

WALKLINES



Newsletter of the Waverley
Bushwalking Club Inc
December 2023



NEXT MEETING: Monday December 11 - 6—9.30pm at the Glen Waverley Bowls Club
690 Waverley Road, Glen Waverley, 3150
BYO food. Drinks available at bar prices
Barefoot bowling will be available

Waverley Bushwalking Club wishes to acknowledge receipt of an in-kind grant from
the City of Monash

Waverley Bushwalking Club Inc.



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Web: www.waverleybushwalking.org.au

Affiliated Member of

Bushwalking Victoria

Christmas Party



Glen Waverley Bowls Club

690 Waverley Road, Glen Waverley

Monday December 11 6 pm to 9.30 pm

BYO food (bbq available)

Drinks at bar prices - no BYO

Flat soled trainer style shoes or barefeet are required if you wish to try out bowling greens



Cover Photo: Chris McLennan - Doongalla Homestead walk

President's Report



Hi everybody

This is the last Walklines for 2023 and we can celebrate a successful year of walking. Thanks to our leaders we have had a good program of day walks, pack carries and a large number of base camps with more to come.

The club continues to grow. At the last committee meeting we had 245 paid up members, an increase of 2 at the same time last year.

Summer program

So far we only have one walk in our Summer program. Could leaders please consider putting on walks during this period with the following features: shorter walks, often half day starting early and finishing by lunchtime, or starting late and going into the evening. Walks in shadier areas such as the Dandenongs, walks closer to home. We need to be mindful of hot weather and the possibility of bushfires, however we can run a successful program during the warmer summer months.

Membership fees

Fees will remain the same for the 2024/2025 financial year. The club is in a sound financial position and the aim is to keep fees as low as possible while at the same time covering all club expenditure.

Meetings

Meetings have been well attended over the year with between 50 and 80 people coming along each month. Thanks to Marg Reeve we have had an interesting program of speakers. Don't forget our end of year function to be held at the Glen Waverley Bowls Club on Monday December 11th. We kick off at 6pm and there will be an opportunity to try your hand at bowls and meet with fellow club members. Bring your own food and buy your drinks at the bar.

Communications

As mentioned previously the communications subcommittee has finished its work. We have a new website which is principally to inform the general public of our activities and provide information to prospective members. OnTrax has been revamped so it now has all the material that was in the members section of the old website.

The club Facebook page now has 124 members and continues to grow. This is the place to see photos and videos of many of our activities.

Shir is now managing this and any member is welcome to join. It is not open to the general public for privacy reasons.

Email through OnTrax is the principal way committee members will provide information to members. Simon sends out his regular emails concerning events, Marg sends out messages concerning health and safety and you can expect messages from myself when necessary.

Safety

As you will be aware the club has purchased additional PLBs. These are now with the club first aid kits which must be taken on every activity. Hopefully the PLBs will never be used but they are there if an emergency occurs and there is no mobile phone coverage. Leaders don't forget to take a club first aid kit/PLB on every walk you lead. (If anybody has their own personal PLB and approved first Aid kit please discuss this with Peter Lomax).

Walk leaders

The committee has been making a concerted effort to attract new leaders. A survey completed by nearly 100 members indicated that half of our current leaders would be prepared to lead more and that a number of members had considered leading but hadn't yet got around to it. At times we do have gaps in our Walks program and we need more leaders to provide a comprehensive walks program. There is assistance available – walk ideas, mentors, co-leaders and we will be providing leader training next year. So, over the break please consider what you might do in 2024 to make it better than this year. Christmas wishes and thanks.



I hope all 245 of you have a good Christmas break and come back in the New Year fresh and ready to walk. Wendy and I will be spending time catching up with our children and grandchildren. All 7 of our grandchildren are in this photo – can you spot them all?

Finally I would like to thank everybody who has contributed to making this a successful year for the club.

David Lumb

WBC has a New Public Website

This web site has the same address as the old one –

waverleybushwalking.org.au

This site has been designed to attract new members to WBC and does not have any of the private documents that were in the members only area of the old web site.

Our new management web site OnTrax contains all the private documents for our club.

This new site also has a photogallery page, but it just shows an arrangement of photos without any details of time, place or event.

Over the years we have had many members who have sent in photos from an event which were put up on the old website but many members now use the club's facebook page to look at photos from events.

You can still email webphotos@waverleybushwalking.org.au with the occasional special photo from an event but be mindful that these photos will now be available on a public site. The new photos will be uploaded from time to time.

Please continue to send photos to:

meetingphotos@waverleybushwalking.org.au

as before so that we can all see them at meetings.

The Waverley Bushwalking Club warmly welcomes

**Rebekah Goh and
Wilson Goh.**

**May you experience many
happy hours with the Club,
both on and off the track.**



Club Emergency Contacts

Carry with you the mobile phone number of the event leader and the names and phone numbers of the Club Emergency Contacts.

If your car breaks down en route to or from the activity, or you become separated from the group you can advise details as soon as possible. This may also help the leader to render assistance.

Day Walks

VALLEY RESERVE, MT WAVERLEY AND GLEN WAVERLEY
Wednesday 1st November 2023
Leaders: Jane May and Jan Copland



17 walkers joined up to do this walk. We met in Mount Waverley and did a figure 8 walk. We started at Valley Reserve then walked to Damper Creek reserve where we saw a Tawny Frog Mouth Owl with two chicks.



Tawny frogmouth with one of the chicks

We walked through Federal Reserve and along Scotchmans Creek. The weather was perfect and we all enjoyed the walk.

Jan Copland

ANZAC memorial in the grounds of the Community Centre
Photos: Robbie Morrell

WALKING THE TRACKS AT DOONGALLA
Saturday 4th November 2023
Leader: Malcolm Jennings

The day started on a high note, good weather an eager group of walkers and rewards for volunteering to whip or write; a chocolate frog to have at morning tea.

We started with a hill, climbed up Ridge track then over to Dandenong Creek track and walked through the tall trees and tree ferns towards the Doongalla homestead. After morning tea we followed Fireline track towards Kalorama, found a good lunch spot in the shade and then retraced our steps back to the cars.

There were plenty of hills and a lot of discussion about how far we walked and what the elevation gain was but Malcolm stuck to his guns and said his app still said 14kms. I think we all had different satellite connections but we all enjoyed the walk and the beautiful scenery along the way.

Thanks Malcolm and Trish for a great walk.

Chris McLennan



BAYSWATER / WANTIRNA

Photo: Chris McLennan



Tuesday 31st
October, 2023
Leader: Margaret Keir

Bayswater Park, which is also known as Marie Wallace Park named after the first female Mayor of Knox, was the start of this 8km walk beside the quietly flowing Dandenong Creek. This creek starts its 53 km journey in the foothills of the Dandenongs and flows into the Patterson River which empties into Port Phillip Bay.

Our first stop was a look at a small statue to Hubert Opperman, known as 'Oppy' who was an exceptional cyclist in the 20's and 30's. Further on we stopped to read some information panels telling us that in 1930 Hermann Busch opened the Waldheim Farm Guest House, built a concrete weir to create a swimming and fishing destination nearby on the Dandenong Creek. The weir was a thriving attraction until 1960 The Dandenong Valley Authority came and blew it up, straightened the

Day Walks

creek in order to control flooding. Orchards, of which there were 1,000 acres in the area were on either side of the creek. We passed horses feeding in the paddocks and no houses to be seen. We enjoyed our morning tea rest and chat, then crossed to the other side of the creek which is quite a contrast to the southern side. We now had a formed path and a canopy of trees, in which there were a number of birds singing, and we had a couple of rises and slight bends to keep it interesting. We crossed another bridge which then took us back to our cars and lunch.

Margaret Keir



CRANBOURNE BOTANICAL GARDENS

Wednesday 8th November 2023

Leader: David Lumb

A group of twenty-three walkers joined David and Wendy Lumb for a 8 km stroll around Cranbourne Botanical Gardens. We were all keen to learn as much as we could about the origin of the lands, the history of the gardens and all this unique area has to offer. Due to David's vast knowledge and past association we did not leave disappointed.

There are a variety of landscapes to be enjoyed. We started with an overview from Trig point lookout, we then walked through bush-land, grass plains (no good for hay fever sufferers) and a wetland. Picnic spots at Stringybark and Woodland meant we were able to dine in comfort. Our final stop was at the Australian Garden. This includes a Red Centre Garden, waterways, beach scenes, eucalyptus plantations and research areas plus more.

Thank-you David for sharing your wealth of knowledge with us.

Tricia Heidmann



Photos: Tricia Heidmann

Day Walks

BRIGHTON / ELWOOD

Tuesday 14th November: 2023

Leader: Margaret Keir

Our walk started near the North Point Cafe, then on to the Bay Trail for a short while. We admired the older style homes among the ultra modern.

Our morning tea was enjoyed on top of a hill overlooking an oval where dogs and their owners were having a very social morning. Continuing on down the Elster Canal path, which, back in 1889 was thought it could be a Venetian Canal with Gondolas, but that didn't happen, but it did help to drain the surrounding swamp land. To our right of the Canal, are Street names associated with Poets and Writers, e.g. Milton, Dickens, Wordsworth, Byron and Bronte to name a few.



It was a very pleasant wander down the path next to the Canal, with gardens coming right to the path, and overhanging trees, some fences even had art work attached to them. We arrived again at the Bay Trail and headed back towards Brighton, enjoying the light breeze from the ocean. Lunch was enjoyed at a secluded table near to our cars. **Margaret Keir**

BRIGHTON TO BLACK ROCK

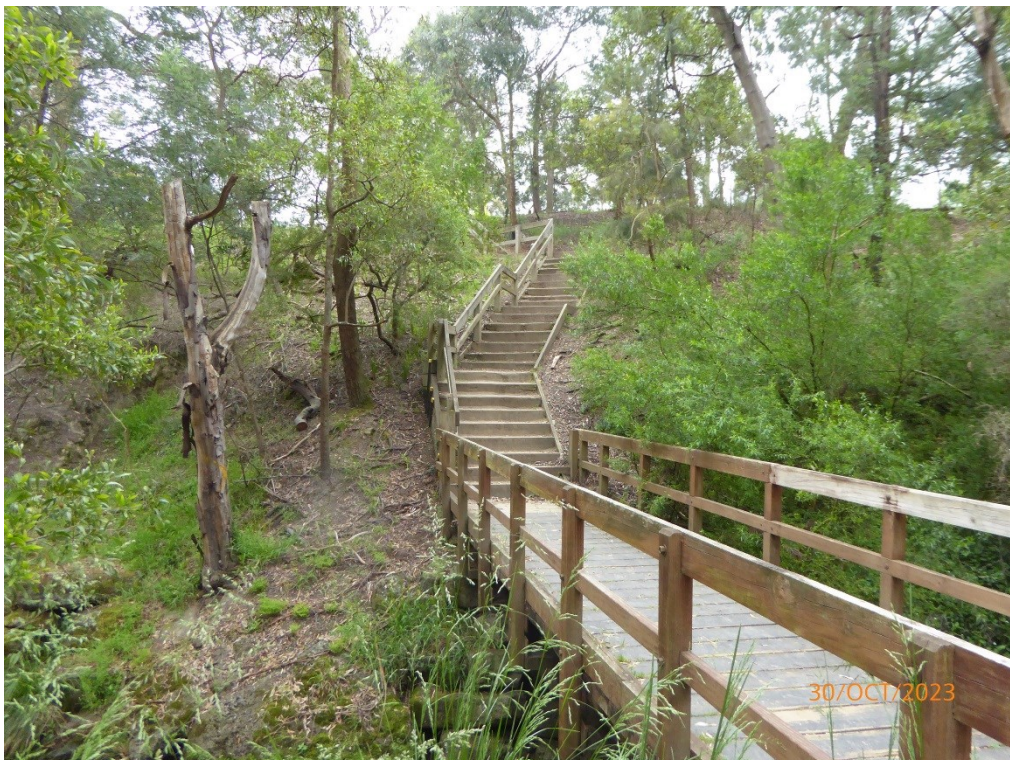
Wednesday 25th October 2023

Leaders: Graeme Brownfield and Judi Tindale

After travelling by train from Glen Waverley station to start of the walk at Brighton Beach station, 14 started off. We walked along the beach path in fine weather, heading to Sandringham. Morning tea was had looking out over the bay to moored boats. We continued along the very good path, plenty of chatter and looking out to sea with bushes on the other side which helped break the strong wind a little. On to Black Rock House, an old house with incomplete solid castle walls on several sides. We were able to spread out and have lunch on various seats and benches outside the house.

A cloudy morning with patchy sun, but on the way back the weather changed. Strong gusty winds blew up and black storm clouds threatened rain, wet weather gear was unpacked and put on. Although it looked bad we only had a few spatters of rain and we didn't really get wet at all. We returned to Sandringham for coffee opposite the station, then it was on the train after a short wait and back to Glen Waverley.

Wendy Lumb



Valley Reserve to Glen Waverley walk
Wednesday 1st November
Photo:
Robbie Morrell
Damper Creek Reserve

Health and Safety

WATCH YOUR STEP!

Recently there has been an increase in incidents on walks. We would like to remind everyone to take extra care with:

- Protruding tree roots/rocks on the track
- Bark/leaf litter
- Overhanging or low-level tree branches
- Shiny clay surfaces
- Wet/slippery rocks

Leaders/Walkers – can you please point out any hazardous features as they arise during the walk and offer a steadying hand if need be.

Walkers should complete that section of the track at their own pace – a walking pole or stick may assist. Poles are a personal choice; don't rely on asking the leader if they are required. If you have poles, it's better to carry them just in case.

Remember that most accidents happen at the end of the day, as we focus on returning to the cars and heading off for coffee.



Simon and Linda in Japan

Health and Safety

Bushfire Season

With a forecast hot, dry & windy summer approaching, we need to familiarise ourselves with WBC guidelines and procedures for dealing with extreme weather events.

FIRE DANGER

There are four levels of fire danger rating- moderate, high, extreme, and catastrophic.

CFA Fire Danger Rating (FDR)	Action
Catastrophic	The walk must be cancelled
Extreme	The walk must be cancelled
High	Leader to be very aware of local conditions, i.e. undertake a risk assessment & monitor local Emergency App – if in doubt, cancel
Moderate	Leader to be very aware of local conditions, i.e. undertake a risk assessment & monitor local Emergency App

When assessing the fire danger in the area you are walking, always consider the vegetation surrounding that area as fire behaviour is unpredictable. The FDR is calculated using eight vegetation types - forest, grassland, grassy woodland, shrubland mallee heath, spinifex, button grass and pine. Check FDR prior to activity. If activity goes ahead, keep yourself informed and monitor conditions through local radio and broadcasters and your state or territory fire service website/information hotlines, i.e. Country Fire Authority, Vic Emergency App, Forest Fire Management Vic. Let someone know where you are going and when you expect to return. Limit distance travelled from vehicle. Keep yourself informed and monitor conditions. Be ready to act, leave the area if necessary.

There is no change to WBC policy for cancellation of all walks on a day of total fire ban. Please refer to the WBC Leaders Risk Check List for further details - see OnTrax/WBC Club/Document Library by Category/Leaders/Leaders Risk Check List.

AIR QUALITY

Bushfire smoke is a mixture of airborne particles, gasses and water vapour and can affect the health of anyone who is exposed to it. There are five levels of air quality rating – extremely poor, very poor, poor, fair and good.

EPA AirWatch Rating	Action
Extremely Poor	The walk must be cancelled
Very Poor	The walk must be cancelled
Poor	Leader to warn sensitive groups before walk commences
Fair	Leader to monitor - watch for changes
Good	Okay to walk

To determine the air quality rating in a particular area within Victoria, refer to the EPA AirWatch website.

Preventing Dehydration As We Age



Why are we more prone to the effects of dehydration as we get older?

- Muscle mass declines after 50, so less muscle mass means less fluid in your body to start with.
- Our kidneys aren't as efficient as we age.
- The desire to drink also diminishes as we age so we need to make a conscious effort to drink throughout the day.

Signs of dehydration

- Feeling thirsty
- Feeling unusually tired, lethargic or confused
- Dizziness/light-headedness when you stand up
- A weak or rapid pulse
- Dark, strong urine or urinating less often than usual

Tips for avoiding dehydration

- See your health care provider regularly to ensure you stay on top of your health and prevent any potential underlying conditions that could make you more prone to dehydration.
- Do regular weight training and conditioning exercise to minimise muscle mass loss (really good in helping injury prevention too). Check your proposed training program is safe with your health practitioner prior to commencing any new program.
- Find a routine that works for you that encourages you to drink regularly throughout the day. It's much easier to stay hydrated during exercise if you start hydrated.
- When you expect you'll be sweating during exercise take some additional sodium with your fluids. This will help maintain your electrolyte levels.
- Apply sunscreen broadly to minimise the dehydrating effects of the sun. Also wear hat, sunglasses and loose-fitting clothes.
- Make sure you are well hydrated before you start your exercise.
- Take frequent sips of water or electrolyte drinks while exercising. Keep your fluids up after you have finished exercising too.
- If you start to feel weak or dizzy, stop and seek rest away from the sun.
- Also make sure you have a good, healthy breakfast and have nutritious snacks during breaks - bananas are great.

Pack Carry

GREAT SOUTH WEST WALK PACK- CARRY
10th to 13th November
Leaders: Chris McLennan and Jane May

We travelled 500kms to Portland on Friday, had a quick lunch and proceeded to organise our car shuffle, leaving one car at the Cape Nelson light station and then driving to the start of our walk at Cape Duquesne. Our first night was at Springs camp a short distance from our start but enough time to set up camp before it got dark. Jane suggested we walk back to the cliff face to watch the sun set, which was very impressive with golden light reflecting on the ocean and a large red ball as it dropped into the ocean. Overnight we experienced an electrical storm which was right overhead and left me wondering what was the most likely structure to be hit by lightning and hopefully it was the toilet block and not one of us.



Day 2 we walked 18kms to Trewalla, our next camp.

This is a very beautiful walk along the coast visiting the petrified forest of lava tubes, the seal colony and the picturesque Cape Bridgewater and its café for a non-dehydrated lunch. At Trewalla we met a friendly group from Melbourne Water and we exchanged ideas on backpacking gear and food....as you do.

Day 3 we walked 16kms to Mallee camp along the coast under the Wind farm which was doing a sterling job in the gale force winds that nearly blew us off the track. We passed a lonely seal that had lost his tribe and some shipping containers which were lost in some other storm and washed up onto the beach. We reached Cape Nelson light station in time to have lunch at Isabella's café before she closed and we really enjoyed some real food. After setting up camp we reversed the car shuffle so that we had good start the next morning.

Walking back to the cars on Monday morning, Helen and Jane spotted a solitary koala on the track looking very lost but we couldn't imagine where he came from. We could not see any tall trees that might appeal to him, so he might belong to the Light station cottage, could be their pet.

A big thanks to Jane for co leading her first pack carry and to Helen and Jan for joining us and adding to the adventure.

Chris McLennan

Great South West Walk
Photos: Jane May



Cape Otway Base Camp

**CAPE OTWAY BASECAMP – Travel Day Short Introductory Walk – Crayfish Bay & Parker Inlet
Wednesday 25th October 2023
Leader: Gary Dubsky**

After the check-in to our cabins at Bimbi Park in Cape Otway was complete, we met at the Bimbi Park “Big Koala” for car-pooling for a short drive to our walk start. Our leader Gary Dubsky provided us with a good short walk which gave us a perfect introduction to the Cape Otway region. The spectacular coastal scenery during this walk provided a glimpse of what was to await us in the coming days. The highlights from this walk, for me, were Crayfish Bay and Parker Inlet. This walk was also a good way to limber up after the long drive from Melbourne to Bimbi Park. The weather gods were kind to us as the rain held off until we returned to our cars from our walk. Thank you Gary for providing us with this lovely short hike.

Ken Davies



Photos: Ken Davies



Cape Otway Base Camp

Day 2
Thursday October 26
Leader: Gary Dubsky

3 different walks were included in today's hike. 1st up we drove from Bimbi Park 40km to the beautiful California Redwood trees reaching for the sky. It was like walking in a fairy tale world with moss covered ferns on the ground, then back to the cars driving to the waterfalls. First was the Hopetoun Falls, walking through a moss covered rain forest surrounded by 300 year old Mountain Ash trees, the falls were spectacular due to a lot of rainfall. Then onto the Triplet Falls which Gary considers the best due to 3 falls in one with rapids.

Last on the walk was a rough and steep climb but the name of this falls escapes my memory but just as spectacular, all up 12km was walked today. We also came across some rusty relics from the 19th century timber operation. Loggers arrived in the 1850s and set to work felling the valuable tall trees and building a network of tramways and other infrastructure to help transfer the logs from the forest to the mills. Thankfully logging of these wonderful trees has now ceased.

It was a cold and wet day but we didn't feel it as we were walking in sheltering forest thanks to Gary's well thought out planning. We were back by 5.30pm.



Koala Mum, photo John Bradshaw



Photo: Chris Clarke

Sharon Higgins

Day 3
October 25-29th
Leader: Gary Dubsky

We started with an overcast sky, hiking from Hordern Vale, along the river and the Glenaire Beach to Castle Cove.

Walking along the beach we had magnificent views of layers of sedimentary rocks and sandstone cliffs. After walking 12kms toward Johanna we stopped for lunch.

On our return journey, the wind and sun were behind us, turning the ocean a magnificent aqua colour. We returned to our cars feeling fulfilled after a truly wonderful day of hiking with our WBC buddies.

Thank you Gary.

Chris Clarke

WRECK BEACH CIRCUIT
October 29, 2023
Leader: Gary Dubsky

Commencing with an early start to catch the tide, we walked from the Gable Car Park along a winding path of tea tree, she oaks and iron bark trees with glimpses of the sea.

Walking down many steps we were relieved to see that the tide allowed us to walk along the whole of Wreck Beach, named so due to the cast iron pieces of ship wreck on the beach from the mid 1800's. The sun cast its light on the many rockpools making our walk very picturesque.

Having climbed around a series of rocks (just as well the tide let us do this) we then walked further to the end of the next beach to gaze at huge grey conglomerate cliffs that looked as if they were melting into the sand.

Climbing up from the beach, our path (part of the

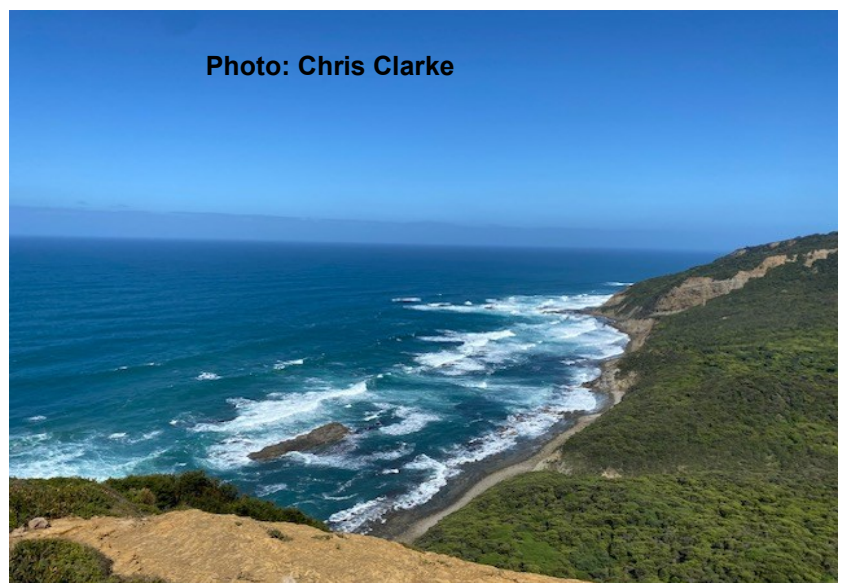
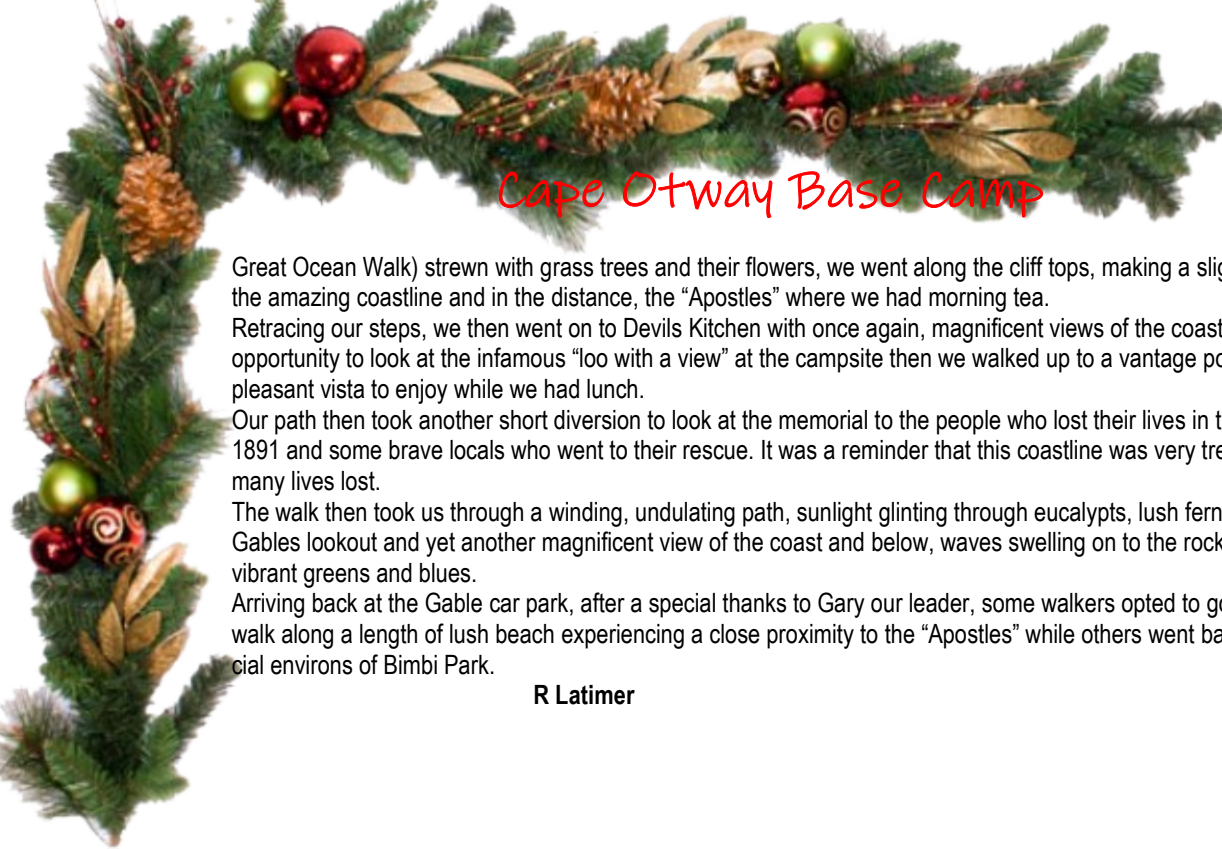


Photo: Chris Clarke



Cape Otway Base Camp

Great Ocean Walk) strewn with grass trees and their flowers, we went along the cliff tops, making a slight diversion to look at the amazing coastline and in the distance, the "Apostles" where we had morning tea.

Retracing our steps, we then went on to Devils Kitchen with once again, magnificent views of the coast. Some of us took the opportunity to look at the infamous "loo with a view" at the campsite then we walked up to a vantage point, allowing us a very pleasant vista to enjoy while we had lunch.

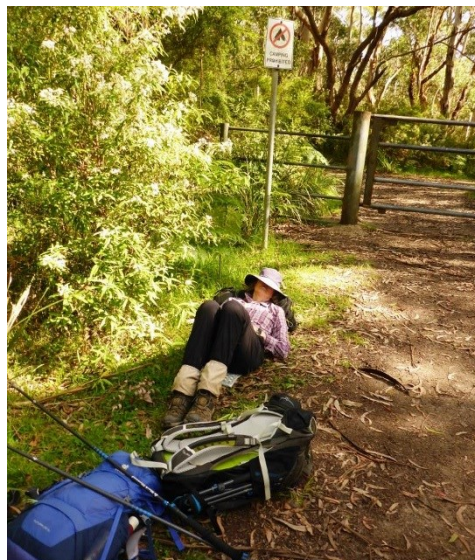
Our path then took another short diversion to look at the memorial to the people who lost their lives in the cargo ship The Fiji in 1891 and some brave locals who went to their rescue. It was a reminder that this coastline was very treacherous and with many lives lost.

The walk then took us through a winding, undulating path, sunlight glinting through eucalypts, lush ferns and gullies to the Gables lookout and yet another magnificent view of the coast and below, waves swelling on to the rockpools casting colours of vibrant greens and blues.

Arriving back at the Gable car park, after a special thanks to Gary our leader, some walkers opted to go to the Gibson steps to walk along a length of lush beach experiencing a close proximity to the "Apostles" while others went back to relax in the special environs of Bimbi Park.

R Latimer

Photo: Rosemary Latimer



The sign says "No camping".
Jane denies she is camping as she doesn't have a tent.

Grampians Base Camp

MCKENZIE FALLS WALK

Tuesday 17th October.

Leader: Pat Green

On a very nice day - Pat Green led 18 walkers on the 7 Km walk from Zumsteins Picnic Ground to the base of McKenzie Falls. Pat was ably assisted by Fred when required.

It was very pretty walk with frequent views of the McKenzie River. We observed many wild flowers including correas and the Grampians Baueras in full bloom with their white and pink flowers on display.

The group had their first stop at the attractive Fish Falls and then continued on to carefully pass a large bee swarm on a small tree right beside the track.

The walk included metal bridges over small streams or across rocky outcrops. Straight sections had handrails but other sections of the metal bridges were a semi-circle shape without handrails and required extra care.

The group continued on to the McKenzie Falls where they climbed up the rocky path to the viewing platform at the side that provided a view of the cascading Falls.

A flat elevated area overlooking the river close nearby was an ideal site for a most welcome morning tea. On our return Zumsteins Picnic Ground was the site for lunch.

Overall a lovely walk with appropriate care required on slippery rocks and steps

Ken Mathers.

