

MELBOURNE
BUSHWALKERS INC.

ABN 14 396 912 508



THE NEWS

#882 September
2024



Walkers enjoy a break near the Lerderberg River on a Sunday walk - D. Shand

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

Next committee meeting: Monday 2 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 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:

Astrid Luengen
Julia Ryeland



Spreading wattle and pink heath - D. Shand



Would you like your trip photos featured in the newsletter?

Due date for contributions to October News: 21 September

Email: news@mbw.org.au



President's column

Firstly, the two matters outstanding from last month - there is nothing to report on the clubrooms and this is likely to be the case for a while. And with the outstanding legal invoice we have been preparing a case to argue with the insurance broker and this is probably the nearest to an ace that we can play. With the Committee agreement the letter has been sent and acknowledged.

At the time of writing there's been some snow and a pop-up Beginners' Ski Day was on the schedule. Unfortunately it was called off as there was insufficient cover. Another time hopefully! And we had a Beginners' pack carry weekend walk that went well despite the inclement weather. We enjoyed a campfire before retiring to our snug tents for the night!

The Club organises a Leader Training day each year and it's planned this year for 31 August. It's a good opportunity for both aspiring and limited experience leaders to learn and brush up their skills in an effective and enjoyable day and I'm sure that the participants again will have a good day.

At the August Committee meeting the Committee agreed that the bus fee should be increased. The fare has been \$25 since 2008 but the costs have risen by around 40% in the intervening time. Consequently we have been losing money and this cannot continue. The new fare will be \$30 (a 20% increase), \$25 concession, beginning 1 October. The Visitor fee remains unchanged.

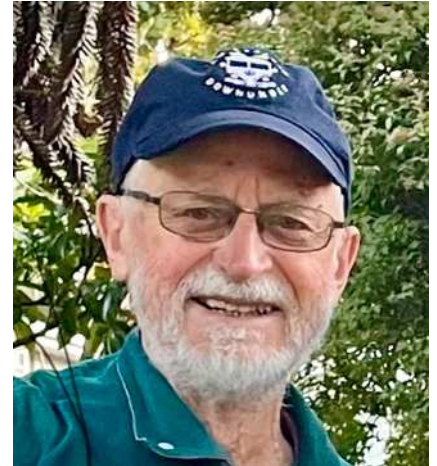
The Club has been invited by the St John's Ambulance organisation to participate in a special presentation on bush first aid. The emphasis will be on actual incidents and how they were handled. The objective is to provide real-life experiences that will be valuable for those in a learning process. This is scheduled for Thursday 26 September at 7pm. MBW members will be able to participate online and a recording will be made which will be available to us. Quentin Tibballs is organising the Club's participation and will be asking you to contribute your memories. All contributions will be non-critical and anonymous.

And we are also participating in a "Try Bushwalking Month" organised by Bushwalking Victoria (BWV). As the name suggests, non-bushwalkers will be encouraged to experience a bush walk in a safe manner. It seems that around thirty Victorian Clubs will be participating. As one of the largest clubs and with the unique asset of regular bus-assisted walks it's appropriate that we are involved. Again Quentin is our co-ordinator for this month of events and he is talking to walk leaders to ascertain which walks may be suitable. So far the two bus walks and four of the day walks for November look like participating. So if you are on one of these walks please make an effort to welcome visitors who have booked via BWV who may be likely new members.

By the time that you read this I shall be away on a trip. Our Treasurer, Annemarie Mulder is Acting President for the second half of August (15 - 25) when Ian Mair returns and takes over until the end of the month when David Stockley takes the role until my return on 1 October.

So, until I can write again, happy walking.

Derrick



September Safety and Risk Reminders

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



Choosing the Whip when there are lots of Visitors: 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 as a participant that you are choosing a suitable Walk: 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 Clubs 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 on the Website are up to date: 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 area 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

Sunday Bus Fares Increasing

Sunday Bus fares will increase to \$30 for ordinary members and \$25 for concession holders from 1st October. This has become necessary due to rising costs and currently the bus is running at a loss. It should be noted that there has not been a fare increase for many years.



Apologies for non-arrival of the August News

The News editor and Webmaster are sorry that the August News was not distributed by email in a timely manner last month due to technical difficulties. The News was published and was available to read on the club website, but unfortunately an email could not be sent to inform readers of its existence due to the same technical difficulties. Hopefully these difficulties will be overcome so that this edition of the News reaches your inboxes more rapidly.

ADVANCED LEADERSHIP TOPICS: Why do groups sometimes make bad decisions? (Part 2)

In Part 1 in the August News we looked at the types of decisions outdoor leaders need to make and the different styles of decision making that they can use. Now its time to see what can go wrong!

Psychological and Social Aspects of Decision Making

Many decisions/problems need to be made/solved during an activity. They may be straight forward, or a logical choice based on the leader's competence and that of the group they are leading. Sometimes there will be time to assess carefully all the options while at other times speed may be crucial.



Leaders may need to consider the psychology of the group, people's needs, and their skills/experience levels in making and communicating a decision to the group. Knowing that psychological and social factors may influence group decisions, and why intelligent people can make bad decisions when placed in a group, will assist in decision making.

Knowing your group can be important – their fitness, health, experience, are they aware of the danger/challenges. That can often be more important in extended activities. Each person comes with their individual needs and their view of safety is based on their skills, experiences, and fears e.g. of heights/darkness, etc.

Why do intelligent people sometimes make bad decisions when in a group?

- Over-confidence
- Common Knowledge
- Groupthink

Overconfidence: It can lead to faulty decision making in a group. With a lack of dissenting voices and information, ***individuals in a group can become more overconfident in their own ideas resulting in poor decisions.***

Common Knowledge: It can be difficult to take the personal risk of sharing a totally new idea or a differing view with a group. This is why ***groups can tend to rely on 'common shared knowledge' and not uncover key information that may lead to a better decision.*** If members play it safe they aren't vulnerable, or potentially sounding like 'the odd one out'.

Groupthink: A psychological phenomenon that occurs within a group when ***the desire for group conformity or harmony overcomes people's common sense*** to present alternatives, critically evaluate a position, or express an unpopular opinion ***resulting in a bad/dumb decision.*** The desire for group cohesion can effectively drive out good decision making and problem solving.

Examples:

Why did they keep walking and not camp for the night when it got that late? – ***got 'homeitis'***

Why didn't they send for help earlier? – ***overconfidence***

Why didn't they turn back when the weather got that bad? – ***groups can take riskier decisions than individuals***

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Summary:

The main benefits of group decision making come from sharing more information, and the synergy from a diversity of views. There is also more acceptance, involvement, participation and understanding of an issue and the resultant decision. But it can take longer and sometimes time is critical in the outdoors.



Whether you are the leader or an activity participant, making good outdoor decisions is based on your skills and experience, being able to leverage the skills and experience of others, having good situation awareness, knowing the group, the ability to assess risks, and ***being aware of the psychology of groups*** so you can avoid 'groupthink'.

Some Definitions:

Problem Solving: More an analytical aspect of thinking. It can use intuition in gathering facts.

Decision Making: More a judgement where, after thinking, one will take a course of action.

Situation Awareness: This can be defined simply as "knowing what is going on around you in the outdoors".

Competence: The ability of individuals to deal effectively with the circumstances confronting them and comes from their skills and experiences.

Invitation for Regent Honeyeater Project Planting 2024

The purpose of the Regent Honeyeater Project is to improve biodiversity to provide a more secure future for a number of threatened species in northeast Victoria. It focuses on Box/Ironbark and Grey Box eucalypt woodland areas largely to the east and north of Benalla including the Lurg Hills and Winton Wetlands. Melbourne Bushwalking Club members have often attended the planting weekends in the past which are an enjoyable way to restore natural environment with others.

Planting dates for this year have been announced, and there will be one held on September 14 & 15. Volunteers can attend for the whole weekend or just one day. More details and bookings for the weekend can be made via this link:

<https://events.humanitix.com/regent-honeyeater-project-planting-14and15sept>

Or on the website: [Home - Regent Honeyeater Project](#)



Free camping is provided at the Benalla Scout or Guide Hall or at other locations, or attendees can arrange accommodation in Benalla. Dinner is provided on Saturday night, as well as Sunday lunch and hot drinks throughout the day. Participants bring snacks, Saturday lunch, Sunday breakfast (or have at a cafe in Benalla), suitable work clothes, camping gear and enthusiasm!

For more information contact: Andie Guerin - Regent Honeyeater Project Coordinator
0429782777 regenthoney@outlook.com

Daylesford and Goldfields Track - 27-28

July, 2024

Julia Ryeland

Starting the day just south of Daylesford on Saturday 27th, the eleven of us (with two newbies, Jane and Julia) knew it was going to be a rainy start. All set with our rain gear, we headed out through Hepburn Regional Park. More rain came in as we continued on, and it persisted for most of the first day as we passed old mine shafts and railway lines built during the 1800's. We learnt a little about the history of the area along our trail, with some rather worn signs telling us about the huge extent of the gold mining activities that occurred in the area.

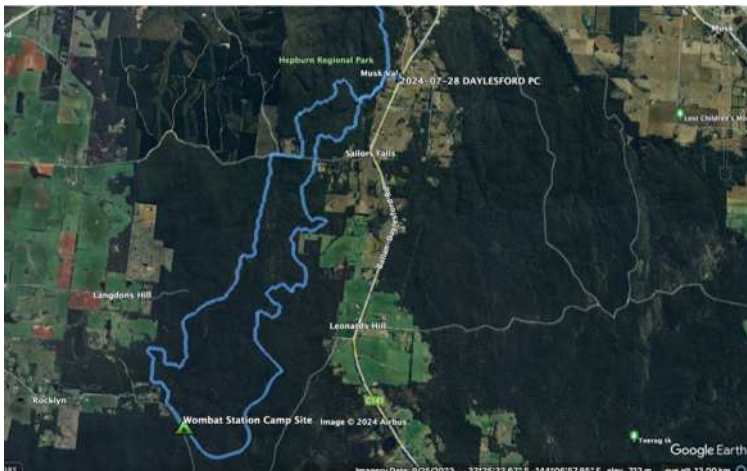


Although it was rainy, we encountered some wildlife along the way - eastern grey kangaroos, swamp wallabies, yellow robins and a friendly dog that thought it might be able to share our morning tea. Thankfully the rain took a break before we arrived at camp at Wombat Station, allowing dry tents to be set up. Thanks to some thoughtful planning by trip leader Gina and partner Derrick, we were provided with a cosy tarped rotunda and a nice fire to enjoy the evening around.



We were lucky to have better weather the next day as we made our homeward journey. The clear weather made our couple of off-track sections much more enjoyable. These off-track sections gave those of us who were new(ish) to pack carry hiking a great chance to navigate across fairly easy terrain. After a relatively short day, we arrived back at the cars in time to enjoy afternoon tea at Wombat Hill Botanic Gardens.

In total the weekend walk was 28km, which was a great chance for beginners to get a nice taste of pack carries, and the cold rain offered a good chance for those more experienced to test out their gear. A big thanks to Gina for her organisation (and for cooking up some sausages on the campfire for those who were keen!)



Upcoming activities

September 2024

Sun 1	DAY: Mt Dandenong-Olinda Falls-Silvan Reservoir	Car	M	Robert Ian Mair
Mon 2	MTG: Club Committee meeting	Pvt		Derrick Brown
Thu 5	TOF: Lysterfield Park	Pvt	E	Halina Sarbinowski
Sun 8	DAY: Dyers Creek-Mortimer Reserve	Bus	E/M&M	Grant Roger & Annemarie Mulder
Wed 11	DAY: Jumping Creek Reserve, Watsons Creek	Pvt	E/M	Margaret Curry
13-15	PC: Yarra State Forest - Ada Tree & Mills	Pvt	E/M	Robert Ian Mair
Sat 14	TRG: Workshop: Using your Smartphone for Navigation	Pvt		Andrew Robinson
Sun 15	DAY: Brisbane Ranges (Northern Circuit)	Car	E	Quentin Tibballs
Mon 16	MOF: Lilydale Lake to Olinda Creek	Pvt	E	Doug Pocock
20-22	PC: Drumtop to Powers Lookout and Beyond	Pvt	M	Ray Thomas
Sat 21	DAY: Middle Park to Sandringham	Pvt	E	Margaret Champion
Sun 22	DAY: Dandenong Ranges Tourist Track	Bus	E&M	Brett Daniel & Theo Mertzandis
Wed 25	SOC: Walking in Tajikistan & Silk Road Cultural	Pvt		Agajan M Akbari
Wed 25	DAY: Brisbane Ranges	Pvt	E/M	Judith Shaw
Thu 26	SOC: Chelmsworth Park, Wilsons Reserve	Pvt	E	Pearson Cresswell
27-30	MNT: Croajingalong National Park Coastal Walk	Pvt	Var	Meredith Quick
Sun 29	DAY: Smiths Gully (St Andrews)	Car	E/M	Robert Ian Mair

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