time to leave.



The team on top of the Acropolis

No confession here, but your writer, acting as leader at the time, walked straight past the exit down and stood looking lost in a very confined area. We recovered our bearings and soon found the path off the summit. Now the hard part. The scramble down was just that, a scramble over rock and boulder, with many slips but there remained one of us who was steadfast under foot. I say to Darryl that there are many methods by which one can fall and not all involve a change of altitude. The group commented on building a house among the boulder fields with Glen insisting that he would require a rockery. With many sore parts we left the rockfall behind us and progressed along the ridge, the cloud cleared and we enjoyed a great view of the Acropolis and the path we had taken.

Reaching the point where we descended to the valley floor, spirits were high as we went down, so rain jackets were stripped off and, in Glen's case, thrown away.

After a seven hour adventure we reached the Pine Valley Hut and were most pleased to have a sit down and a hot drink.





Our view of the Acropolis on descent

It was then discovered that Glen had not deliberately discarded his rain jacket and we figured that he might need it in the coming days. Back up the ridge we went, but the jacket was not found, oh dear. Now, in what can only be described as “the miracle of the jacket”, it was returned to its owner via a group of hikers who had found the jacket and carried it to the hut. Glen rejoiced until bedtime.

On day three we realised that the weather would turn to rain the next day. We decided to get a move on as our intended destination was the Echo Point Hut some 17km to the south. Speed was important but who would lead such a charge? Cometh the hour cometh the woman. Julia led the party and drove us hard, moving without effort, her grace made the rest of us look like stumbling sloths as we tried to keep up. At her speed we reached the ten km point at Narcissus Hut in around 2 hours. We begged reprieve and Glen took over leading the group to Echo Point Hut, arriving by 1pm. Now we had a decision to make, stay there, and walk Day 4 in the rain, or push on another 12km and achieve Fergys Paddock camp site near Cynthia Bay where we had started and where the car was waiting. A unanimous decision was made; packs-up!

The team walked into Fergys Paddock around 5pm and by the time we had been to the Lake Clair Resort and back (yes, beer may have been consumed), we had covered over 30km in one day. Well done to all, I still can't reconcile Julia's stamina and capability given that I weigh twice what she does. I was stuffed. I slept well.

Rain, but who cares. We packed-up between showers and loaded the car for the three hour drive to Devonport and our hotel. Here's an important tip, don't expect much from a \$99 hotel. Unless it's this one. The Edgewater is old, well appointed, and clean. Yes you could see the Outlaw Motorcycle club rooms from the driveway, but no Outlaw meeting was held during our residence. A nice diner in a busy family pub and a soft bed were appreciated.



Finally, the Ferry home. The daytime sailing on the Spirit of Tasmania is a bit like a long 'plane flight, however you can walk around and do stuff. And stuff we did, there are films (didn't attend these), music trivia, presentations on Tasmania and live music. The ten hour trip went fast and convinced me that I would take the Spirit to Tassie again. Off the ferry at about 7pm and, after a car change at Lara, we were all home by 9:30pm.

What a great odyssey. Fun, challenging at times with the brilliant company of (in alphabetical order) Darryl Drake, Glen Brown, and Julia Trenchard-Smith. Thank-you.



The Team @ Our Best

Text and Photos by Ian Knapton



Pine Valley Hut

Cephus, in Greek mythology, was the father of Narcissus, who broke many a young lady's heart, including that of Echo, and was doomed by the goddess Nemesis to look at his reflection in a river and he died of starvation, glued to the spot.



Continuing - Bogong High Plains - Ryders Huts, Dibbins Hut, Blairs Hut and Westons Hut**From page 8**

And so we went; down the Cobungra Spur, the gradient becoming steeper; a slog on the knees and requiring concentration on the step. The early stages of the descent provided marvellous views of Mt Hotham Village across the gap. Lunch was at the foot of the Basalt Temple, on a beautiful sunny grassy slope, about a quarter of the way down; so blessed by weather on this walk. Paul, Jan and Michael preceded lunch with a climb to the summit of this basalt hill. Your author suspects it is an old basalt column that has weathered and toppled to leave a large boulder field of broken hexagonal boulders of surprisingly similar sizes - like a Giant's Lego playground.



An amazing view and a pleasure to climb around – for those who like to rock hop.



After lunch, we continued down through open forest of tall trees until, without warning, we were at the track junction in Cobungra Gap. We dropped packs and took a side trip to Dibbins Hut set on a beautiful



deep tussock grass plain on the Cobungra River - an interesting old log hut of early basic construction. A small path led to the river, flowing quickly over a very pretty gravel beach under arching small trees, for water and a refresh – much to the disgust of a small trout that took off upstream to avoid the “tourists”. Not much of a meal but exciting to a fisherman’s eye.

We took our photos and enjoyed a snack in the sun, then left the AAWT behind at Dibbins and returned to our packs and our path along the West Kiewa River to Blair’s Hut. An easy four kilometre downhill route through tall forest, along a walking track which morphed into an unused logging track and at the Red Robbin Gold Mine at the foot of Machinery Spur, joined the West Kiewa Logging Road. The Red Robin Mine boasts a high voltage (32,000 volts) electrical junction box at its gate, quite a surprise in this isolated alpine forest. Beyond the gate we could see some sort of large antenna – assumed to be part of the mine hidden behind Private Property signs at the gate.

The West Kiewa Logging Road brought us to the bottom of the spur up to Westons Hut and a side track to Blairs Hut. Blairs Hut is an original log hut with a low roof line. The camping area is expansive and proved to be popular although not crowded, but it did require a long walk to collect firewood. We chose a campsite away from the hut beside cold rushing Kiewa water.

A good camp was enjoyed in this sheltered valley, with a warming fire and the sounds of the gurgling river to lull you to sleep on a cold crisp night, which yielded frosted tents and cold packing hands in the morning. Our sleep was disturbed by a serenade by some packs of dingoes whose howling echoed across the large empty spaces but sounded as if they were close to our camp.

A rumour went round the camp next morning, that one member of the party had bathed in the freezing waters before dawn. Paul, in the absence of witnesses, deemed the furphy as not credible. Well, your author will attest that Nature’s Gods welcomed this ceremonial ablution into their bountiful and beautiful creation which kept this Adonis warm and fully alive.

On Saturday, our third day, Damnation raised its ugly head again, as our leader herded his party onto the track UP to Weston’s Hut and took up position to encourage fading stragglers. It was all up, up and more up, our track taking us through stands of tall Mountain Ash up into Snow Gum country.

**Feathertop and
Diamantina Spur**



The views across the Kiewa valley to Feathertop became more and more appreciated as the legs began to burn and one's will softened and the viewing stops became more frequent and longer. It is one thing to be fit, but mountain fitness is another thing altogether.

Westons Hut is well equipped and sited in a clearing on a small bluff two thirds of the way up to the edge of the High Plains (say 400 metres up with another 240 to go). Benches which usually sit under the shelter of the veranda were transferred to the grass in front of the hut and the walkers enjoyed morning tea in the warming sun.

Pleasant as it was, the top called and so we continued our journey UP. The slope began to ease as we came out of the tree cover to traverse across the gentler open grassy slopes leading up to the edge of the High Plains. We stopped by a lone snow gum for a magnificent view of Mt Feathertop and the Diamantina Spur to the west, as well as of Mount Jaithmathang in front of the Fainters, to the north.

We topped out and continued across the plain, downhill softly, to snow pole number 333 which marks the four way track junction on the AAWT. We took the AAWT in the direction of Falls Creek, but soon left it to follow a faint track on the last downward slope back to that small weir on the aqueduct that we seemed to have left days before, but it was only yesterday. We lunched at the weir taking advantage of the sun to dry our still frosty tents.

Four kilometres and an hour later, the aqueduct track brought us back in the early afternoon to Ryder's. Paul's memory did not fail him, and he homed in on his now well cooled, beers waiting in the cold water.

We set up in the main hut for the evening meal as the wind, under a cloudless sky, was fresh and chilling. A relaxed pleasant evening around the fire in the hut ensued, with Paul producing a bottle of Pepperjack Shiraz from that esky for all to share, while we contemplated our day's good climb and the beautiful walk, all but completed.

The final day was a simple hour and a half retrace walk back to the cars and lunch at 'Treats' in Tawonga South before the long drive home.

Thanks to Paul for organising and leading a great four days in the mountains.

25th to 28th April 2024

Thank you to Michael for his poem

Photos - Snow Grass Group and Feathertop – Michael Yenken
Basalt Temple - Paul Redmond

Leader - Paul Redmond



Join the Braeside Park Volunteers

We at Braeside Park would love to welcome you to join our fun team of volunteers, each Wednesday 9am - 12, in this extensive bush oasis in the midst of suburbia.

We do stop for morning tea of course.

We often see echidnas, turtles, rare orchids and many species of land & water birds.

We rotate through a variety of jobs - Caring for the heathlands, grass and wetlands by:

- Removing foreign shrubs, thistles and trees.
- Planting and weeding
- Removing rubbish
- Mulching
- Fencing and
- Eradicating rabbits in specific areas.

If interested, please contact

Helene Rogers,
Elizabeth Keith-Ewing
Ranger - Janelle Cadd

This Month's Photo Riddle



Another hut to identify Answer on page 29



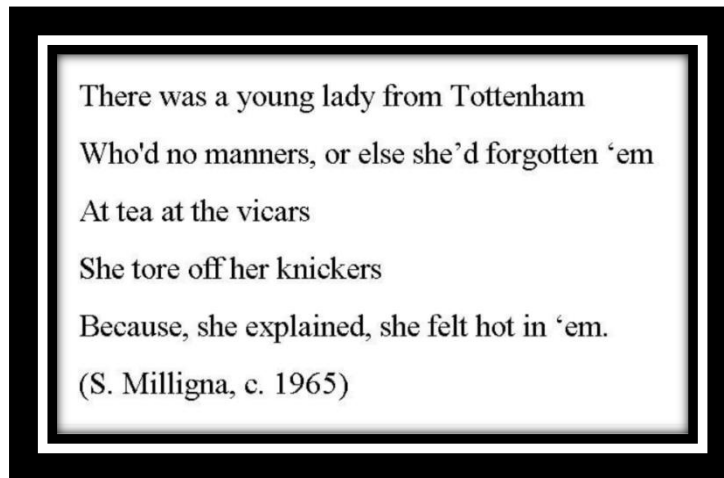
Upcoming Walks and Activities

The current listing of BBC activities can be found on the club's website.



Photo Riddle Answer - Bindaree Hut (Feb 2017)

Currently BBC has 367 members.



If you enjoyed reading this magazine or would like to know more about walking with the Bayside Bushwalking Club, visit our website www.baysidebush.org.au .

The Club is welcoming to new members. If you are unsure about a first walk with BBC, we can provide a 'buddy' to assist and prepare you for an enjoyable day in the bush or on an urban walk. Places are held for new members on the popular walks that quickly book out.

Identifying details of members have been removed from this 'public' edition of the magazine. Some formatting may have suffered from this action.

Packs Up! is the newsletter of the Bayside Bushwalking Club (BBC).

Editor – Paul Redmond

Contributions can be sent to the editor at newsletter@baysidebush.org.au.

Text must be in Microsoft Word format and photos for inclusion in jpg format.

Deadline for contributions is the close of business on the third Monday of the month.

The contributor is responsible for ensuring that all authors and photographers have agreed to publication in *Packs Up!* and that persons depicted in photographs have given their consent for their image to be published in *Packs Up!* and appear on the BBC Website.

Opinions expressed in this publication are not necessarily those of Bayside Bushwalking Club Inc., its office bearers, or members.

Advertisements may be accepted from members relating to Club activities, sale of second-hand equipment or seeking expressions of interest in club or private trips. Advertisements submitted must comply with Club policy as set out in Appendix 2 to the "ABC of the BBC".

Publication of all submissions will be subject to limits of time, space and the editor's discretion, especially the editor's discretion.

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The Bayside Bushwalking Club's Facebook page is attracting lots of "likes" every week. If you're on Facebook and want to find us, search Bayside Bushwalking Club in the Search box at the top of the Facebook screen. There is also a link on the BBC website that will take you straight there. And if you "Like" the page or one of the posts, you will get any new BBC posts on your Facebook feed.



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