MELBOURNE BUSHWALKERS INC.

ABN 14 396 912 508



THE NEWS

#861 December 2022



WE ARE A MEMBER OF



Members of the Melbourne Bushwalkers Inc meet on Wednesday evenings between 6.30-8.30 pm in the club rooms at:

Mission to Seafarers Victoria 717 Flinders Street Docklands

Visitors are always welcome!

General correspondence should be directed to:

The Secretary
Melbourne Bushwalkers Inc
PO Box 1751
MELBOURNE VIC 3001

www.melbournebushwalkers.org.au

Next committee meeting: Monday 5 December

The News of the Melbourne Bushwalkers Inc (The News) is published monthly, and is the official newsletter of Melbourne Bushwalkers Inc.

Editor: Deb Shand

Calls for expressions of interest for club activities and extended trips, walk reviews, articles, poems, news items, photographs of Club events, reports of new gear, book/ movie reviews, letters to the editor, advertisements, et cetera are always welcome. However, the Editor reserves the right to edit contributions where space, clarity or propriety dictate, and to maintain editorial consistency.

Note: photographs should be sent as separate high resolution files which are capable of being edited.

Please send your contributions as unformatted text files by email to news@mbw.org.au

Closing date for receipt of material for The News is the 21st of the month.

Advertisements should relate to bushwalking (e.g. gear, maps, trips, tours, health and fitness etc.). These may be published subject to space availability and Editor's discretion. For current advertising rates contact the Editor at news@mbw.org.au

New members

We welcome the following new members:

Peter Neish Eilenn Blasco Simon Cox John Gurskey Douglas Fullarton Jeffrey Richards Indu Devanath Qiuwen Chen Rangeela Ramachandran Pillai

Marwah Alaofi Sasidharan Pubagadan



On the Cape to Cape walk, WA - D. Shand

Would you like your trip photos featured in the newsletter?

Due date for contributions to January News: 21 December Email: news@mbw.org.au



President's Column

It is often said that if you run out of other things to talk about you can always talk about the weather. Well, I am going to talk about the weather! Not because there aren't other significant developments affecting the club that deserve a mention, but because the current prolonged rainfall and its impacts highlight some important strengths of the club.

In terms of the simple trip records we can point to the number of multi-day walks that have had to be cancelled or re-scheduled in recent months because the weather meant the walk could not be conducted as planned or the safety of the group would be at risk. Think here of impassable access roads or flooded river crossings to name



a few reasons. Add to the list an unrecorded number of day and multi-day activities that were modified or relocated by the leaders so that we could all still enjoy an outdoor experience.

We all owe a big vote of thanks to all activity leaders for the time, expertise and effort they put into planning and conducting an activity. We owe a special vote of thanks to those who, often at short notice, are faced with making the decision whether to proceed or cancel a planned activity. The decision is never made lightly and not before alternative options have been explored. We are extremely fortunate to have leaders dedicated enough to take on the role and resilient enough to undertake the extra effort when the unplanned interference arises. We are also very fortunate to have the depth of expertise and the recorded knowledge base to call upon when changes of plans are forced upon us.

A big thank you is also due to the members and visitors who have been impacted by changes to scheduled trips. The appreciation that I have observed directed to leaders as acknowledgement of their extra effort is a measure of the supportive culture that builds the bonds that make the club one that we can all enjoy.

Reports suggest that our patience will continue to be tested for some months to come as the unusual weather patterns persist. Explanation of these weather events across Australia has attracted detailed study looking at the interaction of cyclical ocean and wind patterns. Of particular interest to me is the now recognised impact of a "left field" event that occurred some six months ago on these cyclic patterns, the eruption of the sub-sea volcano in Tonga. Check out the following YouTube video and you too will have something to talk about when you run out of other topics: "How Tonga's Volcanic Eruption Created the Worst Floods in Australia's History", https://www.youtube.com/watch?v=EZtRKbTdQVw

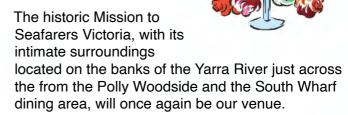
On a different point, I am sure none of us want to cause unnecessary work for trip leaders and other club volunteers. I have been approached a few times by leaders pointing out their irritation when asked by email for information that is already available on the website. Notably, requests for advice on whether there are spaces available or seats on the Sunday Bus can cause unnecessary distraction when a simple check of the website Preview will answer the query. While it may seemingly only require a simple yes or no answer it must be remembered that you may not be the only one asking. When a trip is fully booked the leader will advise the webmaster and ask that a note be added to the Preview. If a Wait List is available this too will be noted and the leader undertakes to contact interested members if a vacancy arises. In the case of the Sunday Bus an automatic message is posted to the website Preview noting the bus is Fully Booked immediately the last seat is allocated by the bookings team – no message means seats are available. Your cooperation in making a simple check instead of firing off an email will ensure our leaders continue to make themselves available.

Ian Mair

MBW End of Year Party 2022 - Tuesday 13th December

Members of the Committee invite all members to join us for this joyous event which will have a few special features as we take the time to catch up with friends and colleagues and prepare for the year to come.





When: Tuesday 13th December, 7:00pm to 9:30pm Where: Mission to Seafarers Victoria, 717 Flinders Street

Catering will be provided by the Committee. Drinks can be purchased from the bar.

Donation to Kinglake Friends of the Forests Inc

As a part of Melbourne Bushwalkers investment into our community and environment we annually donate to an organization whose aims and objectives are consistent with the purposes of the Club.

Over the last 12 months we have had two presentations in our clubrooms that have had a great impact on our members. Both presentations, "Greater Gliders and the Central Highlands" by Leigh Wykes, and "Leadbeater Possum and Industrial Logging" by Steve Meacher, highlighted the detrimental impact of logging in our native forests. Also, our awareness that after the recent Supreme Court decision that found VicForests broke the law by failing to protect endangered gliders when logging in Gippsland and Central Victoria, VicForests was viewing its options. This has reinforced that the best course of action to ensure that our native forests are retained is by supporting an organization that is actively trying to curtail logging in our native forests.

I am pleased to advise that at our committee meeting in November the decision was made to donate \$500.00 to Kinglake Friends of the Forests (KFF) Inc to help support its fight to retain our native forests.

An additional \$180.00 was raised at the Market Night on November 16 which will be forwarded to KFF. Special thanks go to Roger Wyett and Sue Haviland whose proceeds from their sales were a significant contribution to the monies raised.

Information about KFF is available on their website https://kinglakefriendsoftheforest.com/

There is also the opportunity for members to personally donate to this worthy cause.



Sunday Bus Credits

The club is holding a significant amount of bus credits allocated to members as a result of cancellations. When first introduced bus credits initially lapsed after 12 months, however, when the club changed from a weekly bus program to a mix of bus and carpool walks in 2009 the period that credits were available was extended to 24 months.

Unfortunately, in March 2020 the club's program was put on hold due the outbreak of COVID-19. Although there were a few short periods where bus walks were able to run, the full Sunday program did not recommence until November 14, 2021, just over a year ago. Our last bus walk prior to COVID-19 lockdowns was on March 8, 2020. This was an incredible 616 days till a full Sunday walks program was able to recommence.

All credits issued prior to March 8, 2020 have been adjusted by the full 616 days that a full bus program was not available. Any credits issued after March 8, 2020 and prior to the recommencement of the full program have had their issue date adjusted to November 14, 2021 when the full program recommenced. All credits issued since November 14, 2021 have the usual 24 months available to be redeemed.

Due to the uncertainty of COVID, lapsing of credits has been in a hiatus. However, the club will need to start lapsing credits. All members have the opportunity to check what credits they have available to them. Under the Members' Area of the club's website in Member Details is the heading "My Credits". If you have any credits available then these will be listed with their issue dates. Please check and use these credits. Some have already expired (but not noted as lapsed), however, the club will still honour these if used prior to the end of December 2022. At the end of December 2022 the usual lapsing of credits after 24 months will recommence.

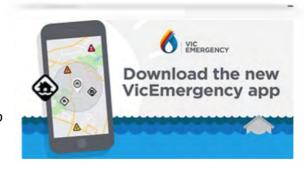
If you are a lapsed member or a visitor (Temporary Member) and wish to check if you have credits available please contact sunday@mbw.org.au.

PLEASE CHECK AND USE YOUR CREDITS.

Summer 2022 Fire and Weather Outlook

The BOM has released the rainfall and temperatures outlooks for Summer http://www.bom.gov.au/climate/outlooks. For Victoria the rainfall outlook is on or above median for the whole state and particularly in the North East. The temperature is only expected to be above median for coastal areas from the SA border to near Orbost including the Mornington Peninsula and the Prom.

With dams full, a saturated landscape and La Nina extending into Summer everyone needs to be cautious walking particularly near rivers, creeks, and gorges. Escape routes, alternatives paths, and re-assessing risks close to the walk are important. This Spring two Bus walks had to have their location changed due to the effects of rain and we had to reschedule/cancel a number of Pack Carries. So check the fire and weather forecasts/warnings and use the **Vic Emergency App.**



AFAC has yet to publish the official fire outlook for this Summer. A link to the report will be put on the Club Website Noticeboard in early December.

December Reminders

Mick Noonan

This month the main theme is "safety". Leaders and the Club all have key safety roles, and individual members also need to take responsibility for their own safety. When you come prepared then you and your fellow walkers will have more fun and reduce the impacts if something does go wrong.



The simple Whistle: Members are expected to carry a whistle on all walk activities and know the whistle code (see separate article in this News). Leaders should remind members of the whistle codes during the pre-activity circle. A whistle can be an invaluable aid in the outdoors for communicating eg. if you get separated from your group then the whistle can be your best way for getting help. You may also be able to relay an unanswered whistle message and contribute to any searches. Remember whistles are intended to be used outside only, not indoors or on the bus/car as a sudden shrieking sound can startle/hurt people. Good quality pea-less whistles are available for just \$2 in the Clubrooms.

Members Yellow Safety/Courtesy Card: This card is a handy reminder of basic safety guidelines for day walks including what to always carry, and what to do in a few key situations e.g. if you become separated from the group. A handy companion for your Green Health Card!

If you don't have a Yellow Card then cut one out from this news, fold it over, pop it in a zip bag and put it in your day pack. You can also pick one up in the Clubrooms.

Safety Guidelines One-Day Walks With the Melbourne Bushwalkers

ALWAYS CARRY THESE

- Sufficient water, lunch, spare energy food, toilet trowel.
- Pencil, paper, first aid kit, whistle, torch, matches in waterproof container Raincoat, warm extra clothing, beanie

- wait at EVERY track june - watt at EVERY track junction lose contact with the person behind you
- stop & wait for them to catch up make a toilet stop

- leave your pack on the track IF SEPARATED FROM THE GROUP

- Don't wander STAY PUT (searchers will begin where you were last seen)
- Intermittently blow your whistle and/or shout If night falls, take shelter from the wind

Melbourne Bushwalkers

Courtesy Guidelines



BY PARTICIPATING YOU AGREE TO

- Respect the rights of other walkers
- · Follow instructions of the leader, "whip" or
- · Turn up on time

CARE FOR THE ENVIRONMENT

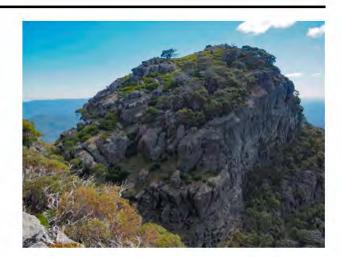
- Take your rubbish home even if biodegradable Avoid trampling on sensitive, new or rare growth
- Minimise plant damage don't cut track corners Leave wildlife alone –whether native or introduced
- Keep at least 100 metres away from watercourse for toilet stops
- Bury toilet waste at least 15 cm below the surface Look after community property including huts

What extra things a Leader should carry in fire season (MOD): An AM/FM Radio to check fire and flood warnings, and on overnight activities (pack carries and remote base camps) a Personal Locator Beacon (PLB) or Satellite phone for emergency communications. While many Leaders have their own radios and PLBs, good quality radios and PLBs are available to borrow for free from the Clubrooms. These items are in addition to first aid kits and mobile phones that should always be carried.

PS. This summer a good pair of Wellies may also be needed!

Mt Cobbler from the West - Pack Carry rescheduled

This pack carry to be led by Ray Thomas in November has had to be rescheduled to January 21-22 due to ongoing rainy weather. Full details of this walk in a beautiful part of the Alps, rated Hard, are in the Activities Program online. If you are interested in joining the walk, please contact Ray.





Recognition of members contributions

Roger Wyett

We all know and acknowledge the great efforts that our walk leaders, Committee members and members in non-committee roles make to ensure that our Club functions smoothly and provides great activities for our members and visitors to enjoy. Many, I am sure, do not seek recognition or reward, as they know that having the largest and best run bushwalking club in Victoria requires effort from many.

We have traditionally undertaken events like the Leaders night, Committee Dinner and the walk Leaders raffle to acknowledge the support many provide to the club. The Club will continue to hold these events; however we can also do more to acknowledge the contribution of members who are not undertaking a formal role in the Club.

The first new recognition award will be "Go the extra mile!"

Have you been on a walk when another person has:

- Helped carry a tired walkers pack
- Helped with navigation
- Offered a helping hand or pole when crossing a creek
- Undertaken some minor first aid



We all thank them at the time, but wouldn't it be nice if their assistance is acknowledged by the Club? Now you can, by simply filling in some basic detail on the Club web page: name, walk, assistance given etc., and they will be thanked in the next month's News, for "going the extra mile". The Club will check to ensure the recipient is happy to be acknowledged in print prior to the News being published.

This will be the first in several reward and recognition steps that the Club is intending to release in the coming months to ensure our members and volunteers are acknowledged for their great efforts. So keep an eye on future Newsletters for more developments, and if you have any great ideas then please send me an email! rwyett1@gmail.com

Whistles – communicating in the bush

An essential piece of equipment in the bush is the humble *whistle*. It is the best way to communicate critical instructions between walkers.

- **3 blasts** indicate an *emergency* and all walkers should move to where the signal originated eg. a missing person.
- 2 blasts indicate a need to regroup, eg. a person needs first aid, the group is too spread out.
- 1 blast indicates acknowledgement and lets everyone know that a message has been heard and is being actioned.



If an acknowledgement whistle is not heard then it is important that a message is *relayed* (repeated) so that all walkers, especially the leader and Whip, are aware of either an emergency or the need to regroup.

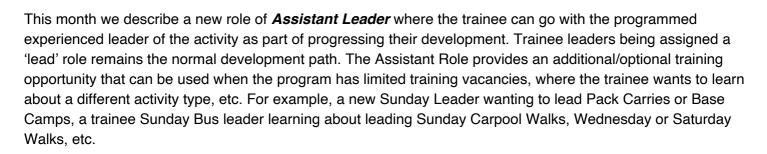
It is essential that all walkers carry a whistle. Do you have one? You can buy one from the club for only \$2.

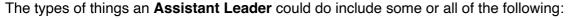
New Assistant Leader Role

Effective training and support for members so they can become confident activity leaders is critical for the ongoing success of our Club. Currently we are fortunate to have a large group of members who want to become leaders and have started or are starting their training.

In the November News I described the two types of mentoring roles we are using to train our new leaders:

- The **Development Mentor** supports the new trainee leader until they become independent and confident in leading, 1 only per new leader
- The Activity Mentor goes with the new trainee leader on the activity they are leading, normally
 a different existing leader for each activity





- Assist with and learn about Previews and Navigation
- Observe and learn from an experienced leader at work in the outdoors
- An introduction to leading for someone considering leading but unsure what is involved
- Lead for a section of the walk, supported by the leader
- Manage an activity break or campsite
- Be or work with the Whip for a section of the walk
- Do some of the process/paperwork activities

As the trainee is an optional Assistant on an activity they could go on any already programmed and allocated walk if the current leader is prepared to take them. This could be done at short notice compared to committing months in advance to lead a walk. So if you are an existing activity leader please favourably consider a request to take an Assistant or even volunteer! We plan to start using the Assistant Leader role in the Summer and Autumn Programs.

Mick Noonan, Training Officer





WANTED: your favourite dehydrator meal recipe

Bettina Brill

Send in your recipe, if possible with photo of ingredients and/or the cook enjoying the result. Who knows, if we get enough recipes we can have our own Melbourne Bushies dehydrator cookbook. For more info and inspiration contact Bettina who is making this her little project.

Now we know why Agajan walks so fast. It's his power breakfast, and he has given us the recipe!



Agajan's Power Breakfast

Ingredients

Oats

Chia seeds

Protein powder

Milk powder

Hazelnut chocolate spread (low sugar variety available in Greek shops), or just hazelnuts and honey instead Nuts as you please (walnuts, almonds, pistachios, pumpkin seeds, sesame seeds)

Pinch of salt

Some cinnamon.

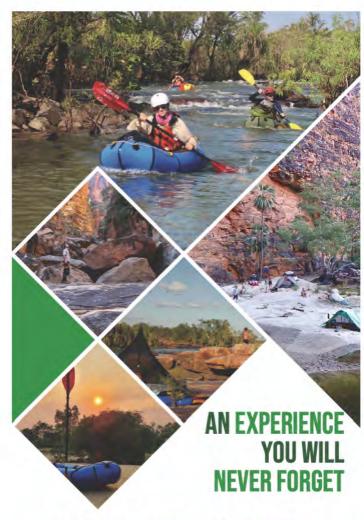
Method

Grind everything apart from oats.

At Camp

Soak the night before in some water, then it is ready to eat in the morning. You can also heat it up if you prefer it warm. You can also add dried fruit.





EXPEDITION DATES

RAFTING THE DRYSDALE: 26 MARCH TO 8 APRIL 2023

5 FINGERS OF PURNULULU NP: 23 TO 29 APRIL; 30 APRIL TO 6 MAY 2023

CARR BOYD RANGES: 8 TO 22 APRIL; 14 TO 27 MAY 2023





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FIRST AID TRAINING

Saturday 10th December 2022, 9.00am – 4:00pm Walk Leaders, New Learners & Updates welcome

HLTAID009 - Provide cardiopulmonary resuscitation HLTAID010 - Provide basic emergency life support HLTAID011 - Provide first aid

- · Legal and other requirements
- Basic Life Support DRSABCD
- CPR (Cardiopulmonary Resuscitation)
- AED (Automated External Defibrillator)
- · Abdominal injuries
- Allergic reaction
- Anaphylaxis
- · Bleeding and wound care
- Burns and scalds
- Cardiac conditions
- Choking and airway obstruction
- Crush injuries
- Diabetes
- Drowning
- Envenomation
- Extremes of heat and cold
- Eye and ear injuries
- · Head, neck and spinal injuries
- Musculoskeletal injuries: fractures and dislocations, strains and sprains
- Poisoning and toxic substances
- Respiratory distress, including asthma
- · Seizures / convulsions
- Shock management
- Stroke
- Unconsciousness

David Cash

Melbourne Bushwalkers

Contact Tel: 0408 924 944, E-mail: firstaid@mbw.org.au

Venue: First Aid Management & Training Centre, 6/476 Canterbury Rd, Forest Hill VIC 3131.





Wilsons Prom Lighthouse – 12-14 November 2022

Adriana Fari-Palko. Photos by Babak Dadvand

Was that an earthquake? Is someone turning on and off a flashlight above our tent?

No, it's *just* a stormy night at Tidal River. While the tent poles hit you, and the tent shakes furiously in all directions, you must keep yourself motivated for the next day's walk to the Lighthouse. So, I remind myself why I am lying down here under a lightning storm. Because it's such a beautiful place. I remember the rainbow I saw the day before when we returned to our tents from a short walk on the Lilly Pilly track.



The morning comes at Tidal River. The clouds are still above us, and the a.m. motivation didn't go well for all of us. Five bushwalkers pull out of today's walk to the Lighthouse.



About an hour into the walk, the sun shows up and escorts us to the southernmost point of mainland Australia. On the way, Jill gets a message that two bushwalkers have decided to rejoin us. So, here we are, five hours later, we powered through 19km and

arrived at the Lighthouse. It's so much beauty around that it pays off for all our sweat and effort to get there.

And you know what else pays for the effort of getting there? Carbs, lots of carbs from treats we brought and our delicious shared dinner chef Jill prepared for us. The sunset on Sunday was the last time we saw the sun at Wilson Prom. In the morning, the rain was back, lashing at us, but we were all prepared for it (mentally and gearwise).

As you walk with water dancing in your boots through the flooded track with ups and downs, you might wonder (again) why you put yourself through all this?! But then you look around at the people you are walking



with, and you remember. Nature is more enjoyable (and bearable) when you're in good company.



Johanna Beach to 12 Apostles - 17-20 November 2022

Barry Daly

Johanna beach to Ryan's Den Campground

On Thursday we drove our cars from Melbourne via Colac to Johanna Beach car park and walked an easy 400m to the campground, members arriving at different times during the day to spend the first night. It was a



good campground with a drop toilet, an L-shaped shelter with a large table and rainwater tanks – all the camp sites had these facilities. Fairy Wrens and flowers were abundant around the camp site. The night was rain free and we went to sleep with the sound of the ocean crashing into the shore. We were awoken a couple of times by the sounds of koalas growing and grunting in the distance. The coastal views were spectacular back down the coast to the lighthouse and they just kept getting better as we climbed out of the campsite on day one.

On Friday, we started out around 8.30am with a moderate climb from the campground, then kept on ascending for 80% of the 14km walk taking approximately 6 hours. This section was difficult going through sections of farmland, pine forest and natural bush before descending to Milanesia beach. There is an old beach house and a beautiful freshwater river running into it where some of us took off our shoes and cooled down our feet. This is where we stopped for lunch which at that time had little shade, with rain on the radar. This is where the going really got tougher. After lunch it was an easy walk along the beach before a long and taxing ascent to the campground. I did also spot a snake, probably a brown, slithering off the path. The views up high are very nice. Ryan's Den is a great camp site set off the track with 8 sites laid out spaciously through the bush – this is an

image taken about 5m from my camp site at 6.30am.

Ryan's Den to Devils Kitchen

On Saturday we left Ryan's Den at 8.00am for the 15km hike with rain coming in. Heading into the bush the ground was damp and parts of the track muddy. The track was about 5km of undulation past farmland, climbing a 70m grassy hill (when the rain started and then stayed with



us all the way stopping just before reaching the camp site), then heading into the Otway national park where the gradients were more gradual. We reached Devils Kitchen around 3.00pm, quickly put up the tents and had afternoon tea then dinner before we were hit by strong winds, rolling thunder and a big downpour which petered out before sunrise.



Devils Kitchen to 12 Apostles

On Sunday we left Devils Kitchen around 8.00 for the 15km hike to the 12 Apostles. The rain made the first leg of the track muddy and wet. The boardwalks without wire grate had an algal film which made them wet and slippery. The rain was intermittent, and the wet weather gear made the going hot. Close to the coast through the marshes we passed through many balls of sand flies that were hard not to breathe in. A couple of us encountered leeches, and there was also a black snake sighting.

We made it to the 12 Apostles by 12.30pm with enough time for coffee and pies before the taxi picked us up at 2.00pm to bring us back to the cars at Johanna Beach.

All in all, a great walk, thank you Judith for your leadership and organization and Kim who went as whip for your caring and diligence. Also thanks Bettina, Fiona, Anitha, Nazarin, Azeeza, Chris, Agajan and Susan for their good company.

Water sports!

Here are some action photos from a recent Sunday walk in the Northern Brisbane Ranges where much more water was encountered than expected!









December 2022

1-5	BC: Maria Island (Tasmania)	Pvt	var	Jill Allen
Thu 1	TOF: Plenty River, South Morang area	Pvt	E	Jerry Grandage
2-4	PC: Mt Buller via West & North Ridges	Pvt	M/H	Agajan Akbari
3-4	PC: Beginners: Macedon-Woodend area	Car	E/M	Rose Perich
Sun 4	DAY: Creswick Miners Walk	Bus	E/M&M	Robert Ian Mair & Andrew Francis
Mon 5	MTG: Club Committee Meeting	Pvt		Robert Ian Mair
Tue 6	MTG: Video session: Buying a GPS	Pvt		Robert Ian Mair
Wed 7	TRG: Leaders Unit 7: Critical Incident Management	Pvt		Mick Noonan
9-11	PC: Mt McDonald-Low Saddle-The Nobs	Pvt	М	Mark Simpson
Sat 10	TRG: First Aid Training	Pvt		David Cash
Sun 11	DAY: Plenty Gorge by train	Car	E/M	Jopie Bodegraven
Tue 13	SOC: MBW End-of-Year Party	Pvt	Soc	Social Secretary
Wed 14	DAY: Werribee Gorge & the Island	Pvt	E/M	Richard Hanson
17-18	PC: Clearwater Creek-Old River (Lerderderg)	Pvt	М	Jopie Bodegraven
Sun 18	DAY: Erskine Falls	Bus	E/M&M	Kim Cowie & Stefan Bartl
Mon 19	MOF: Frankston-Kananook Creek cct	Pvt	Е	Halina Sarbinowski
22-28	BC: Christmas at Camp Eureka, Yarra Junction	Pvt	var	Susan Maughan
Thu 22	SOC: Chelmsworth Pk, Wilson Reserve Trail	Pvt	E	Pearson Cresswell
29-2	PC: Tamboritha Saddle-Crinoline-Bruni's Knob	Pvt	M/H	Robert Ian Mair
30-3	BC: Snake Island (Corner Inlet, Gippsland)	Pvt	var	Susan Maughan

For detailed preview notes and program updates, please refer to the activities program on our website: https://mbw.org.au/mbw_activities/MBW_activities_program.php