

MELBOURNE
BUSHWALKERS INC.

ABN 14 396 912 508



THE NEWS

#879

June
2024



Sealers Cove, Wilsons Promontory - 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 3 June

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 recommended). 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

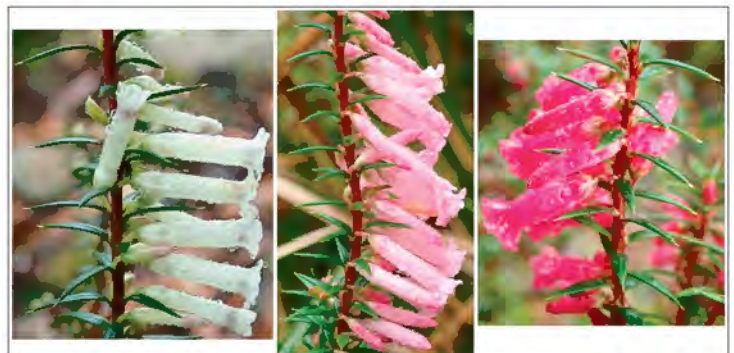
We welcome these new members to the club:

Anne-Claire Deville
Elizabeth Abrahams

Dianne Stanley
Elle Lancaster

Mel Chan

Lawrence Lanzon



Mossy log in the forest and variations on Pink Heath, Langi Ghiran - Rdb Jung

Would you like your trip photos featured in the newsletter?

Due date for contributions to July News: 21 June

Email: news@mbw.org.au



President's column

What a lovely evening we had when Committee members, Club Officers, walk leaders and those in support roles attended the 'Thank You' evening on 13 May. Meredith Quick and her team laid on heaps of lovely goodies and a good time was had by all. The Club couldn't function without these amazing people and this annual event is by way of saying thanks to everyone for giving their time and energy to keeping the wheels turning. We had two outstanding examples in attendance - Life Members Jean Giese and Jopie Bodegraven. Jean has been a member for around fifty years and Jopie for more than forty years, both have held Committee positions (including Jean being president and Jopie being General Walks Secretary) and both have been regular leaders having researched and introduced numerous new walks. What shining examples they are!



With the cold and wet weather season upon us it's good to see brave walkers out there doing pack carry weekend walks and having a good time. Knowing what kit to take - and what to leave behind - is essential knowledge. Those members who have moved from day walking to pack carry walks may consider extending themselves to walking in the not-quite-so-good walking season. Contrary to the expectations of many people, I've always found that a tent can be quite cosy even in snow as long as you have a good four seasons tent. It's better with a companion as well! I once took the Summer tent by mistake and my tent companion was not happy as a cold wind blew without hindrance through the lightweight netting inner tent. I had to get out and build a snow wall around the tent and this made a huge difference - to the temperature and the relationship! And you do need a good sleeping bag. My advice on what to wear at night is to wear - nothing! Your body heat is instantly reflected back by your insulated bag and the air inside the bag warms up quickly. I've always adopted this custom and I'm always warm, but I confess that most people don't agree with me! I think that they don't give it a try! Another trick if you suffer from cold feet is to empty your pack and stuff the end of your sleeping bag into the pack. Big difference!

And talking of cold weather we now have a list of eager beginners for cross-country skiing. If you missed the notice look at last month's newsletter. Our new Skiing Co-ordinator Trish Elmore would be pleased to hear from you. All we need now is some snow!

Some of us are planning on going to warmer climes, and that includes me! I'm off to the Top End in June and mostly out of contact so David Stockley will be acting president from 8-30 June.



I'm very pleased to congratulate Stuart Hanham for being awarded the GTEM award - 'Go the Extra Mile'. Stuart, as General Walks Secretary was nominated by Maureen Hurley, supported by leaders Helen Graesser, Margaret Campion and Liz Gwynn for his consistent friendly help, encouraging their skills expansion and continued leadership. Well done and well-deserved Stuart!

And congratulations to Helen Graesser for stepping up to become our new Saturday Walks Co-ordinator. Thank you, Helen, good to have you join the ranks of the supporting roles.

Till next time,

Derrick



Fedwalks 2024 11-13 October



Dear Victorian Bushwalkers

We are ready to go live with bookings for the 90th anniversary of FedWalks at Wilsons Promontory 11-13 October 2024. You will be guided through the Try Bookings process to make your selections for the Package* including walks, (Sat and Sun) the accommodation (Friday, Saturday and optional Sunday night), the Saturday night entertainment and the optional Saturday night dinner.

We are encouraging Sunday walkers to stay the extra night. For the price of an extra night's accommodation, you can remain in the same place that you book for the weekend, have a more relaxed walk on Sunday and avoid traveling home with the Sunday traffic.

Check out the FedWalks website at www.fedwalks.org.au to view the 21 walks, including the spectacular 'Boat and Walk' option available on Saturday. There are 20 spaces on each walk so book early to get the walk of your choice.

Similarly for accommodation, book early or risk missing out on your preferred choice of cabin, hut, group lodge or wilderness lodge. There will not be waiting lists. In addition to roofed accommodation there are plenty of powered and unpowered camping options available.

You will be asked to name your club and we will endeavor to keep club members booking roofed accommodation together wherever possible.

BOOKINGS OPEN: 6am 3rd June 2024

Each participant, including non-walkers, needs to book their own package, specifying accommodation and recording individual emergency contact details.

continued next page

***The Package comprises:**

- **Accommodation – 2 nights: 4pm Fri 11 Oct – midday Sun 13 Oct 2024**
- **Walks bookings for Saturday and Sunday**
- **Fed Walks 2024 booklet**
- **Transport to and from walks**
- **Ongoing tea/coffee/cake in the FedWalks Hub**
- **Saturday night entertainment**

Extras to the Package:

- **Sunday night accommodation (cost of an extra night's accommodation)**
- **Saturday night dinner at a cost of \$45.**

If booking roofed accommodation, advise where indicated, the name of your partner so that queen sized beds, if available, can be allocated to couples.

Familiarise yourself with the accommodation options before starting your booking process. Accommodation options that have booked out will not appear in the booking options. The wilderness retreats are for couples only.

Please remember that you are booking for one person only. Each half of a couple and each member of a group or club must make their own booking.

How to Proceed

1. Select an Accommodation Package

(Non walking partners attending, should use the Promotion Code NOWALK and will receive a \$55 credit in the calculation of their total package cost.

2. Select extra Accommodation for Sunday night if required

3. Select your SATURDAY WALK

4. Select your SUNDAY WALK

5. Select SATURDAY NIGHT DINNER if required

6. Pay total cost.

Walkers who do not require accommodation are required to pay the \$55 basic package fee.

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

June Safety & Risk Reminders

Mick Noonan, Risk Officer

Winter is here, so if you're a winter walker check you have an **Emergency Blanket** in your First Aid Kit and learn to identify the signs of **Hypothermia**. We also feature **The Leaders Guide** (Blue Card).



Carry an Emergency Blanket: They are made of ultra-thin aluminium foil, only cost a few dollars, are available from a range of outlets including chemists, and weigh next to nothing (around 40gms). They could save your or someone else's life this winter. They can also be used as a heat reflector on the floor of your tent, or to attract searchers.

Hypothermia: The gradual onset of the effect of exposure to extreme cold may be overlooked in the early stages. When the body loses heat faster than it can create it and the core temperature is lowered, the condition is known as **hypothermia**. It is responsible for several deaths each year in Australia.

Carry an Emergency Blanket and wear suitable clothing (e.g. not cotton or denim) especially in Winter to ensure you always have adequate protection from the cold particularly when combined with wet and windy conditions. On overnight walks be self-sufficient and do not rely on reaching huts for shelter. Avoid physical exhaustion by walking within your group's capabilities.

Hypothermia



**IN A MEDICAL EMERGENCY
CALL TRIPLE ZERO (000) FOR AN AMBULANCE.**

DRSABCD Danger ► Response ► Send for help ► Airway ► Breathing ► CPR ► Defibrillation

The DRSABCD Action Plan is the first step when providing first aid. Use this to assess the immediate situation. [DOWNLOAD THE DRSABCD FACT SHEET.](#)

WARNING

- DO NOT rub affected areas.
- DO NOT use radiant heat such as fire or electric heaters.
- DO NOT give alcohol.

MILD SIGNS AND SYMPTOMS

- feeling cold
- shivering
- clumsiness and slurred speech
- apathy and irrational behaviour

SEVERE SIGNS AND SYMPTOMS

- shivering ceases
- difficult to find pulse
- slow heart rate
- loss of consciousness

WHAT TO DO

- 1 Follow DRSABCD.
- 2 Move the patient to a warm, dry place.
- 3 Help the patient to lie down in a comfortable position. Handle the patient as gently as possible, avoiding excess activity and movement.
- 4 Remove any wet clothing from the patient.
- 5 Place the patient between blankets or in a sleeping bag, and wrap them in an emergency blanket.
- 6 Cover the patient's head to maintain body heat.
- 7 Give the patient warm drinks if they are conscious. Do not give alcohol.
- 8 Place hot water bottles, heat packs and other sources of external heat directly on the patient's neck, armpits and groin. Be careful to avoid burns. Body-to-body contact may be used if other means of rewarming are not available.
- 9 If hypothermia is severe, **call triple zero (000) for an ambulance.**
- 10 Stay with the patient until medical aid arrives.


For the early warning, mild and severe signs and symptoms, and how to treat hypothermia see the **St Johns Ambulance Hypothermia First Aid Sheet**. For bushwalkers additional warning signs can be lagging behind and stumbling. Also, difficulty unwrapping a sweet such as a barley sugar is a simple test for loss of usual co-ordination.

Severe Hypothermia is a medical emergency and requires urgent medical attention. Call 000 if possible or else summon Emergency Services as quickly as possible e.g. using a PLB.

continued next page

Leaders Guide (Blue Card): This card is designed to be taken on walks and is a basic guide for all Leaders on what to do before and during a walk. It also has a handy Whips Guide. It complements the leaders Emergency Checklist in last month's News. You can collect one in the Clubrooms or print the version in this News, trim it up and put in a Zip Bag (last updated 2022).

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.

<p>Leader's Guide</p> <p>BEFORE THE WALK -</p> <ul style="list-style-type: none">• Appoint a suitable Whip give them a map, and discuss route• Form a circle, Acknowledgement of Country, Name off, welcome Visitors• Number off, check total with any other leaders• Ensure all have seen a Yellow Walker Card and have a Green Health Card• Introduce Walk, tell people re:<ul style="list-style-type: none">- No going ahead of leader- Stopping and waiting at intersections- Always keep the person behind in sight- If going for a loo stop leave pack on the track- To let Leader know if any problems- Care for the environment <p>DURING THE WALK -</p> <ul style="list-style-type: none">• Keep eye on everything especially Visitors• Stop at Junctions• Regularly let people catch up• Regularly check with whip, especially at stops• Keep people informed of route• Ensure sufficient breaks, e.g. Morning/afternoon tea, lunch	 <p>IF AN INCIDENT OCCURS</p> <ul style="list-style-type: none">• Be sure of the problem – don't panic DRSABCD• Get/keep people together• Allocate tasks/take appropriate actions• Seek assistance• Be aware of leader's rights - you have ultimate authority• Refer to Emergency Checklist <p>Whip's Guide</p> <p>DURING THE WALK</p> <ul style="list-style-type: none">• Always be in sight of the last person• At catch-ups make yourself obvious to the leader• Count at regular intervals, especially at stops, and look to advise leader• Stop at any packs for the owner to return• Follow the map• Assist any stragglers• Advise leader of any or potential problems e.g. whistle codes<ul style="list-style-type: none">- 1 blast (acknowledge, 2 blasts (stop & regroup- 3 blasts (emergency)• Generally make leader's job easier <p>04/2022</p> <p>Note: This leaders Blue Card is available in the Clubroom or print this page and put in a Zip bag</p>
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Workshop: Using your Smartphone for Navigation

Saturday September 14 , 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 it for Melbourne Bushwalkers. A number of members have already done this course with BWV and with us in 2022 and 2023.

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, Organic Maps, 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, August 10 and closes at 5.00pm on Saturday, August 31. To Register, click [HERE](#)

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

Numbers are limited, book early!

Enquiries: bushnavigationandmaps@iinet.net.au or 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.



ASPIRING LEADERS WE NEED YOU!

LEADERS TRAINING DAY

Sat 31st August, 2024, 9:00 am – 5:00 pm, Seafarers Clubrooms

Why not attend this free training offered uniquely by our club to skill up our members to build confidence to take on leading roles? Suitable for new leaders, those thinking about leading, and previous leaders returning after a long break..

The trainers will be Angela Vetsicas, Ian Mair, and Mick Noonan. The day covers:

Welcome and Introductions

So You Want to Become a Leader?

- The concept of leadership
- Different styles of leadership and Key Relationships

Walk Research, Planning & Previewing

- Why, Who, Where, When and How to organise a walk.
- Conducting a preview, what to do before, during and after.
- Resources to access when selecting a walk, especially our extensive data base

Activity Processes, Documentation & Resources

- Walk description and grading, walker registration
- Map, GPS track and walk notes, transport plans, emergency details, incident reports
- Online Website and Paper Processes

Conducting the Walk

- Tasks which need to be completed a week and a day prior to the walk;
- Tasks to perform after you arrive at the walk but before you start walking; Appointing a Whip
 - How to conduct your walk in a safe manner so that all participants enjoy the walk

Risk Management & Safety

- Basics of Risk Management, and how it is involved in most decisions that we make;
 - Identify and Evaluate Risks
 - Use strategies to manage risks, practical examples
 - Legal responsibilities; Leader protections

Critical Incident Management

- What are Critical Incidents, how to avoid them/reduce their impact
- Dealing with the Critical Incident and with Emergency Services, Scenario Exercises
 - Post Activity support for recovery and grieving
 - A Leaders view of the new Club Critical Incident Processes.

Low Impact Entertaining the Melbourne Bushies way!

Meredith Quick

A couple of years ago, when reviewing the club's environmental footprint, the committee decided to change the dinner planning from 'bring a plate' to club catered functions. A deciding factor was the amount of plastic waste produced when people brought prepackaged food or home brought food wrapped in layers of gladwrap. At the end of some functions there were up to 4 bins of waste all going to land fill.

At the recently hosted annual Thank you dinner for the club's office bearers, walk leaders and volunteers, the organisers decided to implement a minimum waste philosophy. To realise our environmental goals we:

1. purchased goods in large quantities where possible
2. no plastic packaging preferred
3. provided retailers with reusable containers
4. fruit and vegetables purchased from the greengrocer/market (local produce)



In the kitchen we introduced a food scrap bin and separated the recyclable packaging from the packaging that needed to go to landfill. I am thrilled to report the results of our first foray into low impact entertaining. At the conclusion of the event we had:

1. less than 10 litres of waste going to landfill
2. approximately 120 litres of recyclables
3. 10 litres of food waste
4. leftover food was shared amongst the people that attended.

The food waste was deposited into a FOGO bin to be composted, the recyclables into my Tuesday recycle curbside collection and some people had a nice lunch the following day. With a little thought we can all make a difference to the environment. We reduced our landfill waste from 240 litres to 10 litres with 2 small changes.

Thank you, Hiroko, for suggesting we implement these changes, and thank you to Gill, Liz, Bernie, Chris and Adriana for adopting the new system to make it work, it was an outstanding success.

BEWARE: Scam targeting bushwalkers

One of our members has received several SMS messages with a note along the following lines:

"Hi (name)

It's Roger from the Saturday's walk. It was great to meet and chat and discover some very specific common interests! Thank you for your support on Saturday and encouraging me to contact you

Here is a copy of an old 1976 version of the map I was talking about.

Ps the Viking Razor wilderness is calling our names!!

Thanks

Roger"

Do not respond to SMS messages if you are not sure of the source.

Do not open image files if you cannot confirm the source. They can contain malicious code.

Please report any similar messages to the Webmaster, MBW, so we can see how widespread this threat may be.



MEMBERSHIP RENEWAL 2024-25

Membership subscriptions are due 1st April 2024. You are not required to sign an Acknowledgement of Risk form on renewal, however you are advised that payment of fees implies acceptance of the risks involved in any activity you may undertake as a member of MBW. Members are asked to read the following wording regarding insurance cover through Bushwalking Australia.

'In voluntarily participating in activities of Melbourne Bushwalkers Inc., which are described to me by the activity leaders, I am aware that my participation in the activities may expose me to hazards and risks that could lead to injury, illness or death or to loss of or damage to my property. I also acknowledge that I may encounter weather conditions that could lead to heat stroke, hypothermia or being in locations where evacuation for medical treatment may take hours or days. In particular when participating in abseiling or above the snowline activities I am aware that these activities could expose me to additional hazards and risks.

To minimize risks I will endeavour to ensure that:

- Each activity is within my capabilities;
- I will carry food, water and equipment appropriate for the activity;
- I will advise the activity leader if I am taking medication or have any physical or other limitation that might affect my participation in the activity;
- I will make every effort to remain with the rest of the party during the activity;
- I will advise the leader of any concerns I am having; and
- I will comply with all reasonable instructions of club officers and the activity leader`

I have read and understood these requirements. I will consider the risks before joining any activity of the Club. I acknowledge that I will take responsibility for my own actions, that the Club strongly recommends that all participants have comprehensive personal ambulance cover, and that **payment of my subscriptions will be deemed as full acceptance and understanding of the above conditions.**

RENEWAL SLIP

If any of your personal details have changed, update your details through the Members' Area of the club's website, or complete the form below and send it by email to membership@mbw.org.au , or if paying by cheque forward it with your payment to the Membership Secretary.

If paying by cheque or EFT please be sure to clearly identify who the payment is for to assist the Treasurer and Membership Secretary to identify you and ensure your renewal is properly recorded.

Payment to the Membership Secretary, together with completed form (if required) by one of the following methods:

- **(Preferred)** EFT to the club account. **Please ensure your full name and 'SUBS' appear on the transfer.** (Account Name: Melbourne Bushwalkers, A/c No. 0058-46013, BSB: 013-006).
- Cash or cheque on club night (cheques payable to Melbourne Bushwalkers Inc.)
- Cheque and Renewal Slip posted to Membership Secretary, Melbourne Bushwalkers Inc, P.O. Box 1751, Melbourne 3001

Fees (Please circle your membership category) *

Single member: \$45 **	Concession: \$34* (Proof required ***)
Couple/Family: \$90 **	Concession: \$68* (Proof required ***)

- Notes:** * Members who have nominated their Home Club as other than Melbourne Bushwalkers and paid the insurance cover to their Home Club should only pay 50% of the appropriate fee noted above.
 ** **Members who currently receive their copies of 'NEWS' via postal mail should add \$40.00 to continue.** No new hard copy subscriptions will be accepted.
 *** Holders of a Seniors Card or Commonwealth Healthcare Card only are not eligible for a concession.

Name: Year of Birth (optional).....

Name: Year of Birth (optional).....

(Note: Year of Birth is used only for statistical purposes and not published in any lists.)

Fill in Address, Telephone number(s) and Email address only if changed since last renewal:

Street Address:

Suburb / Postcode

Tel: [H] [W] Mobile:

Email: Home Club:

Emergency Contact Tel:.....[H][M][W]

Wilson's Promontory: Sealers Cove – 24-28 April 2024

Bernadette Harrington

Most of our group of 11 walkers camped at Tidal River on Wednesday night, with strong winds making it a challenge to put up tents. These gusting winds accompanied by bands of rain persisted overnight. Fortunately, the weather settled by early morning.

Day one: An early start to get up to the Telegraph Saddle car park before the road closed to cars once the shuttle service began. It was to be a big day of walking to get to our campsite at Refuge Cove, around 19 km with full packs. We started with an easy walk down the centre of the Prom to Telegraph Junction, stopping there for morning tea before following the east track across to Waterloo Bay. The

weather was all over the place moving between bands of showers, clouds of mist and periods of sunshine. Making decisions about when or whether to put on/take off wet weather gear was constant.



We reached a central high point providing views across to areas of both east and west coastlines, then moved on along sections of boardwalks and narrow gravel paths to Waterloo Bay. From here we followed the track north to Little Waterloo Bay with a lunch break at the campground. This low lying area was very wet given all the rain in the previous days raising concerns about leeches.

There followed some beach walking and a couple of creek crossings, these an unknown due to the role tides play. Fortunately for us the tides were low making the crossings relatively straight forward. The track was always interesting, moving through a variety of vegetation, and opening up to various views. Kersops Peak appeared and other high points, one that provided an impressive view down onto the narrow isthmus to

the small circular cove and stretch of white sand of Refuge Cove. When the sun appeared, the water turned a clear aqua blue. Refuge Cove was our campsite in amongst tall trees for two nights.

Day two: A return walk with day packs to Sealers Cove. This was a lovely walk full of variety, following the coast, in amongst tall trees, bracken undergrowth, areas with grass trees, and sections of tree ferns, then walking across bright white sandy beaches with tall forests right up to the sandy or granite coastlines.

We had Sealers Cove to ourselves and sat on the beach next to a huge granite boulder where Sealers Creek ran into the sea. On our return we stopped for lunch at a high point sitting on a granite slab with a view out to various land points and islands that



Along the track

dotted the coast. Back at the campsite by early afternoon we relaxed with a hot drink after our 12 kms.

Day three: Another big day retracing our steps to Telegraph Junction then following the track west across to Oberon Bay. This time on the way through we dropped our packs and walked up to Kersops Peak. This provided us with panoramic views, including across to the lighthouse out on the southeast point.



Oberon Bay campsite was busy with sites at a premium. There was an impressive sunset and early morning views across Frasers Creek to where it entered Oberon Bay.

Day four: We followed the track north along the coast back to Tidal River with the best weather of the walk, sunny and no rain. We were treated to wonderful views over the west coast. We had sections of beach walking again with the low tides making this easy.

Back at Tidal River hot chips were a popular choice, while some took advantage of the showers before the drive back to Melbourne. Everyone agreed this was an enjoyable hike with thanks to our leader Ian.

Langi Ghiran Pack Carry – 17-19 May 2024

Babak Dadvand & Adriana Fari-Palko

Day 1: The Adventure Begins

The first leg of our walk was along the Langi Ghiran track, a relatively easy 4WD route that had us all feeling like seasoned explorers. Ian, our fearless leader, confidently led the way as we casually ambled along, our spirits as high as the mountain we were aiming to climb. Just as we were getting a bit too comfortable, we veered left onto the Lar-ne-jeering track, heading towards the Art site. Here, we encountered an ancient Indigenous rock painting. The interpretive board had seen better days and was as blank as our collective understanding of what we were looking at. Nonetheless, we took a moment to admire and appreciate the mysterious artwork over morning tea.



Post-tea, things got real. We ventured off-track for a few kilometres, ascending Mount Gorrin. The climb was worth every step, offering us spectacular views of the surrounding landscape and a winery below – a place Ian fondly considers a second home. Cameron, however, had other ideas and claimed there was a lookout with far superior views. We sceptically followed him, only to discover it was vastly inferior. Lesson learned: never doubt Ian's lookout choices. As we descended to our campsite, Ian's ingenuity shone as he unveiled a stash of hidden water. With a fire ban in effect, we called it an early night, dreaming of the next day's adventures.

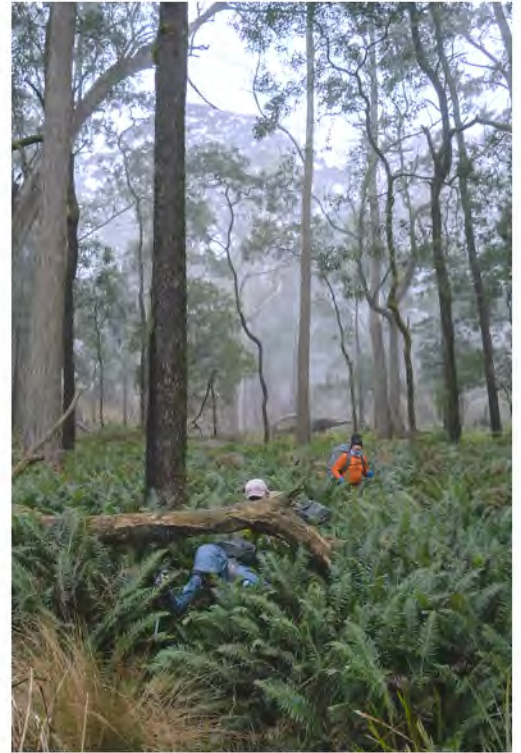
Day 2: The Epic Continues



To say day two was adventurous would be an understatement like calling the ocean “a bit wet”. First on our agenda was the Hidden Lagoon. We didn't realise

just how hidden it was until we got there and discovered it had hidden itself right out of existence! We then embarked on an off-track expedition up the hill, enthusiastically bashing through native flora. The weather decided to spice things up with a misty drizzle, adding a mystical quality to our journey. Our attempt to conquer Mount Langi Ghiran was thwarted by the elements which made the rocks too slippery to climb. Instead of summiting,

we ended up circling the mountain, and engaged in an impromptu bush-bashing marathon. Scratches, leeches, and slips became our companions as we hacked our way back to civilisation.



Emerging from the wild, we made our way to the reservoir. A couple of kilometres away our hearts lifted by the sight of our cars just as the rain began to fall. We made it, a bit battered but victorious, and filled with a sense of accomplishment. In the end, thanks to Ian's leadership and everyone's camaraderie, we had an unforgettable adventure.

Jells Park and Corhanwarrabul Wetlands - 20 May 2024

Ian Mair

Dandenong Creek connects the suburbs in Melbourne's east through a series of connected parklands and public spaces like pearls on a thread. Jells Park is a popular destination for weekend picnic groups with its treed pathways offering a sense of a remoter location. The adjacent Corhanwarrabul Wetlands (formerly the Dandenong Valley Wetlands) was created about 16 years ago as a collection of large ponds managed by Melbourne Water and is at the southern end of the string of parks and wetlands along the creek. The wetlands has many kilometres of well-maintained paths between its four main lakes offering excellent water-front viewing and a variety of birdlife. The



Along the track



combination of Jells Park and Corhanwarrabul Wetlands on a quiet Monday was just the place I wanted to be after a busy weekend. A chance to have an easy walk with chatty company on a sunny Winter's day was my idea of relaxation.

Our group of eight, which included three visitors, took its time to take in the diverse attractions of Jells Park and the Corhanwarrabul Wetlands. Despite the cooler days there were still plenty of birds to see. They too were taking advantage of the reduced human visitors and wandering around the grassy areas with no concern.

Starting from the southern end of Jells Park we made our first leg to the wetlands. For most of us it was the

first time to visit this area. Despite the turbulent clouds above from earlier morning rain the Corhanwarrabul Wetlands holding ponds looked calm with water birds drifting around. Deep in conversation our leader led us on as we wove between the ponds, taking photos as we went.

Returning to Jells Park on the other side of Fern Tree Gully Road we took an anti-clockwise route around Jells Lake. Here too there was an opportunity to catch sight of different birds, although many seemed to have gone north for Winter! The choice of direction was not linked to bird sightings. It better fitted with a coffee stop before the end of the walk! And we were in luck. Despite the Cafe being listed as closed a Coffee Van had taken up position and we all settled down for a quiet chat and refreshment before heading back to the cars.



MBW's Monday (MoFs) Walks are a great way to relax after a hard weekend or simply a more gentle walk to start the week. Complemented by the similar Thursday (ToFs) Walks they are an opportunity to build fitness, make new friends and explore parts of Victoria closer to home. They are rapidly becoming part of my walking schedule. I know they are not for everyone as work has to be taken into consideration, but for those of us with the opportunity I would give it a go. Definitely beats sitting in front to of a computer in my role as webmaster!



Upcoming activities

June 2024

Sun 2	DAY: Lost Children's Track & Cidery	Bus	E&E/M	Halina Sarbinowski & Annemarie Mulder
3-20	PC: Larapinta Trail - Group 2	Pvt	Hard	Jill Allen
Mon 3	MTG: Club Committee Meeting	Pvt		Derrick Brown
Wed 5	TRG: Lighter Pack Training - Theory 2	Pvt		Ian Langford
Thu 6	TOF: Mordialloc-Carrum Wetlands	Pvt	E	Bill Metzenthén
7-10	BC: Kara Kara National Park	Pvt	E&E/M	Robert Ian Mair
7-10	PC: Lighter Pack Training-Practical-Wilsons Promontory	Pvt	E/M	Ian Langford
Sun 9	DAY: Antimony Mine & Pyrites Creek circuit	Car	E/M	Quentin Tibballs
Wed 12	DAY: Warramate Hills	Pvt	E/M	Jopie Bodegraven
15-16	MNT: Bunyip State Park-Freemans Mill Track step construction	Pvt		Meredith Quick
Sun 16	DAY: Anakie Gorge-Steiglitz	Bus	E/M&M	Halina Sarbinowski & Robert Ian Mair
Mon 17	MOF: Werribee River & Presidents Lake Park	Pvt	E	Robert Ian Mair
Sat 22	DAY: Ferny Creek/Tremont	Pvt	E/M	Elizabeth Gwynn
22-23	PC: Lerderderg Gorge Walk	Pvt	M	Claire Luxford
Sun 23	DAY: Rubicon Valley Historic Area & Falls	Car	E/M	Robert Ian Mair
Wed 26	SOC: Walking the Antarctica	Pvt		David Walsh
Thu 27	SOC: Yarra River, Richmond to Hawthorn	Pvt	E	Margaret Champion
Sun 30	DAY: Queenscliff Coastal Walk	Bus	E&E/M	Bernd Neubauer & Grant Roger

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