

MELBOURNE  
BUSHWALKERS INC.

ABN 14 396 912 508



# THE NEWS

#869

August  
2023



Descending to Corner Creek, Avon-Mt Hedrick Scenic Reserve - R.I. Mair

# WE ARE A MEMBER OF



## Bushwalking Victoria

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](http://www.melbournebushwalkers.org.au)

Next committee meeting: Monday 7 August

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](mailto: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](mailto:news@mbw.org.au)

## New Members

We welcome the following new members:

Michael Layland  
Graeme Baird

Mary Robertson

Helene Morin

Cynthia Hartnett



**Would you like your trip photos featured in the newsletter?**

Due date for contributions to September News: 21 August  
Email: [news@mbw.org.au](mailto:news@mbw.org.au)



# President's Column

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The Committee and other volunteers have been working on:

- The roll out of 6 x new PLB (Personal Locator Beacons), as advised in the mail out on 7 July, is underway with new policy documents being written
- Portable AED – see separate News article – Thanks to Quentin for his excellent research and follow up

Just a reminder, that whilst we have many generous volunteers within the club it is also good to acknowledge them via either the GTEM (Go the Extra Mile) or ABCD (Above and Beyond the Call of Duty) awards. Nominations should be via the members web page, under “Award Nominations”. The GTEM can be for any “extra” help that a fellow member has provided, whilst the ABCD Award is annually at the AGM for an outstanding contribution.



I want to thank Richard Hanson who has been one of the Club's auditors for many years, who is stepping down and will be replaced by Rachel Keen. Thank you both.

## **By Laws – Change Notification**

Under the Club's articles of Association, the Committee is required to notify members of any changes to the By Laws within 6 weeks of the change occurring. Thus the recent change in cents per km for drivers requires By Law 1.7.4 to be updated.

By Law 1.7.4 is currently:

The total amount of reimbursement to a leader for an activity must not exceed \$80

Change to:

The total amount of reimbursement to a leader for an activity must not exceed \$120

## **Federation weekend 2024**

I am pleased to announce that Melbourne Bushwalkers will be partnering with Bayside Bushwalking Club to co-host the 2024 Federation Weekend (11-12 Oct 2024) at Wilsons Promontory. We are in the process of forming a core working group and will then be seeking specialised assistance from members of both clubs. Thus, if you would like to be involved, please contact me. We are looking for assistance in areas as diverse as:

- Compilation of a walks booklet
- IT skills for the bookings platform
- Walk and map generation

Thanks

Roger

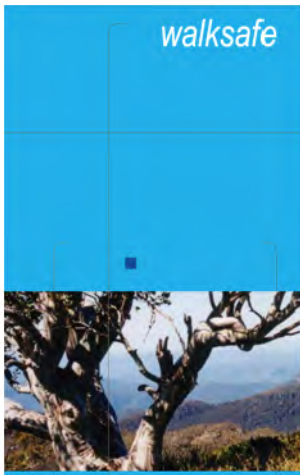


## August Safety and Risk Reminders

This month we look at **Bushcraft** and two great resources from Bushwalking Victoria: the on-line **Bushwalking Manual**, and the **Walksafe** booklet. These resources can be found on the Bushwalking Victoria website and in the Members Area of the Club Website under “external resources”.



**The Bushwalking Manual:** *Bushcraft* is defined by Wikipedia as “the use and practice of skills, thereby acquiring and developing knowledge and understanding, in order to survive and thrive in a natural environment”. Bushwalking Victoria have produced a manual on bushcraft for all Australian Bush Walking Clubs and it is a valuable resource both for people new to bushwalking as well as for experienced walkers. See the article included in this News.



The **Walksafe booklet pdf**. This handy booklet is all about being equipped to enjoy bushwalking. It covers what Bushwalking Victoria consider are best practices for:

- Planning for water, food, clothing, equipment, the route and the group,
- Common sense bushcraft, camping and minor mishaps, and
- What to do in the unlikely event of becoming lost/separated, a major accident, extreme heat/cold, snake bite, fire, flood and electrical storms

Open this hyperlink to have a look: [https://bushwalkingvictoria.org.au/files/walksafe\\_booklet.pdf](https://bushwalkingvictoria.org.au/files/walksafe_booklet.pdf)

You can easily download the booklet and put it near your **Emergency Plus Application** on one of your smartphone screens.

**TIP for Leaders (NEW) - Swapping mobile numbers with your Whip.** For walks that have reasonable mobile reception consider swapping mobile numbers with your Whip. As well as regrouping frequently so you can check with your whip on any issues or using a whistle this gives both of you another option for communicating.

**Members and especially Leaders are encouraged to read the monthly Reminders to stay aware of their responsibilities as participants or as leaders on Club Activities: NEW =a new item; MOD= changed from last time; and the others are unchanged.**

Mick Noonan, Risk Officer

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## Going the Extra Mile

Jill Allen & Geof Martin stepped in at short notice for a Sunday Carpool when the leader had to cancel for medical reasons. Finalising the participant list and transport arrangements, leading the walk on the day and ensuring everyone had a good experience takes extra effort when called upon only two days before the walk.

Thank you both for ensuring the Cathedral range (Northern Circuit) could go ahead on 23 July 23.



### **NEW BUSHWALKING MANUAL**

*Information and guidelines for safe and enjoyable bushwalking in Australia. Published by Bushwalking Victoria*



Bushwalking Victoria has published an online updated **Bushwalking Manual** for use by all Australian bushwalking clubs: <http://bushwalkingmanual.org.au>



It provides guidelines and information for safe, enjoyable volunteer bushwalking in Australia. The manual includes contributions from many state and territory peak bushwalking organisations and emergency services. It is based on the *Bushwalking and Ski Touring Leadership Handbook* and has been updated to include recent changes to bushwalking practices and equipment. The Department of Environment, Land, Water and Planning provided funding for its development.

The Manual covers a wide range of topics including:

- Trip planning - The Trip - Leadership - Food and Water - Equipment and Clothing - Environment - State specific information
- Weather – understanding Weather, Thunderstorms, Lightning
- Emergencies – Communications, If Lost, Shelters, Bushfires, First Aid, Body Core Temperature
- Related Activities – Rogaining, Ski Touring, Snow Shoeing

The manual is for anyone who is interested in learning more about bushwalking. So whether you're a walk leader, an experienced bushwalker, a member or a novice just starting bushwalking this annual is for you. It is well worth at least a browse!!

Our Club produces a number of guidelines on various aspects of outdoor activities (available on the Website) and increasingly you will see us reference the new Bushwalking Manual.

*Mick Noonan*

## New Activity Policy on Use of Personal Locator Beacons (PLBs) on Club Activities

To: All Members

The Club has been reviewing how to make our activities safer for our members and provide our leaders with improved guidance in operating their activities and better options to deal with critical incidents such as medical emergencies. The major outcome is a new policy on when a **Personal Locator Beacon (PLB)** is to be carried on activities. The policy will improve the safety of participants by ensuring that in the event of a life-threatening incident that emergency services can be summoned reliably and quickly when an Emergency 000 call is not possible.



The current policy dates to 2016 when we **recommended** PLB use for all activities **“in remote areas where there is no readily accessible mobile reception”**. The Club acquired 2 PLBs for use by leaders. The policy was updated in 2020 after the major bushfires to **require** they be carried for Pack Carry and Remote/Walk-In Base Camps in Fire Season (October – April). The new policy, which comes into effect on Sept 1st with the Spring Program, is:

***PLBs need to be carried by every group where there is not readily accessible mobile reception to make a 000 Emergency Call along the entire walk.***

After reviewing where we conduct our different activities and mobile coverage issues the policy will be implemented as follows:

**Pack Carries: *Carry a PLB on all walks.***

**Sunday Walks: *Carry a PLB on all Walks*** (they will be put in the Leaders First Aid Kits).

**Base Camps: *Carry a PLB on all walks.***

**Wednesday Walks: *Assessment approach*** for each walk. Note some walks can be pre-assessed by the Coordinator and Leader as not requiring a PLB.

**Saturday Walks: *Not required unless*** concerns for a particular walk or new walks added where an Assessment will be conducted.

**MOFS, TOFS and Social Walks: *Not required.***

**Water Activities: *Required outside of the Metropolitan Area.***

**Previews: *PLBs are recommended*** for all Previews outside the Melbourne Area.

The use of a PLB is a last resort for grave/life threatening incidents and should only be used after attempting to call 000 first and explaining the incident. The policy will increase safety for our members particularly where urgent medical attention is required in life threatening incidents and also provide leaders with a reassuring and rapid alternative for these situations when 000 cannot be quickly contacted.

PLBs are highly reliable devices that comply with a very stringent international safety standard. They are used globally for life threatening emergencies. In Australia they must be registered with the Australian Maritime Safety Authority (AMSAR) who co-ordinate rescue responders in the event of a PLB activation.

The Club has purchased an additional 6 PLBs (**Rescue Me** units, at 116 grams) to support the policy. It will also

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## Noticeboard

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be supporting leaders with reimbursements where a private PLB needs to be activated on a club activity, and a subsidy of \$150 for active Base Camp and Pack Carry leaders who purchase a PLB that they will use on Club activities. There are also reimbursements should renting a PLB be required. Criteria for these payments are in the new By-Laws.



Changes will be needed to a number of the Club's Activity Guidelines e.g. at the pre walk circle indicating who is carrying the PLB and where it is located. The Bylaw changes for this and a number of other safety related changes will be communicated via the News to all members. There will also be direct advice to Activity Coordinators and to all leaders with more detailed information along with the new **“Activity Policy: Use of Personal Locator Beacons (PLBs) on Club Activities”** and the By-Law changes which include the criteria for subsidies and refunds.

Ensuring groups can rapidly summon Emergency Services in the case of life-threatening incidents should not be seen as an onerous requirement, rather we should all hope we never have the need to activate a PLB.

Towards safer walking.

Roger Wyett, President

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## Review of the CellaED

Quentin Tibballs (Dr)

The CellaED is a small, lightweight 468gm (21 x 10 x 2.5 cm in its carry case), robust biphasic automatic external defibrillator (AED) and can deliver up to 20 shocks. It could fit into a large pocket. The upfront cost is around \$359 plus \$198/year depending on the purchase plan and is good for 2 years, however if it is used it will need replacement which will be provided

free, as will future units which are covered by the annual fee. It is manufactured in Australia by Rapid Response Revival (RRR) Manufacturing Pty Ltd, has an Australian Register of Therapeutic Goods (ARTG) ID of #375339 and has been available to the general public in Australia for several months although there is a waiting period now of 3 months. Further details on the CellaED are available on their website [cellaed.io/au](http://cellaed.io/au)



Interestingly the CellaED has a maximum energy output of only 85 joules to deliver the shock whereas the Australian Resuscitation Council (ARC) recommends a minimum output of 200 joules for biphasic defibrillators. The number of joules is the product of resistance (ohms) x current (amps/sec). Thus, for an obese/muscular person where the resistance is high (because the current must flow through more tissue before it reaches the heart), the joule output will need to increase to deliver an equivalent current.

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The CellaAED manufacturers were asked to provide scientific material supporting the success of their AED and they replied, “One of the innovations built into CellaAED is the redesign of how it delivers a shock. It is a biphasic defibrillator that uses a 50/50 dual waveform (compared to the more common 70/30 waveform), delivering an effective shock using less power. This innovation has contributed to Rapid Response Revival’s success in manufacturing an ultraportable AED. It’s not about how much power a defibrillator uses, but the effectiveness of the shock that matters. That effectiveness has been proven and underpins CellaAED device’s regulatory approval in more than 34 countries worldwide”. They were unwilling to provide any further specific scientific information to support their claims however the countries where approval has been granted include the UK and EU. Also, an explanation of these waveforms is beyond the scope of this article.

The Australian Resuscitation Council (ARC) were likewise approached for comment on the low energy output of the CellaAED and the Convenor of the ARC Advanced Life Support (ALS) Sub-Committee referred me to the ARC Guideline 11.4, Section 7.6 Energy Levels, which states: “**Biphasic waveforms:** the default energy level for adults should be set at 200J for all shocks. Other energy levels may be used providing there is relevant clinical data for a specific defibrillator that suggests that an alternative energy level provides adequate shock success (e.g., usually greater than 90%). Again the ARC advised they do not comment on individual defibrillators.

However, the CellaAED is being used as part of the **First Responder Shock Trial (FIRST)** being run by Ambulance Vic and St John NZ, which began Oct 2022, to last 24 months, in which 50% of FirstSAM responders will be issued with a CellaAED whilst the other 50% rely on publicly accessible AEDs. A comparison of the success rates of the 2 groups will indicate the value of the CellaAED.

### **Opinion:**

The CellaAED is small, lightweight and thus very portable and has an obvious benefit to bushwalkers. It also has a low initial cost compared to other AEDs and could be purchased by the general public as an item for their home. It may thus be much more readily available to those who suffer sudden cardiac arrest (SCA) in their home, which is where the majority of such events occur, and for which currently the outlook is very poor (2 – 4% survival without a defibrillator). The figures from the FIRST study may indicate the value of having a CellaAED at hand.

There is discrepancy between the CellaAED manufacturer’s statement of usefulness despite its low joule output and what the ARC states about required minimum joule output. However, the latter organisation has a dictum “any resuscitation is better than none” and in the case of the CellaAED because it may be more readily available it could be applied much quicker than relying on the ambulance or publically accessible AED, and therefore have a better success rate merely because of this fact. Also, in dealing with the bushwalking community individuals here are generally not excessively obese or muscular and thus have a lower chest wall electrical resistance so a low joule output may work. Also, the ARC may bring out guidelines for low joule AEDs in the future, but I suggest do not have sufficient scientific data to do so at the moment.

Also, I note the unit is very easy to use and is fully automatic (it does not have a button to manually press to deliver the shock). Also, users will need to know the left pad is placed below the nipple and not on the lateral chest wall as with other defibrillators and I also suggest that scissors to cut clothing from the victim’s chest and a disposable hand shaver, for poor pad contact with hairy males, be stored with the CellaAED.

I have purchased a unit and will show it to any member when I am in the clubrooms.



## Letter to the editor: Why YES? A personal view

(Editor: Claire wrote this piece in response to Rodney Spark's talk in the clubrooms on 26 July - *Black and White History of Australia*)

Twelve months ago I had the opportunity to walk with fellow Melbourne Bushwalkers through Maits Rest, in the Otways. It felt like a bush cathedral with the giant Myrtle Beech trees, ancient tree ferns, moss, multi-coloured fungi and the sound of water trickling. This is a holy place, I thought. The custodianship of this beautiful place rests with us all, but for more than 65,000 years it was held safely by First Nations People.



So now, I ponder why my vote to say YES to First Nations recognition and a Voice to Parliament is so important. These four pillars of our history guide me:

1. I live with the privilege of the history and knowledge of First Nations people, and their care of the earth. A culture that has been part of these lands we now call Australia since time began.
2. I was not alive when the Federation of Australia was formed in 1901: I had no say in how the Constitution was formed. But I now know that it excluded Aboriginal people intentionally.
3. I was not old enough to vote in 1967 so I did not have the chance to say 'YES!' to have Indigenous Australians formally acknowledged as part of our nation's population.
4. I now have the opportunity to make my own mark. I stand at a pivotal point in Australia's future history. I want to be part of the hope for a better future; a shared future for First Nations People, European first settlers and post-war Migrant Australians.

Therefore, I will vote Yes.



For me, Noel Pearson says it best:  
"If we come to see that recognition of Indigenous Australians involves mutual recognition of British and Migrant

Australians – then the people of Australia will vote to build this greatest bridge and the referendum will succeed. Of this I am certain." <https://about.abc.net.au/speeches/noel-pearson-boyer-lecture-series-who-we-were-and-who-we-can-be/>

Claire Foley  
28 July 2023



**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.

This month's recipe is from Meredith Quick.

**Apple Crumble**

For those that have a sweet tooth!

Ingredients:

- Dehydrated apple pieces
- 1 dessert spoon sultanas (for extra sweetness)
- Water
- 2 Anzac Biscuits

Rehydrate the apples and sultanas in water and heat until soft (stewed apple consistency)  
Roughly crumble the Anzac biscuits over the top

A yummy sweet treat!



**Workshop: Using your Smartphone for Navigation**

**Saturday September 2 , 9am to 3pm at Outdoor Activity Hub Conference Room, Westerfolds Park, Fitzsimmons Lane, Templestowe**

**Andrew Robinson**, who runs this very popular one-day Workshop for Bushwalking Victoria, is conducting his second course for Melbourne Bushwalkers. Last year's course was very well attended so register early in the registration period.

In this Workshop we will look at how GPS satellite navigation works – the theory, practicalities, advantages and limitations. We will discuss a variety of free smartphone mapping/navigation apps, including Avenza, maps.me, and Terra Map. An outdoor practical exercise will be included. Detailed notes, activity sheets and map will be supplied.

**Registration for the Workshop opens at 9.00am on Saturday, July 22 and closes at 5.00pm on Saturday, August 12. To Register, click [HERE](#) to open hyperlink**

**You will need to provide your Name, Mobile Number and Make and Model of your Smartphone.**

Numbers are limited, book early!

**Enquiries: [bushnavigationandmaps@inet.net.au](mailto:bushnavigationandmaps@inet.net.au) or [noonan1953@gmail.com](mailto:noonan1953@gmail.com)**

**IMPORTANT:** After registration, successful applicants will be provided with information on what to bring. They will also receive detailed instructions on phone setup. Preparation and pre-reading **MUST** be completed **BEFORE** the workshop. You must already be familiar with basic map/compass navigation and be conversant with your own smartphone e.g. be able to update software and install new apps.

### Phillip Island Base Camp - 23-25 June, 2023

Douglas Goodridge

**Area:** Cape Woolamai Coastal Walk and George Bass Trail

**Leader:** Halina

**Participants:** Halina, Ian, Catherine, Therese, Tanya, Brett, Fang, Penny, Huong, Brian, Doug, Nanette, Denise, Siva, Josi (visiting student from Germany)



On the weekend of June 23, a group of fifteen Melbourne Bushwalkers headed out to Phillip Island for a weekend of bushwalking.

Those that arrived earlier on Friday did a 6 km return hike from Conservation Hill, near Cowes, along the mangroves to Rhyll. Alas, the promised coffee at Rhyll did not eventuate, however, the local General Store did supply wine by the glass. Our progress along the walk was eyed by several wallabies who did not seem to be perturbed by our presence.

On Friday evening we dined at the San Remo Hotel just across the bridge from the YHA Hostel where we were staying. The restaurant/pub is reputed to have the finest pub food in the region. It lived up to its reputation. Brett, a member of our group, bought a few raffle tickets which were being peddled as we ate. We were all thrilled when his ticket was drawn. He went home with a large tray of poultry, beef, and sausages.

On Saturday, we tackled 15 km of the Cape Woolamai Coastal Walk on the east end of Phillip Island. After leaving some cars at the area known as the Colonnades (located on the south-facing beach), we headed out from our accommodation along the northern shoreline to commence the walk. The tide was low, and the sand was firm under foot. The weather was perfect, with clear skies and a refreshing breeze.

After walking along the beach for ~90 mins we headed inland to a slightly higher elevation as the coastline transitioned from a sandy beach to rugged cliffs. We followed the trail, most of it near the cliff edge, out to Cape Woolamai. At the Cape we were rewarded with panoramic views of the surrounding coastline. We could see the expanse of the ocean out to Wilson Promontory and beyond. We continued our hike along the southern cliff edge trail to Woolamai car park. There we stopped for a late lunch.

After lunch we continued our walk along the southern shoreline for another 3km to the Colonnades where we picked up our vehicles for the return trip back to the hostel. The Colonnades are interesting basalt rock formations along a 100 m section of coastline that resemble a cluster of tightly spaced columns. We did not see mammals on the hike, but we encountered several native bird species, including a pair of majestic wedge-tailed eagles which were soaring above the beach during our morning tea break.



On Saturday evening we shared a delicious meal, with wine, at the hostel. Food contributions were provided by each member of our group. Our leader, Halina organized some fun games for after dinner

## Along the track

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where we shared many good laughs.

After checking out from the hostel on Sunday morning, the group drove 6 km to Punch Bowl Road to hike the George Bass Coastal walk to Kilcunda. The weather app I used did not forecast rain, but apparently other forecasting apps said otherwise. In any case, soon after we set-out, light rain started and continued for most of the 9 km walk to Kilcunda. This trail mostly followed the coastline from a higher elevation but descended to the beach for one or two short intervals. We enjoyed beautiful views of several capes that reached far out into the Southern Ocean.

In Kilcunda, the group warmed up with a delicious lunch at the historic Kilcunda Hotel. During lunch, the rain and wind worsened a little. About half the group completed their hiking for the day at the hotel and shuttled back to their cars for the drive back to Melbourne. The rest of us headed back in the wind and rain. Fortunately, within 20 mins the rain had stopped. While the wind persisted, we made good time, completing the return trip in about 2 hours.



Thanks, Halina for the excellent planning, coordination, and leadership you provided. It was a most enjoyable weekend spent with a group of wonderful people.

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## Avon-Mount Hedrick Scenic Reserve - 30 June-2 July, 2023

Nanette Power Goodridge

Thirteen lucky pack carriers ventured into the Avon-Mount Hedrick Scenic Reserve, situated northwest of Maffra, in the foothills of the Victorian Alps, at the end of June. Hikers drove from Melbourne on Friday afternoon, setting up tents at the Newry Recreation Reserve before gathering at the Farmers Arms Hotel at 6:30pm to get acquainted over monstrous offerings of parma, beef cheek and salmon. However, to everyone's chagrin, our leader nabbed the last piece of cheesecake in the house. Luckily there was enough wine for everyone to be well served!

The Newry Recreation Reserve offered plenty of flat ground for camping and, fortunately, we were the only party on site. Upon our arrival from dinner, we promptly bedded down in anticipation of our weekend adventure. The silence of the evening was obliterated by the barking of a dog that continued steadily through the night, but sleep came easily to most, with everyone content that our tents provided protection from the intermittent rain. We awoke to a chilly morning, enjoyed hot breakfasts, and diligently stuffed wet tents into our packs before executing the car shuffle.



## Along the track

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Our trek along the Avon River was a rewarding one. Early morning showers provided an opportunity for us to don our rain gear and the fluctuating terrain posed a welcome challenge. The satisfying views of the river and the surrounding cliffs offered a sense of serenity and awe. We stopped for morning tea along the river's edge, basking in the warmth of the sun, and tickled pink that the precipitation had stopped.



Continuing our uphill trek, our exertion was rewarded with great views of the river below as we were now standing cliffside. Instinctively, our packs were laid aside and we sat absorbing the tranquillity that emanated from the surrounding hills. Everyone was grateful for the gift of this unhurried moment. The silence was palpable, and it was obvious that this group of hikers shared an affinity with nature and with one another.



Farther along, our gazes fell upon The Channel, a magnificent gorge that had been carved by the Avon River “as it journeyed through the silt and sandstone over millennia”. It was truly majestic and was a poultice for our aching muscles as the undulating terrain seemed relentless. We encountered another ascent and more views along the river before descending again to the welcome sight of our campground, Huggett's Crossing. There were no other campers in sight and the setting was so pristine that even with the discovery by one couple that their tent poles had been inadvertently left 13 km away in the car, there was no cause for concern. Our capable leader initiated a creative shelter design, and with assistance from new-found friends, a makeshift tent was quickly erected. Luckily it did not rain, wildlife did not visit, and the tent's inhabitants were lulled to sleep as the silence was only pierced by the babbling of our friend, the Avon River.

We woke at dawn, shivering, as temperatures hovered around 0°C, but we soon felt more comfortable as we tackled the Green Hill Walking Track on our way to the summit of Mount Hedrick. Soon our puffer jackets and jumpers were stowed, and we relaxed in the warmth of the sun. Feeling unencumbered, we manoeuvred granite outcrops, paused to observe the greenhood orchids along our path, and at the summit, marvelled at the scenic vistas against the cloudless, azure sky. All was right with the world.

We descended along the Rocky Spur Walking Track, venturing into the valley and Corner Creek, enjoying the refreshing contrast that its lushness afforded. Massive granite boulders held us in awe as we cautiously side-stepped slippery patches on Crab Rock on our way to surer footing. A steep upward climb provided a shortcut to our cars and soon we found ourselves celebrating our adventure in the cozy pub at the Farmers Arms Hotel. All thirteen hikers agreed that ours had been a sublime pack carry - one accentuated by exhilarating climbs, pristine views, tranquil moments and comradery.



## Upcoming activities

### August 2023

Thu 3	TOF: Olinda Forest Trails (mark 2)	Pvt	E	Doug Pocock
Sat 5	TRG: Leaders Training Day	Pvt		Mick Noonan
Sun 6	DAY: Nth Brisbane Ranges - Spring Creek	Car	M	Jopie Bodegraven
Mon 7	MTG: Club Committee Meeting	Pvt		Roger Wyett
Tue 8	MTG: Video - How to read a topographic map	Pvt	E	Robert Ian Mair
Wed 9	TRG: Packing light for bushwalking	Pvt		John Fritze
Wed 9	DAY: Mount Worth State Park	Pvt	E/M	Mick Noonan
11-19	SKI: X-country skiing - Bogong High Plains	Pvt	Var	Doug Pocock
Sun 13	DAY: Dargile Forest - Mt Ida	Bus	E&E/M	Christopher Collett & Chris Lord
18-20	MNT: BTAC - Eagles Peaks Tk-Howqua Hills	Pvt		Meredith Quick
Sat 19	DAY: Belgrave/Sherbrooke area	Pvt	E/M	Maureen Hurley
Sun 20	DAY: Tanglefoot walking track	Car	E/M	Jill Allen
Mon 21	MOF: O'Shannassy Aqueduct	Pvt	E	Graham Hodgson
Wed 23	SOC: Exploring Australia's most unique & challenging terrain	Pvt		John Fritze
Thu 24	SOC: Finns Reserve, Yarra River	Pvt	E	Pearson Cresswell
25-27	BC: Grampians - Halls Gap	Pvt	E/M	Jill Allen
25-28	PC: Little Desert Walk	Pvt	E/M	Claire Luxford
Sun 27	DAY: Currawong Falls & Iron Bark Gorge	Bus	E&E/M	Roger Wyett & Helen Takano

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](https://mbw.org.au/mbw_activities/MBW_activities_program.php)

