

MELBOURNE
BUSHWALKERS INC.

ABN 14 396 912 508



THE NEWS

#870 September
2023



Walking along Spring Creek, Nth. Brisbane Ranges - R.I Mair

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 4 September

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 (maximum 400 words). 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:

Dianne Saugy
Oliver Caceres

Wikke Novalia
Kate Lawrence

Sabrin Abdalla
Peter Glen Taylor

Chun-ju Sophy Lin



Would you like your trip photos featured in the newsletter?

Due date for contributions to October News: 21 September

Email: news@mbw.org.au



Resignation of Roger Wyett

I am sorry to tell members that Roger Wyett resigned as President and from the Club Committee on 15 August.

Roger has been a stalwart for the Club for many years in a range of roles and stepped in as President only a few months ago.

On behalf of the Club, I thank Roger for all he has done over the years. His leadership, enthusiasm and generosity of spirit will be missed.

Thanks, Roger.

The Committee will begin the process of selecting a new President.

David Stockley (acting President)

September Safety and Risk Reminders

This month's reminders are primarily about ***being prepared in emerging from winter*** and safely getting out walking again this Spring and Summer.



Choosing the Whip when there are lots of Visitors (MOD): When the number of Visitors on a walk, primarily Sunday Bus Walks, is 15 or more then ***the leader*** needs to ensure that the Whip is also a leader. Remember to communicate regularly with your Whip particularly when leading large groups.

Ensure you are choosing a suitable Walk (MOD): If you are not bushwalking fit after winter check the walk grading and preview description carefully to make sure you're fit enough for your chosen walk.



Snake Season: The snakes will be starting to emerge from now on. Consider wearing long pants and/or gaiters and keep alert! Put those Snake Bandages back into your First Aid Kit. Also keep an eye out for Ticks.

Previews: Leaders should use the Club's online or paper ***Preview Notification Form*** to make sure that you have a Preview Contact who knows where you are going. Also, an email must be sent to the Club's Emergency Contact System Mailbox ecs@mbw.org.au (done automatically if you use the online system) to

ensure there are no insurance problems if something goes wrong. If you forget you can send an email on the day using your smartphone.

Check your Members Contact and Emergency Contact details are up to date (MOD): You can check and update them in the Members Area of the Club Website. This is the person who will be contacted if you are involved in a serious incident, or the group is very late or overdue returning. Also check what information you are making visible in the Members Contacts so leaders and other members can contact you.

Members and especially Leaders are encouraged to read these 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

Farewell to Bob Steel

Doug Pocock

Bob discovered MBW through Walk magazine, an annual published by the Club. I met him on his first walk Ballan-Whipstick-Mt Egerton in April 1961. I was an old hand in the Club, this was my second walk. We were only eighteen and 2 months separated in age, Bob being the older. I completed my three walks fairly quickly and became a member. Bob took a little longer, one reason being that Bob worked in a bank and had to work on Saturday mornings, so it was hard to do weekend walks. The banks gave good public service in those far-off days! Having become a member Bob threw himself into bushwalking. He was a fairly quiet, shy person but gradually became more gregarious as he mixed in the Club. He left the bank and went to work for the Commonwealth Employment Services which meant he had weekends off and could then do Friday night start trips. He did many day and weekend trips all over Victoria as well as in NSW and Tasmania.

Bob introduced Tyrone Thomas to the club and they did some trips together. One epic was a trip to Lord Howe Island when the service was by float plane. Whilst they were there a storm blew up and the float plane lost its moorings and was damaged. Bob and Tyrone were stuck on the island until parts could be brought to the island and repairs made.

Serving as Treasurer in 1964 was the start of Bob serving on the committee on and off for many years, culminating in him being President for four years from 1979 to 1982. He had been Club representative for the Federation and for Search and Rescue. As a member of S&R he participated in searches and search practices. Bob had also been Walk magazine distribution manager, equipment officer and map custodian. He also had a huge collection of maps which makes me want to describe him as a cartophile if that is a recognized word. Bob was recognized for his contributions to the club by being granted life membership in 2004.



Bob at Wilky work party 1964 (reading magazine)



Helping to install a new stove at Wilky

I think Bob's first trip to the Club hut Wilkinson Lodge was a working bee in 1964. After that, like so many Club members, he was hooked on "Wilky". Both summer and winter trips attracted Bob and he did possibly more than his share of work parties. Two in particular spring to mind, the 1990 replacement of the septic system and the 1994 replacement of the Wilky stove. I remember one trip to Wilky with Bob in winter when there had been a huge snow dump higher than the entrance door, so we had to get in through the lockable upstairs window. Like so many of us he was heartbroken when Wilky burnt down and National Parks would not allow us to rebuild.

Graham and Marijke Mascas and children, having no relatives in Australia, used to organize Xmas celebrations

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Noticeboard

at Wilky. This was open to all and sundry and Bob was a willing attendee. Great feasting and festivities were enjoyed. The Mascas's also organized car trips in the school holidays to places like the Flinders Ranges, Central Australia and the Barrier Ranges. Bob would join them in his VW Kombi which he had for many years. Bob also did many yachting trips with the Mascas's on either their yacht or hired ones in the Whitsunday Islands and other places.

I remember going on a walk to Mt Feathertop led by Bob. When we got to around Federation hut we dropped packs and in dribs and drabs we went to the summit. As we returned to camp Dorrie Warton said to me, "Well here's someone I know, it's Doug Pocock". I thought this was rather strange but then she asked me where was she and how did she get there and who were these people? It turned out that Dorrie had been working nightshift as a nurse and then was painting her house during the day, she had two days and nights without sleep then drove up to Harriettville and then walked up Feathertop. Bob and I talked to a couple of nurses and we decided that Dorrie had had some sort of brain shutdown. We finally talked her into going to bed and Libby Quarterman slept outside Dorrie's tent door in case she got up confused and wandered off. Next day Dorrie seemed to be OK but Bob organized for Tyrone to drive her car back to Melbourne while Dorrie travelled in Bob's car. We hoped that Dorrie had a checkup at the doctors but the whole episode was a bit nerve testing. I think Bob organized the whole situation very well.



Wilky work party 1994 (Bob up ladder)

Bob started doing less weekend walking but doing day walks and many base camps. He was very well set up for base camping with extra tarps for shelters and comfortable chairs. Many people remember his specialty, apple pie cooked in his camp oven. There was always enough to share.

Somewhere around 2000 Bob struck up a friendship with Pam Rosso, Pam described it to me as "a travelling relationship". By this time Bob had a 4wd Landcruiser and Pam was delighted to go to places that she could not get to on her own. Trips through the Centre (Pam's favourite place), The Kimberley, Kakadu, and so many other places. Not just in Australia but cruises like Iceland, Greenland and the Faroes. Bob driving through Italy and Greece. Travels in Belgium and France. The list went on. Bob was never all that keen on swimming but Pam talked him into one of my Murray River canoe trips. I well remember Pam's encouraging, "Face your fears Bob!"

A problem for Bob was that the black dog of depression was nipping at his heels. At times this got so bad that he would have to be hospitalized. At home sometimes he would stay in bed till midday as he couldn't be bothered to get up. This of course decreased his fitness so he couldn't even manage the social walks. On the days of the social walks Jean Giese would ring him so that at least he would meet the group for lunch. Bob found the Men's Shed in Croydon and he enjoyed going there and this gave him a reason to get up and go out. However Bob had a couple of falls and eventually he was diagnosed with pancreatic cancer. He decided that he didn't want to have more medical procedures and just wanted it to be all over. His doctor was sympathetic to his feelings and arranged for Bob to be registered for assisted dying. I saw him just before we left for the UK. We had a long talk and I was most impressed by his attitude and courage. He had a weight lifted off his mind and was taking control of his life. At the time of his deciding he took his two pills with his twin sisters at his side. As Meryl said he fell asleep happy and quietly left this life.

Goodbye Bob and thanks for the memories.

A Steady Start to 2023

The number of activities on offer in our various categories, during the first half of this year, was very similar to the same period last year, with a few exceptions. Canoeing returned, with 4 trips, while Training and Conservation/Track Maintenance, both came back with 3 activities. However, due to cancellations, there were 5 less Pack Carries.

Highest Attendances

Monday: Jun. 26, **Panton Hills to St. Andrews** – 16 (1 visitor)

Wednesday: May 10, **Autumn in the Dandenongs** – 14 (4)

Thursday: Mar. 2, **Olinda Forest** – 17 (1)

Social Walks: Jan. 26, **Elsternwick Park & Wetlands** – 12 (2)

Saturday: Jun. 24, **Ferny Creek, Tremont** – 19 (3)

Sunday Bus: Feb. 5, **Murrindindi Cascades – Wilhelmina Falls** – 57 (14) &
Feb. 19, **George Bass Coastal Walk – Kilcunda** – 57 (17)

Sunday Car: Feb. 26, **Daylesford Forest & Lakes** - 30 (6) &
Apr. 23, **Garden of St. Erth – Simmons Reef (Blackwood)** – 30 (4)

Base Camps: Mar. 10, **Bimbi Park, Otways** – 30

Pack Carries: Apr. 14, **Mt. Howitt** – 15

Training: Apr. 15, **Map & Compass Navigation** – 9 (2) &
Apr. 29, **GPS Navigation** – 9
Feb. 1, **Light Weight Equipment** – 19 (2)

Conservation: Jun. 2, **Grampians Track Maintenance** - 7

Special Mentions

Beginners' Pack Carries: Apr. 22, **Cape Schanck – Greens Bush** – 16

Interstate Pack Carries: May 13, **Bibbulman Track (Walpole – Denmark)** – 7

Overseas Pack Carries: Feb. 11, **Travers-Sabine Track (N.Z.)** – 9 &
Feb. 22, **Tongariro Circuit (N.Z.)** - 9

Lodges: Apr. 6, **Mt. Hotham at Easter** – 27

Canoeing: Jan. 14, Feb. 4 & Feb. 18, **Goulburn River** – 16 (combined)
Feb. 25, **Yarra River to Herring Island** - 8

In 2023, overall attendances for our different groups have been quite similar to 2022, except for Base Camps, which declined by 27% (although there was 1 cancelled trip), and Wednesday walks, which were 44% lower. However, our program has continued to offer great variety, due to the consistent efforts of our Coordinators and leaders.

Stuart Hanham

(General Walks Secretary)

Activating a PLB

If there is Grave and Imminent Danger

- to a participant or the group

Then attempt to call "000" first

- from your location and nearby

Only then activate the PLB as a last resort

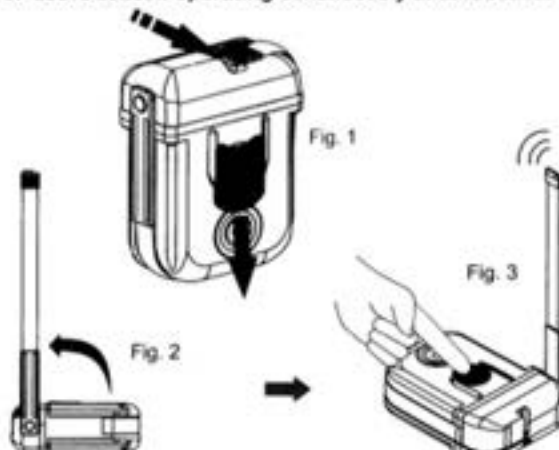


INSTRUCTIONS FOR USE

The Safety Alert SA2G was designed to be operated on the ground or above the ground.

To Activate:

1. Slide RED protective cover downwards to access button.
2. Release antenna end-lock by sliding forward and set antenna to vertical position. (Fig. 1 & 2)
3. Press & hold RED Activation button until Green light starts flashing then release button. (Strobe light will also flash)(Fig. 4)
4. Place in a clear area with antenna in vertical position or place above the ground. I.e. if held by operator (ensure antenna is in the vertical position). (Fig.4).
5. Leave beacon operating continuously until rescued.



PLB1 USER MANUAL



IN CASE OF EMERGENCY

USE ONLY IN CASE OF GRAVE OR IMMINENT DANGER

- PULL THE ANTENNA OUT FROM THE BODY TO ITS FULL EXTENT USING THE BLACK TAB
- LIFT THE FLAP UP
- PRESS THE ON KEY FOR ONE SECOND TO ACTIVATE THE BEACON. THE GREEN LED WILL FLASH TO INDICATE ACTIVATION
- RELEASE THE ON KEY
- ENSURE THE ANTENNA IS HELD VERTICALLY WHILE OPERATING THE PLB
- THE STROBE LIGHT WILL START FLASHING TO INDICATE IT IS ACTIVATED

NOTE: Refer to section 3.2 for deactivation instructions.



BY LAWS – CHANGE NOTIFICATION

The Committee is required to notify members of any changes to the By Laws within 6 weeks of the change occurring.

There have been changes required arising from the review of 2023 incident reports and other items the Committee wished to review.

Some clauses in the By Laws have been deleted, added and/or changed.

Those By Laws which have been added and/or changed are listed below.

The By Laws may be viewed on the club's website.

1. Financial

- 1.8 Where a private PLB is activated in 'good faith' for a Club Activity the Club will reimburse the owner for the repair or replacement of the PLB, whichever is the lesser. The Leader will submit a claim by email to the Treasurer with a General Expenses Payment Claim Form giving the activity the PLB was activated on, the circumstances of the event, and a copy of their payment receipt, along with their bank account details.
- 1.9 An "Active Pack Carry or Base Camp Leader can, every 7 years, get one rebate of \$150 off the purchase of a PLB that they will use on Club Activities at the direction of the leader.
 - 1.9.1 "Active" is a leader who has led 2 such walks in the 2 years before applying for a rebate.
 - 1.9.2 The leader will submit a claim by email to the Treasurer with a General Expenses Payment Claim Form giving the details of the PLB purchased, a copy of their payment receipt, and their bank account details.
- 1.10 If a leader after reasonable efforts cannot get a Club or Private PLB for their trip then they can rent a PLB and claim the costs from the Club by submitting a claim by email to the Treasurer with a General Expenses Payment Claim Form giving the activity the PLB was taken on, the reasons for the rental, and a copy of their payment receipt, and with their bank account details.

2. Leaders' Duties

- 2.14 If a very serious incident occurs during an activity the leader must notify the President, a Vice President, the General Walks Secretary or the Secretary as soon as the leader is able to access phone coverage. Alternatively they can ask a Club Emergency Contact to do this for them.

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- 2.15 Leaders must ensure that every activity carries the following safety equipment:
- 2.15.1 A mobile phone or phones, preferably with remote area coverage.
 - 2.15.2 The Emergency Plus or GPS Application loaded on a phone, or a GPS device in order to provide accurate information for Emergency Services if required.
 - 2.15.3 First Aid Kits and Torches. For Sunday Walks a Club First Aid Kit must be taken by each leader.
 - 2.15.4 PLBs when required by the “Activity Policy: Use of PLBs on Club Activities”.
 - 2.15.5 Electronic or Paper Maps for the Activity.
- 2.16 The leader of a Club Activity must operate that activity in **accordance** with:
- 2.16.1 The law of Victoria and the jurisdiction where the activity is conducted,
 - 2.16.2 General community safety practices, and
 - 2.16.3 The Club’s **Bylaws and Activity Policies** that are published on the Club’s Website.
- 2.17 The leader of an activity must also take into consideration the Club’s **Activity Guidelines** that are published on the Club Website when making their decisions and conducting the activity.

6. Responsibility and Conduct of Members and Temporary Member

- 6.2 Participants:
- (a) Must satisfy the leader (or deputy) of their fitness and suitability for the particular activity they participate in and advise any relevant medical conditions, before their name and booking details are recorded and they pay any applicable fee.
 - (b) Shall recognize the authority of the leader, and carry out any reasonable requests by the leader.
 - (c) Demonstrate respect and consideration for other participants and refrain from any behaviour or actions likely to reflect adversely on the Club.
 - (d) Care for the environment by minimizing plant damage and avoiding pollution.
 - (e) Be aware of Club’s Fire Season, Total Fire Ban and Extreme Heat Policies and the Club Emergency Contact System.
 - (f) Carry a completed Green Health Card with them on the activity.
 - (g) Carry their own personal medications and a First Aid kit suitable for the activity.

Editor’s note re length of articles

As News editor, it is pleasing to receive articles about walking adventures and other items of interest. However, I get feedback from members that if the articles are too long, they won’t be read. Many of us are time poor and we can suffer from information overload as we are constantly bombarded with digital messages in our daily lives. Images are easier to take in at a glance, and if articles are shorter, I then have space to accompany them with more photos.



As editor, I have the right to cut down the length of articles, but this takes time – time that I usually don’t have as I am trying to get the News out each month. Therefore, could I ask that articles be kept to a **maximum of 400 words** if possible. Thank you!

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 Robyn Curwen-Walker.

Chicken curry

Ingredients:

1.5 tbsp oil (vegetable, canola)
2 garlic cloves, minced
2 tsp ginger, grated
1/2 onion, finely chopped
500g chicken thigh fillets, sliced
2.5 tbsp curry powder
Any other chopped vegetables you want to add
270 ml / 1.25 cups coconut milk, full fat
1.5 cups (375 ml) chicken stock low sodium
1/2 tsp salt
3/4 cup frozen peas
1/4 cup coriander / cilantro leaves, chopped

Instructions:

Heat oil in a skillet over medium high heat. Cook garlic, ginger and onion for 3 minutes until onion is translucent.
Add chicken and cook until it changes from pink to white.
Add curry powder and cook for 2 minutes.
Add coconut milk and chicken stock. Stir, lower heat to medium and cook, simmering rapidly, for 10 minutes until sauce reduces and thickens.
Add peas and salt. Cook for a further 2 minutes, then taste to see if it needs more salt.

If you like you can cook some rice and mix it all up. Alternatively, you can keep the rice separate and dehydrate it in single serves. I mix cooked rice in and portion into about 220g serves. Spread each serve on dehydrator trays and dehydrate breaking up the chicken pieces as they dry out.



Upcoming Federation Weekend

Bookings are open for this event, to be held on 21-22 October, in the Trentham area. See our website preview for more details and also the main booking site <https://fedwalks.org.au/>

If you register as a leader or a walker, please email gws@mbw.org.au so that our Club records can be updated.

Stuart Hanham (General Walks Secretary)

BTAC – Duane Spur – AAWT track maintenance

When: Thursday 26 - Sunday 29 October 2023

Track: AAWT - Duane Spur from Ropers Hut to Big River and possibly T Spur

Area/Park: Alpine National Park

Project Leader: John Green

Where to meet: Falls Creek. 2 pm Thursday 26th October.
Participants will be advised of parking location.

Working hours: Track maintenance activities will occur on Friday and Saturday and possibly Sunday morning, if required, starting at 8am each day.

Skills needed: Good level of fitness. Chainsaw operators, brush cutting, hedge trimming, use of hand tools, manual lifting. There are a wide range of tasks, - no previous track maintenance experience required.

Transport: Provide your own transport to Falls Creek or arrange to share a ride. BTAC and Parks Victoria will arrange transport from Falls Creek to Roper Hut by 4WD vehicles.

Accommodation: Camping at Roper Hut. Parks Victoria will provide a BBQ meal for Friday evening.

Please bring: Camping gear and provisions for all meals except Friday evening. A day backpack to carry lunch, energy snacks, water, raincoat, warm top, small first aid kit, etc. Hat, gloves, safety glasses. Wear sturdy work footwear.

Scope of work: You will be working as volunteers to Parks Victoria to do track maintenance work. Maintenance work may involve brush cutting, hedge trimmer operation, chain saw operation and the use of hand tools for vegetation trimming, clean up, track marking, track benching and drainage works.

Finish time: No later than 1pm on Sunday if work is required on Sunday morning. We then pack up and travel to Falls Creek.

WWCC: It is a requirement of Parks Victoria that all volunteers after their first volunteering activity have a Working With Children`s Check and load it up on ParkConnect as evidence.

Please register here on [ParkConnect](#)



Bush Tracks and Conservation (BTAC) weekend - 22/23 July 2023

Peter Heading

Two members of the Melbourne Bushwalkers club recently took up the call of duty to help DEECA and Parks Victoria undertake maintenance work on the Australian Alps Walking Track (AAWT) in the Baw Baw National Park. 15 volunteers toiled with chainsaws, brush cutters, hedge trimmers and hand tools to clear the many logs, regrowth and the overhanging vegetation along the track. Over the two days more than 100 logs, some quite substantial, were cleared from the 6.5km section of the AAWT from Mt Erica Road, down Fire Break Trail to O'Sheas Mill Site and out to the Thompson Valley Road.

While a few of the volunteers travelled from home each day, the majority of us

arrived on Friday afternoon and stayed in the luxury of the Erica Caravan Park with undercover cooking facilities and hot showers. Some even ditched their tents for cosy cabins (the sacrifices that some of us make Meredith).



We worked as two teams, each with a similar combination of skills, experience and equipment. On Saturday one team lead by Peter Maffei started on the Mt Erica Road and worked downhill on Firebreak Track while the other team lead by Joe van Beek worked uphill from O'Sheas. The chain sawing was all done by the end of the day.

On Sunday Peter's team, without chainsaws, went back to finish off Firebreak Track while Joe's team cleared from O'Sheas to Thompson Valley Road. In total the participants contributed about 200 on-the-job volunteer hours with a further 80 hours in travel and in preparation.



The weather was kind to us on both days. Although it was cold with temperatures between 2 and 12 degrees, the days were ideal for working conditions. Soft misty rain set in around 3pm on Sunday afternoon just after our objectives for the weekend were achieved and we had arrived back at our vehicles.

Another great weekend, helping keep our tracks open for all walkers to enjoy – please consider putting your hand up when the next opportunity arises.



Northern Brisbane Ranges - Spring Creek -

Sunday, 6 August, 2023

Ian Mair

Believe it or not, the Brisbane ranges are in Victoria and not in Queensland! Located between Ballan and Geelong is one of the most understated areas for off-track walking close to Melbourne. Those who know don't say much about it, but when the chance comes up they are quick to pounce on whatever walk is being offered. So it was with the walk offered by Jopie B., an experienced walker who didn't mince words about what to expect. "This is a walk with some adventurous bits. It includes a 100 metre steep and at times loose off track descent, 1.2 km of off track creek walking involving medium rockhopping, two steepish off track ascents and a smaller steep but easier off track descent.... If you are unhappy with steep off track descents or rockhopping, then best to avoid this walk." I put my name forward and was glad to have got in early!



The walk started off easy enough. By the time we had reached the mid-morning break at Sapling Picnic Area I was beginning to think Jopie had overstated the difficulty and I started to relax. Where was this dreaded steep descent of treacherous loose surfaces? With deluded self-comfort I headed off on the next section thinking that all would be good. Soon old logging roads turned to barely visible tracks and then the world ended. Literally! Bracing myself, clinging desperately to the single walking pole I had brought along, I tentatively stepped into the void. The track turned sharply down. Loose rock wrestled between throwing me to the ground or plummeting onto those who had gone ahead. Each step was an adventure!



Well, that wasn't so bad! You couldn't possibly have thought that was difficult? Did I tell you when? Bluster and bluff merged with ecstasy until I realised we were less than half way through the walk and had not yet faced the dreaded climbs. Lunch followed by a relatively short section along Spring Creek gave me comfort that I would survive this experience, until..... Where is Jopie? He didn't really go up there? Bracing myself and desperately hoping I could clutch onto a loose strap from someone ahead I took the first tentative step, then another, and another and so it went. Bit by bit I edged up the spur encouraged by and encouraging those nearby. We can do it!

Now we were at the top and on a basalt plateau. A flat expanse populated by kangaroos spread before us. I embraced the flat walking across the plateau, chatting with not a care for what was ahead, except for a nagging thought that would not go away. We are on one side of Spring Creek and our cars are on the other side. Desperately I tried ChatGPT to find an answer to this conundrum (I didn't really try ChatGPT but it seems like I should have!). Alas, the penny dropped, we were going to drop back down and then up again! The grading of Medium for the walk started ringing in my ears - the leader had done the preview and wasn't joking!!!

Back in Melbourne I can reflect on the walk. Fantastic! We are lucky to have leaders who put on challenging walks and lucky to have members who enjoy sharing the experience. However, it is not for everyone. Booking on a Sunday Walk because it is Sunday is not a sufficient evaluation. Leaders go to a lot of effort to Preview a walk and give it a grading for the safety and enjoyment of all involved. At the very least we each need to know our capabilities and how they relate to the programmed walk. Respect the leader, read the Preview, and if unsure send an email for further information.

Upcoming activities

September 2023

1-4	PC: Mitchell River	Pvt	E/M	Jopie Bodegraven
Sat 2	TRG: Using your smartphone for navigation	Pvt		Andrew Robinson
Sat 2	MNT: Manja walking track - Grampians	Pvt		David Witham
Sun 3	DAY: Cowans Track Loop - Lerderderg Gorge	Car	E/M	Quentin Tibballs
Mon 4	MTG: Club Committee Meeting	Pvt		David Stockley
Thu 7	TOF: Candlebark Park - Eltham Lower area	Pvt	E	Jopie Bodegraven
Sat 9	DAY: Glasgow Road circuit	Pvt	M/H	Jill Allen
Sun 10	DAY: Phantom Falls-The Canyon-Sheoak Falls	Bus	E&E/M	Kim Cowie & Annemarie Mulder
Wed 13	DAY: Woodend	Pvt	E/M	Rose Perich
14-18	MNT: BTAC: Eagles Peaks Track-Howqua Hills	Pvt	M	Meredith Quick & Mark Heath
Sun 17	DAY: Panton Hills Explorer	Car	E/M	Jill Allen
Mon 18	MOF: One Tree Hill Reserve-Christmas Hills	Pvt	E/M	Robert Ian Mair
Wed 20	DAY: Newbury to Lyonville Springs circuit	Pvt	E/M	Therese Ryan
22-24	PC: Eastern Strathbogie Ranges	Pvt	M/H	Ray Thomas
Sat 23	DAY: Kinglake NP-Mt Jerusalem Track	Pvt	E/M	Agajan Akbari
Sun 24	DAY: Jehosaphat Gully, Mt Everard & Steeles Ck	Bus	E/M&M	Prabhu Delli & Robert Ian Mair
Wed 27	SOC: Walking in Nepal: Manaslu & Tsum Valley	Pvt		Deb Shand
28-1	BC: Wyperfeld National Park	Pvt	E/M	Anitha Damodharaswamy & Kim Cowie
Thu 28	SOC: Lysterfield Park Lake	Pvt	E	Elizabeth Gwynn
28-1	PC: Mt McDonald-The Nobs-Mt Clear	Pvt	M/H	Claire Luxford
28-1	PC: GOW: Johanna Beach to 12 Apostles	Pvt	M	Rachel Keen

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