



**BAYSIDE
BUSHWALKING
CLUB**

PACKS UP!

August 2024

Volume 40 Number 9



George Bass Coastal Walk

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

In This Issue

Perisher Base Camp - 2024	3
Mordialloc to Carrum via the Longbeach Trail	8
The Thursday Walk	9
President's Column	11
Next Member's Meeting	11
FedWalks 2024	12
How To Be a Successful Bushwalking Leader	15

This Month's Photo Riddle	17
Membership Fees 2024-25	18
Acknowledgement of Risk	18
What Makes the Eastern Brown Snake So Deadly?	19
Don't Be a Sucker - Get to Know Leeches	20
Leeches – All Your Questions Answered	22
Upcoming Walks and Activities	23
BWV News	12
BTAC Working Bees in August & September	13 & 14



See latest information on Page 11.



Perisher Base Camp - 2024

Perisher has been a long-time favourite of BBC member, Lillian Crompton. She holidayed there with her parents and siblings, then later with husband Doug and their family, and in more recent years with BBC members. Lillian and Doug took BBC back to the Kosciuszko National Park again in March 2024.

“The Perisher Base Camps are among the best I have done with BBC”. “This, the most recent one was exceptional, being blessed for the whole stay with wonderful weather”.

Members expecting an easy first day were surprised to find that the visit to Porcupine Rocks, the Fairy Dell, and the Ramshead Trail through to Charlotte Pass Village would not be so easy. Still, everyone coped and enjoyed the day, particularly the climb up to and around the Porcupine Rocks with a bird’s eye view over the Crackenback Resort.

It was interesting to discover that in late March the sun only reached a few parts of the Fairy Dell. This hidden gem, not found on maps and only known to a few regulars and locals is hidden between sheltering high rocks. Still, the party sought out the sunny patches and enjoyed morning tea in the sun and out of the breeze.

The track to Porcupine Rocks wanders through snowgrass and snow gums until it reaches this large group of granite boulders providing extensive views of the Main Range and down to Thredbo Valley and Bullocks Flat. Following on from Porcupine Rocks, the latter part of this first day took the walkers on the new trail extending along the Ramshead Range to Charlotte Pass Village and providing fabulous views across to Thredbo.

The Mt Kosciusko Summit loop is always spectacular and occupied the second day.

In fine weather the panoramic views from the highest peak in Australia are stunning. The loop runs for 22 kms with lots of up, there is always going to be lots of up when visiting a highest peak, and if a side trip to Mount Townsend, the second highest mountain in Australia, is added, you are looking at a 30 km walk.

A pleasant surprise was to discover over two kms of new board walk between Lake Albina and the base of Carruthers Peak. This, in addition to the ongoing maintenance to the Mt Kosciusko track with the to-ing and fro-ing of helicopters and maintenance crews constructing the new board walk to service the 2.1 million visitors annually which indicated the time, effort and monetary requirements to service such a popular and iconic feature.

“I am still trying to forget the cobblestone path down to the Snowy River. I loved the new walk (once we turned off the cobblestone path)”





Caruthers Peak



Mount Kosciusko Summit



Restaurant and Chairlift Ruins



New boardwalk near Lake Albina

More perfect weather on day three for the lovely walk to Mount Stilwell, Wright’s Creek and the Little Stilwell loop from Charlottes Pass.

This walk took in the ruins of The Chalet high above the Thredbo Valley, a popular walk with the Crompton family for many years, and its history never ceases to amaze. Known variously as The Chalet, The Stilwell Restaurant, and among the locals as the Crows Nest, was built at the highest point on the Thredbo Valley to Charlotte Pass chair lift in 1964-65. At the time, it was the longest chairlift in the world. Operations ceased when, as it says in published history, a person came off the end of the chairlift dead from exposure. The abandoned buildings deteriorated to become dangerous and a magnet for inexperienced walkers and skiers, and, it has been said, was demolished by the unusual step of using it for bombing practice by the RAAF. This we have been told; we have not sighted any proof. And while in a ‘BTW’ frame of mind, the restaurant was nowhere near its titular Mount Stilwell.



Day four already! There are two options for the walk from Charlotte Pass to Guthega.

Lilian led a group via Mt Twynam, the third highest mountain in Australia and a great spot for a 360 degree panorama of the Kosciuszko National Park. Morning tea was taken at the trig point marking the height as 2195m, (Kosciuszko is 2,228 metres). Leaving the third highest morning tea spot in Australia, the track skirts Little Twynam descending to a beautiful field of rocks and wildflowers beside Twynam Creek.

Doug led a second group along a trail beside the Snowy River, part of the new Snowies Alpine Track.

The two groups converged at the 40 m long Illawong Suspension Bridge, some 8 to 10 metres above the Snowy River. Crossing the river on this spindly, wavering bridge, you may look down if you're brave enough, at some quite spectacular rock formations. Beyond the bridge, the trail continues to the pretty little ski village at Guthega, which is not far from the Guthega Power Station, the smallest of the eight Snowy Scheme power stations and the first to be completed, in 1955. It is also the highest power station in Australia.



Illawong Suspension Bridge

The Perisher - Blue Cow circuit was saved for the last day.

This walk from Perisher Village ascends Back Perisher Mountain.

While enjoying morning tea at the top of the chair lift it is easy to imagine skiers alighting from the chairlift during the snow season, eagerly ready to start their downhill run.





Leaving Back Perisher

The off-track ridgeline route down to Pleasant Valley leads to Blue Cow Ski Tube Terminal. This underground electric rack railway, built in 1987 links, during the snow season, the ski resorts of [Perisher Valley](#) and [Blue Cow Mountain](#) to the outside world at Bullocks Flat on the Alpine Way. The Ski Tube operates in winter, providing efficient under the snow transport for skiers, sightseers and freight. The line begins at an elevation of 1,125 metres above sea level, climbs on a 12.5% gradient to the Perisher Valley terminal, reaching a maximum elevation of 1,905 metres at the Mount Blue Cow terminal.



Mount Kosciuszko Peak - March 2008



In summary, due to exceptionally good weather and a group of fit, enthusiastic BBC walkers we were able to complete approximately 86 km of walking in 5 days. Combine this with comfortable accommodation at the Kiandra Pioneer Ski Club lodge and excellent leadership, it was a great base camp in the Kosciuszko National Park, situated on the ancestral land of the Monero Ngarigo People.

- “We used the perfect weather provided for us to the max, so unfortunately, there was no time or energy left for cards in the evenings”.
- “The Perisher Base Camps are among the best I have done with BBC”. “This, the most recent one was exceptional, being blessed for the whole stay with wonderful weather”.
- “I didn't mind the endless board walk as I felt it made the ascent easier than I had remembered. I am still trying to forget the cobblestone path down to the Snowy River. I loved the new walk (once we turned off the cobblestone path)”.
- “It is wonderful having a leader in Lillian with her great local knowledge”.

Contributors – Lillian Crompton, Fiona Hare, Diane Segall and Lyndall Biggars.

Photographs by Lillian and Fiona

[thredbo-perisher-area-walking-tracks-brochure](#)

[Snowy Mountains Hydro | National Museum of Australia](#)

[Snowies Alpine Walk | NSW Environment and Heritage](#)



New Boardwalk from Thredbo to Rawsons Pass by Bronwen Robertson (March 2024)



Mordialloc to Carrum via the Longbeach Trail

A small group of relatively new BBC members gathered under leaden skies at Mordialloc Railway Station, for this easy beginner walk led by Matthew Freeman. The group took comfort, should the weather have collapsed, and the walk needed to be abandoned, in knowing that they were never too far from a railway station.

Fortunately, the threatening rain barely touched them during the walk, however, by the time they reached the end of the walk at Carrum, the sky was black. They huddled under the veranda at the Carrum shopping strip and were surprised by a pizza shop owner who invited them in, even though she was yet to open her pizzeria.

Warmed by the wood fired pizza oven and enjoying a well-earned coffee, our group was further surprised by their hostess, who announced that she had been experimenting with a new recipe for Tiramisu, and "Would you try it out for me". They gave it 10/10.

When the heavens did open, a small group of relatively new BBC members congratulated themselves in finding the perfect shelter – Mr Smokestack Woodfire Pizza on the Nepean Highway at Carrum.

Sunday 30th June 2024

Leader – Matthew Freeman

Author – Stuart Trist



Patterson River

Sharon, Howard,
Stuart and Matthew

Further Info - [Longbeach Trail, Victoria - AllTrails](#)

The Thursday Walk

Mernda to Middle Gorge – Plenty Gorge State Park

Thursday 11th July 2024

Like so many of the 23 members on this walk, I had never travelled by Metro train to Mernda. It may be a long journey from Flinders Street's Platform 1 to Mernda, and it may be at the end of the line, but it is not out in the bush, Mernda is a closely developed suburb. It is, however, the northern gateway to the Plenty Gorge State Park.

Within 10 minutes of stepping out from the station, in its all modern tall metallic metro style, we were walking along a gravel path in a wide grassy track reserve bordered on the eastern side by lightly timbered eucalypt regrowth beside the Plenty River. Occasional elderly River Red Gums hinted at the pre white settlement history of this area, just as the rough sawn timber fence posts with occasional strands of rusty wire attested to the relatively recent pre suburban farming use of this land, once the home of the Wurundjeri Woi Wurrung people. The park lies between two distinct landscapes: undulating hills and ridges on the eastern side and a flat basalt plain on the western side.



Plenty River

Like most Thursday walks, it was only a short distance to morning tea, on this occasion at “Two Beans” at the Carome Homestead.



Carome Homestead consists of the remnants of one of Victoria's earliest flour mills, an 1860s bluestone farmhouse and associated farm buildings, as well as the former Wollert Methodist Church which was relocated to the site in 2022. Working Heritage was appointed manager of the property in 2009.

The walk continued alongside the Middle Gorge, occasionally straying close to suburbia on the western side. Housing is on the western side of the street beside the park, none bordering the bushland, which gives the residents a bush view and saves walkers having to view back fences.

The Park is studded with wetlands – the Morang Wetlands, Stella Dale Creek Reserve which provide swimming in summer, but we could only admire the rope swings hanging from tree branches that overhang the hopefully deep pools and the adventurous boys and girls that use them.



Morang Wetlands

The path of this walk is undulating, some minor hills but nothing strenuous. One hill takes the walker down to the former le Page Homestead adjacent to the Hawkstone Picnic Area. We lunched in the gardens of the homestead and admired the old bluestone stables and other outbuildings.

After lunch it was a relatively short walk to Middle Gorge Railway Station to return to the southern suburbs, except for Cathy, who now lives in a northern suburb.

Leader – Paul Smith

Writer & Photos – Paul Redmond

[Carome Homestead](#)

Working Heritage manages heritage places on Crown land in Victoria, through conservation, adaptation and re-use. It is responsible for 16 heritage places across metropolitan and regional Victoria – from the Former Royal Mint in central Melbourne to Court Houses in rural towns. Working Heritage specialises in managing government assets of heritage significance that are no longer needed for their original function, finding contemporary uses for these places that provide community benefit and contributes to their continued care. [Working Heritage](#)

Parks Victoria - [Plenty Gorge Parklands](#)



President's Column

The weather has turned, and the conditions are great again for walking. There are some fabulous walks on offer on the Trip Program so get in early to book a place.

Bayside Bushwalking Club is turning 40 this year and we are celebrating with afternoon tea 2.30 to 5pm Sunday 15th September 2024 at the Sandringham Bowling Club. Foundation members, life members, past presidents and members are invited, and this is a great opportunity to reacquaint with some old timers who made the club what it is today. Book your place and bring a plate to share.

As part of the 40th celebrations we are also offering a medium and easy walk at the Freemans Mill Track later in the year on Sunday 1 December 2024. Freemans Mill Track is the dedicated track that BBC maintains. Save the date and join in the celebrations when this opportunity opens.

Sandringham Bowling Club is offering BBC members a couple of opportunities to Try Bowling 10am-12pm Friday 20 September and 1pm-3pm Sunday 22 September 2024. The club will supply equipment and tuition for all wannabe bowlers plus free finger food at the end of the program. This is a great opportunity to try this sociable sport. You can register your interest on the Trip Program.

Paul Redmond is upgrading the tents in BBC lending equipment portfolio. Check out what is on offer on the BBC website to assist you in trying overnight hiking without the financial outlay. There are good packs, tents and cookers available.

Vivienne Player, a BBC member for many years passed away recently. She has been in poor health for a while. Vivienne was a particularly bright and sociable lady, passionate about outdoors and a skilled writer. Club members will also be saddened to hear that Dale Emmerton has passed away.

Federation Walks planning for the 90th anniversary is going well. We have around 330 participants signed up for 11-13 October 2024 for what will be a tremendous weekend with inspiring speakers, great music, delicious food and the camaraderie of the bushwalking fraternity. Bookings close 31 August so book your place soon.



Enjoy your walking

Lyn Curtis

(President)

Next Member's Meeting

Monday 2nd September 2024 - 8pm at the Hampton Community Centre.

Sam Waley - Lead Exercise Physiologist from Medical High Performance. Exercise and Healthy Ageing. Explore the ins and outs of exercise, how it affects all aspects of our health and wellbeing and how we can get the most out of our bodies.

Save This Date – BBC Christmas Party – Monday 2nd December



FedWalks 2024



Hear about the importance of future planning for national parks

At the Saturday night Fed Walks 24 event headline speaker Professor David Lindenmayer will talk about why national parks are so important - both ecologically and economically - and why these critical areas must be formally protected and then properly managed.

“New forms of finance will be needed to ensure that there are sufficient well targeted resources (including monitoring) to support good protection as well as good management; this includes management of the impacts of people.” David said.

What better place to hear about the importance of national parks, the possibility of new national parks and future management strategies than at Wilsons Promontory at the 90th anniversary of Federation Walks event 11-13 October 2024.

Book now for this fabulous weekend. Check out the website www.fedwalks.org.au to view the walks and accommodation package.

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



The latest issue of the Bushwalking Victoria Bulletin is available through the link on the BBC Website under the Packs Up! tab or go to [August 2024 Bushwalking News!](#)

For an update on BWV Board activities go to [BWV Club Update](#)

Your BWV 2024 / 2025 membership card is attached to the email which brought you this edition of Packs Up!.



Bushwalking Victoria

Bushwalking Tracks and Conservation

Wilson's Promontory National Park 22 – 25 August 2024

Track(s):	Various walking tracks in Wilson's 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 at Tidal River in the Baldwin Spencer Lodge which sleeps 30 in bunks split across 6 rooms. Blankets & pillows are supplied. <u>BYO linen, towels & ear plugs.</u> Facilities include a central dining & living area, gas heating & an outdoor barbecue. Fully equipped kitchen with gas stove, microwave & fridges. Two bathrooms - showers and vanity units, 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 which needs to be uploaded to ParkConnect as evidence.
ParkConnect Registrations by 15 August parkconnect.vic.gov.au If registering after 15 August, contact Joe van Beek	



Croajingalong National Park - Wilderness Coast Walk 26 - 29 September 2024

Track(s):	Wilderness Coast Walk near Wingan Inlet - Petrel Point Walking Track
Project Leader/Contact:	Mike Grant 0459 088 853 mikegrant1@bigpond.com
Where to meet:	Wingan Inlet Campground
Working hours:	We will gather on Thursday afternoon/evening. Track maintenance activities will occur on Friday and Saturday starting at 8am. Actual hours to suit individuals. On Sunday we will pack up camp and travel home.
Skills needed:	Good level of fitness. Chainsaw operators, brush cutting, hedge trimming, use of hand tools, manual lifting. There is a wide range of tasks. No previous track maintenance experience is required.
Transport:	Provide your own transport to Wingan Inlet campground or arrange to share a ride. 4WD or AWD recommended. 500km from Melbourne.
Accommodation:	Camp at Wingan Inlet campground. Parks Victoria have reserved sites.
We'll provide:	Parks Victoria & BTAC will provide all track maintenance equip't and PPE. Parks Victoria will provide a BBQ meal for Saturday Night.
Please bring:	Camping gear and provisions for all other meals. A day backpack to carry lunch, energy snacks, water, raincoat, warm top, emergency contact, and medical information form, etc. Sturdy work footwear.
Scope of work:	We will be working as volunteers to Parks Victoria to do post fire track maintenance work including brush cutting, hedge trimmer operation, chain saw operation, erecting markers and the use of hand tools for vegetation trimming and clean up.
Meeting time:	From 2pm Thursday 26 September, as it suits participants.
Finish time:	Sunday morning - to pack up camp and travel home.
Registration:	It is a requirement of Parks Victoria that all volunteers after their first volunteering activity have a working with Children Check which needs to be uploaded to ParkConnect as evidence.
<p>Please register on ParkConnect by 19 September parkconnect.vic.gov.au If registering after 19 September, contact Mike Grant</p>	

For details of future events go to - [BTAC - Bushwalking Victoria](#)

October Event - 25-28 October- Mount Jaithmathang



How To Be a Successful Bushwalking Leader

This article comes from "Great Walks" an Australian walking magazine.

Find their home page at [Great Walks –](#)

Words by Marcus O'Dean

When conditions are good and the walk is easy, a leader's qualities may not be obvious, but when the proverbial hits the fan, a good leader may mean the difference between survival and disaster.

Here I will look at how to sow the seeds with your walking party that you are competent from the outset, someone to be trusted, believed, followed and obeyed, especially when things do not go according to plan. So here are a few simple measures that the prospective leader can take to smooth the process.

1. Leader preparation. It is essential that the prospective walk leader has developed their own bush skills to a high degree before undertaking the responsibility of leading others. More than adequate fitness, reconnaissance trips, gear preparation and meticulous route planning are essential to shortcut mistakes and inability to cope with a group.

2. Knowing the people you are to lead is essential. Appearances can deceive, as a strapping, muscular young man may fall apart the first time he has to scale a steep hill.

3. Start small. You will not know that the strapping young man above will fail – how will you know until it's too late that this fellow has neglected aerobic fitness, and his bodybuilding training has ill prepared him for bush travel. You may be planning a moderate overnight walk through relatively challenging terrain as the group goal. Instead of taking the group to do this in the first instance, insist that one or two shorter, less challenging walks be undertaken and observe the group, including the way they interact as a group. Graduate to the main goal when you and the group are confident to do it.

4. Gear Preparation. Have a recommended basic gear list for each walk. Get the group together or see them as individuals and ask them to show you their pack and contents. Then look at the way they pack the contents. Suggest ways to minimise their load by taking out unessentials. Show them your own setup and assist them to become organised and neat before going.

5. First Aid. Many people are asthmatic these days or have allergies to certain foods. Ask each person if they have any conditions you, as leader, should know about. You may wish to carry spare anti-allergy medication or puffers with you. Ask the walkers to provide them to you prior to carry in case they lose their own. Stay current with a good first aid provider, preferably a wilderness first aid company and be prepared to use that training.

6. A Personal Locator Beacon is an essential nowadays for walk groups and the leader should have one at all times to not only deal with chopper-out emergencies, but also to give the group some peace of mind.

7. A Strong Right Hand is an invaluable source of comfort to a walk leader. Ensure you take along a competent walker you know very well and have walked with often before, one who is absolutely comfortable with your methods. This will bolster your own confidence as a junior leader, the group will see this competent and respectful interaction and respond in kind, trustful in your leadership.

8. Conduct a thorough prior map reconnaissance to locate close points along the route where emergency aid can assist (eg. large clearings, flat topped hills, road junctions across or near the route etc.). This state of mental preparedness you carry during the walk will translate to confidence through the group if they need to act as a team in an emergency.



9. Give the team tasks. In the lead-up to the walk, have a team meeting and ask what people in the team think they may be able to contribute to the effort. Some may want to get the group going in the morning, getting up early to get the water boiled for a cuppa and ensuring people's water bottles are filled etc. Some may have the menu all sorted and have packaged all the ingredients for the group meal for each night and guided the efforts in cooking.

Others may help by ensuring the campsite is pristine upon leaving and yet another may wish to be the tail end Charlie (suggest the deputy leader). Others may get evening activities going, like charades, joke telling or passing a hidden port bottle around, things they may like to map out prior to leaving. A team photographer could produce a digital album of the walk to share afterwards, getting the group together to smile when they may be tired and sore. The purpose of all these duties is to involve everyone in contributing to the success of the walk and maintenance of group morale.

10. The weakest member should be partnered with a stronger member, who will most likely be honoured to be given that responsibility. Reallocation of heavy packed items or assistance over difficult obstacles will help with group cohesion.

11. Forethought and Contingency Planning by a learning leader can mean the difference between cheerful achievement of goals and positive development of group spirit and friendship, while a happenstance approach to charging out on epics with minimal preparation, both mental and physical and can sometimes result in the opposite.

12. After the walk, assuming all has gone beautifully, with adequate challenge and little anxiety, why not have a social night out at a restaurant or a barbecue at a beach to cement the group identity even more – you may conduct an informal evaluation to ask, upon reflection, how such walks could be improved in future. Make the suggestion, then back out and let the group organise it.

After all, they've had a great role model to get them started.

Thanks to Jeff McDonell for bringing this article to our attention.



Macedon Cemetery – ‘Here Lies Laurence Matheson’ photo by Mary Grace Charlton

This Month's Photo Riddle



Name the river and the nearby hut in the Victorian High Country



Close examination will tell you about the view in Di Cooke's recent photo

Answers on page 23



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.

All club's 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.

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.

**I recently took a pole and found that
100% of the people in the tent were
angry when it collapsed.**



What Makes the Eastern Brown Snake So Deadly?

By Rachael Merritt of ABC North Qld

Posted Sun 24 Mar 2024

With venom that can induce death in less than half an hour, it's no surprise the brown snake is responsible for the highest number of snake fatalities in Australia. Snake deaths in Australia are considered rare, with only two or three fatalities per year resulting from a lack of medical intervention. But researchers have long sought to uncover how the agile species, armed with a set of small fangs, has become one of Australia's most deadly predators.

'Like going off a cliff'

Snake researcher and biologist from the University of Queensland Bryan Fry said the answer lies, not just in the toxicity of the venom, but the 'signature' speed at which it affects the body.

"They're the only snakes in the world that regularly kill people in under 15 minutes," Professor Fry said.

"Even more insidiously than that is that for the first 13 minutes, you're going to feel fine." He said in some cases, the delayed symptoms could cause the victim to not immediately realise they had been bitten or delay seeking medical care before they collapsed or entered cardiac arrest.

"Once symptoms kick in, it's like going off a cliff, it's very rapid and absolutely catastrophic."

Clinical toxicology researcher at the University of Newcastle Geoff Isbister said as a result, most brown snake deaths occurred outside of hospital.

"You may feel completely well, they have very small fangs, and you may not even have a bite site," Professor Isbister said. "That's different to tiger snakes, taipans, death adders and black snakes which will make you feel nauseous [and bring on] vomiting, headache and abdominal pain."



Mr Rumsey says highly venomous tiger snakes are commonly wrongly identified as eastern Brown Snakes



They're not always brown

Unlike their name suggests, eastern brown snakes are not always brown.

Sunshine coast-based snake catcher Dan Rumsey said that can cause complications when trying to identify them in the wild. "The eastern brown snake itself can be highly variable in its colouration, that's what confuses people a lot," Mr Rumsey said. "Wrong identification leads to a lot of bites where people think they know what they're looking at, but even the experts can get it wrong sometimes."

Mr Rumsey said some brown snakes could have prominent banding along their bodies which people commonly mistook for a tiger snake. "We've seen ones that are almost like a vibrant orange colour, and the dark ones, they almost look black."

Added complication

Each year, paramedics across the country respond to hundreds of callouts for suspected snake bites. Professor Fry said researchers were still investigating improved ways to prevent and treat bites. But there's an added complication.

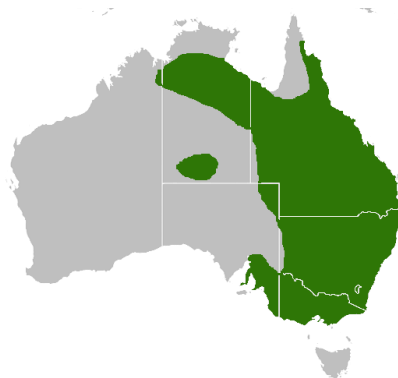
"The anti-venom for the adult brown snakes doesn't work against the very, very early babies," he said.

"We've seen in other snakes' variation between babies versus adults, but never something like this."

He said the best forms of protection against a bite is to stay calm, never approach a snake, be familiar with first-aid skills and always call an expert for removal.

"They're very, very adaptable snakes and they thrive around certain types of human habitation.

"No snake is going to attack you; snakes only bite in defence."



Range of the Eastern Brown Snake

Why do cows have hooves and not feet? – They lactose

Don't Be a Sucker - Get to Know Leeches

From Parks Victoria News - August 2023

Leeches are miraculous creatures. If you've been hiking just about anywhere in Victoria, then it's likely you've encountered one of these little bloodsuckers. They are squirmy, slimy and very stretchy.

As the weather warms up and more people head into the outdoors, the chances of encountering a leech increase. For many people, that's an unpleasant thought. But these remarkable animals are a part of the wider ecosystem, and they are, in their own way, beautiful.



Australia is home to 70 leech species and there are more than 500 different species worldwide. They range in size from the 40cm long, 7cm wide Giant Amazon Leech of South America to leeches from Lake Baikal in Russia no more than 1cm long.

Leeches have been used in medicine for thousands of years. People believed disease was caused by an imbalance of the “four humors” – blood, phlegm, black bile and yellow bile. Leeches were used to treat “excess blood”, for obvious reasons. There was a whole cottage industry of leech gathering and farming. Doctors had special leech jars to carry on their visits to patients. Some stately homes even had leech houses where they were stored. While this theory is long discredited – if anything, removing blood made things worse for patients – leeches have found a new life in modern medicine. For example, they can stimulate blood flow into amputated or badly damaged limbs and digits.

Land leeches and water leeches

Some leeches have jaws, some have a needle-like proboscis – similar to a mosquito. A very few species have neither and simply swallow their prey whole. Sound terrifying? Not really. They only eat small bugs.

Leeches are an important part of forest and stream ecosystems. They are both predators and prey – feeding on and feeding other animals. Victoria is one of the few places you’ll find leeches living on land. While they live on six continents, most leeches are aquatic and you’ll only fall victim if you’ve gone for a swim, or at least a wade.

Australia’s land leeches still love damp. They hang out near creeks and streams and move by squirming along like caterpillars. They use their front and rear sucker mouths to cling onto leaves or branches, waving around in the air, searching for a meal.

They have two jaws and will make a V-shaped notch in the skin. They can quickly gorge themselves with enough blood to triple their size. You may not notice a leech has got you immediately. They release a natural anaesthetic to numb the area around the bite, giving them time to indulge before they’re discovered. It takes them about 30 minutes to fill up, and then they will drop off.

Don’t get leeches

If you don’t find leeches cute or remarkable, and want to avoid them, it’s best to wear long sleeve tops and trousers. Leeches struggle to bite through fabric. You can also apply insect repellent to your skin.

If you do get bitten by a leech, consider taking a photo and posting it in the iNaturalist app. An expert might be able to tell you what species it is.



You can let them drink their fill and drop off on their own, but if you absolutely must get them off, use your fingernail or a piece of paper to scrape them away from your skin. Leech bites continue bleeding



for a while after the leech has detached because of the anti-clotting chemicals in their saliva. As long as you keep the wound clean so it doesn't get infected, they shouldn't cause any more problems.

Just remember, while they may be unpleasant, ugly and even disturbing, leeches have been part of the Victorian forest for millions of years. They have saved limbs & even lives and will for many years to come.

Everyone has an opinion on what to do with leeches. Not all leech victims, and isn't that all of us, agree with the idea of letting them have their fill. Who is going to take the time to photograph the slimy visitor and is there anyone out there who is keen to know their newfound friend's species?

What is your view?

Email – newsletter@baysidebush.org.au

Leeches – All Your Questions Answered

There is a Fact Sheet produced by the Wet Tropics Management Authority and the Queensland Environmental Protection Agency which can be accessed at – [leeches.pdf \(wettropics.gov.au\)](https://www.wettropics.gov.au/leeches.pdf)

This fact sheet should answer all your leech questions plus a few questions you haven't thought about.

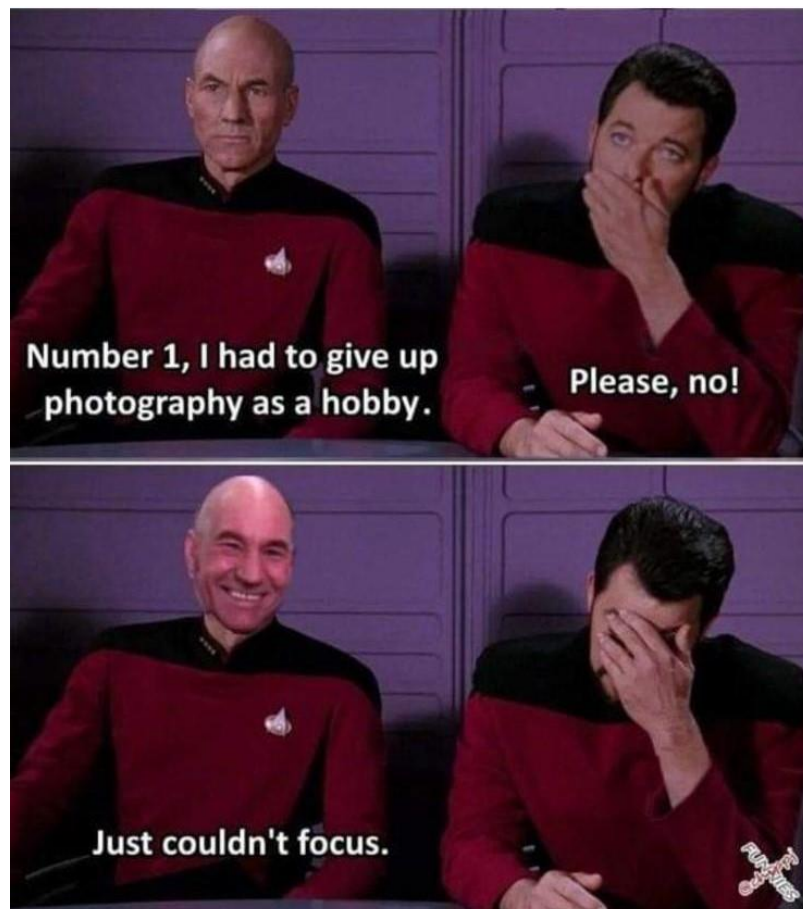


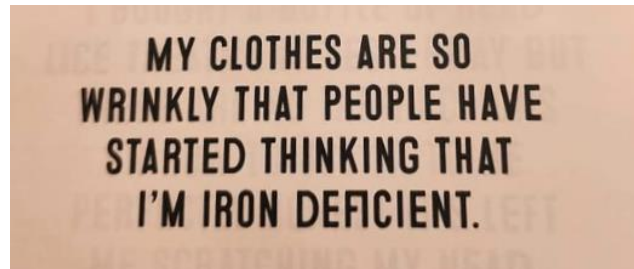
Photo Riddle Answers -

- (a) The Howqua River near Bindaree Hut
- (b) Westgate Bridge and the City from Williamstown

Currently BBC has 358 members.

Upcoming Walks and Activities

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



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. Enquiries to - info@baysidebush.org.au.

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.

Find us on Facebook

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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