



Logon for Lunch, Warrandyte Walk

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Issued free to members.

CIRCULAR

www.melbournewalkingclub.org

FEBRUARY 2018

FEBRUARY WALKS

Sunday	4	Lake Mountain	Michael Clarke
Monday	5	Somers - Sandy Point	Don Ziino
Wednesday	7	Mt Martha - Mornington	Geoffrey Cohen
Wednesday	14	Werribee - Hoppers Crossing	Richard Kellaway
Sat & Sun	17 - 18	Pack Carry, Sealers Cove	Tony Cagney
Monday	19	Royal Park - Middle Park	Tom Gillham
3rd Wed	21	Altona Beach	Bruce Armstrong
Sunday	25	Point Lonsdale - Queenscliffe	Kim Rosen
Monday	26	Easy Metro - Williamstown	Stewart Stanlake
Wednesday	28	Laburnum - Gardiner	Graeme Barker

Copy for March to: Charlie Freedman - Phone: 0415 558 249
 email: editor@melbournewalkingclub.org

by the 1st Wednesday in the month, 7th February

Circular Preparation: 3rd Thursday - 15th February at 2:00 pm

Venue: John Horan's home at 9 Oxford Street, Malvern 3144.

Bushwalking News Victoria (BNV)

The Melbourne Walking Club is affiliated with Bushwalking Victoria which publishes a monthly "Bushwalking News" on the Internet. For those interested, the Current and past BNV's can be read on their web page:

<http://www.bushwalkingvictoria.org.au/what-we-do/publications/newsletters>

Talk Over Lunch

All members are reminded of the regular social event which occurs on the **2nd Tuesday of each month (except January)** at the **Charles Dickens Tavern Bistro**, in the basement of 290 Collins Street Melbourne, at **11:45am for 12:00 noon**.

Barry Revill, Phone: 9555 1114 or email: barryrevill@bigpond.com

Have You Changed Your Contact Details?

If any member has changed their postal address, phone number or email address in the last year, please let David Ikin know by mid December, so he can update the latest members register:

Phone **9878 6301**, or email daikin@optusnet.com.au

Mt Buller Lodge

The Mt Buller Lodge is available to members of the MWC, family and guests, for use in winter or summer. You can be a walker or a skier.

It is fully self contained, hydronically heated and offers en suites to each of 5 bedrooms. There's a games room and a TV lounge. The kitchen has up to date white goods. In summer a BBQ on the deck is enjoyable for a lunch or dinner. The rates are generous and competitive.

So members, please consider visiting the Lodge, bring guests, make a booking and encourage your families to visit there too.

Bookings can be made through the booking officer Ian Morton at:
ianmorton@optusnet.com.au

The Donna Buang Hut

The Walter Briggs Hut at Mt Donna Buang is available for use by members and their family and friends at most times of the year. You may choose to visit either for the day or an overnight stay. The Hut is in terrific condition. It's bright, clean and tidy. The only restricted times are days of total fire ban or high risk of fire.

For bookings contact David Kerferd by phone or email at:
donnabuanghut@melbournwalkingclub.org

Laugh With Lance

Sign on Taxation Office door: "Sorry, we're open."

Website Update

An *Outline History* of the Donna Buang Hut, written by Robin Bailey, has been added to the Club's website. A link to it can be found on the *Club History* web page:

<http://www.melbournwalkingclub.org/the-club/club-history>

Programme Amendments

Please note the following amendments to the 2018 Programme:

- DO NOT apply an arterial tourniquet.

If you yourself, or a fellow bushwalker encounter a snake bite, we highly recommend the use of Setopress bandages.

Bushfires

Follow these bushfire safety tips to ensure that your experience is safe and enjoyable.

- Call the VicEmergency Hotline **1800 226 226**, or listen to your local emergency broadcaster (www.emergency.vic.gov.au).
- Avoid bushfire situations. If in doubt, U-turn to safety.
- DO NOT HIKE ON FIRE BAN DAYS.
- Tell someone where you're going and pack a mobile phone.

If there is a bushfire, stay calm - do not panic.

If you are in a car:

- If you can, U-turn to safety and leave the area.
- Do not get out and run - stay in the vehicle.
- Park in a large clear area, away from trees and long grass.
- Turn on headlights and hazards lights.
- Close windows and vents. Get below window level.
- Cover exposed skin with a dry woollen blanket.
- Wear dry, natural fibre clothing.
- When the fire has passed, get out of the car.

If you are outdoors:

- Seek refuge.
- Avoid slopes and hill tops - avoid being above a fire.
- Do not seek refuge in above ground tanks or above ground pools.
- Cover exposed skin with dry natural fibre clothing.

Lastly, ensure you download the Vic Emergency app prior to leaving.

One final reminder

If you're hiking remotely or alone, please ensure you carry a PLB (Personal Locator Beacon).

The Vic Emergency app may be accessed at
<http://emergencyapp.triplezero.gov.au/>.

- Slip on some sun-protective clothing.
- Slop on a broad spectrum, water resistant SPF30+ sunscreen.
- Slap on a broad brim or legionnaire style hat.
- Seek shade.
- Slide on some sunglasses.

Dehydration

Not drinking enough water may well be the most common mistake made by bushwalkers. When the weather is brutally hot and your body sweats profusely, water by itself is not enough. Munching on trail mix or another salty snack can help avoid this problem. Sports drinks are effective, but be wary of drinking too much since they often contain large amounts of sugar. In a pinch, a dash of salt and sugar can be added to a water bottle for similar results. Before your walk, be sure to drink one or two cups of water, juice or a sports drink.

Snakes

We have some deadly snakes in Australia. The majority of those killed or injured by snakes in this country are bitten when they either accidentally step on a snake or try to capture or kill a snake. Here are 3 simple tips for avoiding a snake-bite:

- Leave them alone
- Watch where you put your feet
- Cover your legs

Treatment of Snake Bite

The treatment of snake bite should reduce the amount of venom that reaches the bloodstream by applying firm pressure over the bitten area and minimizing movement. If a member of the party is bitten:

- Immediately apply firm pressure over the bite site.
- Lay the victim down and keep them calm and at complete rest.
- Apply a broad firm bandage to the bitten area and around as much of the limb as possible.
- Immobilize the limb with a makeshift splint.
- Constantly observe the patient for shock and respiratory failure.
- If external help is unavailable, rest for a day or two, then proceed to the nearest civilization taking care to minimize stress to the patient.
- DO NOT deliberately disturb a snake.
- DO NOT walk in sandals or thongs.
- DO NOT cut or wash a bite.

- February 28 Laburnum and Gardiner Walk. Change leader from Ted Porter to Graeme Barker (phone number 9874 6938).
- March 4 Point Addis and Bell's Beach Walk. Change date from Sunday March 4 to Sunday March 25. Leader is still Jenny Hosking, but change phone number to 9504 0377.
- April 4 Deep Creek - Heatherdale Walk. Change leader from Marsha Rankin to Alan Manzoori (phone number 9830 4627).

The following two walks have swapped places in the 2018 Programme:

- March 19 Upfield - Batman, leader Alex Hordijkenko (was April 23).
- April 23 Belgrave - MenziesCreek - Belgrave, leader Wayne Hansen (was March 19).

Leaders Required for 3rd Wednesday Group

We have vacancies for Leaders in the 3rd Wednesday Group. No prior experience is necessary, but having had Metro Group etc. outings would be an advantage.

Interested members contact Travis Clark on 9874 6326, 0407 272 333, or by email to tec11942@yahoo.com.au

Reminder for Leaders of Metro Walks

When the walk has been completed, the track notes and maps provided should be updated to include any changes to the route, and to highlight any escapes or options that members who may not wish to walk the whole distance can use.

Two copies of the updated track notes should be forwarded to Oliver Lucas or emailed to David Watkins at mdwatti@bigpond.net.au

Help Required For Work At Walter Briggs Hut

Help is required from members with practical skills to carry out some maintenance work at the Walter Briggs Hut at Mt Donna Buang.

There is ongoing maintenance work required at the hut and unless we have volunteers with the necessary skills and experience to carry out this work the Club will have no option other than to pay contractors to do this work. Given the location of the hut this could be an expensive exercise.

The next major project will be to replace some of the rotted stumps and timber boards on the outside of the hut. In the past this type of work has always been done by volunteers from within the Club and we hope

that this tradition can continue.

If you can help or would like more information please contact the Hut Convenor, David Kerferd by phone or email at:

donnabuanghut@melbournewalkingclub.org

Trevor Rosen, Acting President

3rd Wednesday Group - Xmas Lunch - December 6th

24 starters enjoyed a pleasant lunch and talk fest at the Royal Hotel, Upper Ferntree Gully, with half having completed the morning walk.

We were very pleased to have Don and Joyce Gillespie with us. Don is in his 102nd year and still manoeuvring quite well. He has the current record for holding all three age awards including the "OHNO".

Also present were two "NON Award" holders (Lance Cranage and Geoff Woodford) plus seven "OBES", all in hot pursuit of an "OHNO" no doubt!

Update To Greensborough Walk: Wednesday 24 January

Please note the following:

- The walk will be postponed if the forecast top temperature is over 30° or fire danger is high. Contact leader if in doubt.
- Buses replace trains until 23 January. Trains should be running on time on the 24th.
- The #385 bus stops in Flintoff St, Greensborough (round the corner from Para Rd).
- The walk will include a section of narrow, undulating track, badly damaged by mountain bikes, high above the river.
- Some other tracks are also badly eroded, and reasonable fitness is required to make a challenging descent to the river level.
- Stepping stones across the river are likely to be under water and slippery. Two walking sticks are recommended; even so, wet feet will probably result.

Contact the leader Keith Tupper on 9457 2595 for more details.

FEBRUARY WALKS

Sunday 4 February Lake Mountain

Leader: Michael Clarke

Phone: 9807 9770

Rendezvous: 9.30am at Gerraty's Car Park, Lake Mountain Village. Morning tea here with picnic tables and toilets available.

no cost to them!

You are eligible if you:

- Are aged over 50 years old,
- Have Knee Osteoarthritis on X-Ray (we can arrange if you live in Melbourne),
- Have knee pain on most days in the past month, and
- Are happy to receive text messages if required.

If you or someone you know would be interested, visit:

www.targetkneestudy.com.au

Or contact:

Alexander Kimp - (HREC no: 1544919)

(03) 8344 3109 or alexander.kimp@unimelb.edu.au

Leadership Training

Bushwalking Victoria is offering a weekend course in leadership for members of clubs who would like to lead walks. The course will cover the topics of leadership, planning, conducting a walk, risk management, walk administration and emergency management. The course is given by BWV Board members in a very helpful and informative way where you can meet and work cooperatively with trainee leaders from other clubs.

Date: Saturday & Sunday, 7 & 8 April 2018.

Times: 8.45am - 4pm (earlier finish on Sunday).

Location: Outdoor Recreation House - Conference Room, Westerfolds Park (Melways 33 G3), Fitzsimmons Lane, Templestowe.

What to bring: BYO lunch, compass (preferably Silva brand), pen, grey lead pencils, ruler.

What's provided: Morning & afternoon tea, maps, BMLC book.

Registration and Enquiries: judy@bushwalkingvictoria.org.au

Registration Closes: 1 March 2018.

Bushwalking Victoria Safety Bulletin

Sun Exposure

Australia is known as the skin cancer capital of the world. For best protection, the ARPANSA (Australian Radiation Protection and Nuclear Safety Agency) recommend following the measures below:

He was a family man. He travelled far and wide with Judy, and spent many hours enjoying the company of his children and their partners. Helping his family was part of his DNA and he was blessed with practical and handyman skills which he applied with loving enthusiasm. He adored his grandchildren.

Tony enjoyed the outdoors taking part in skiing with Coonamar Ski Club, sailing with Sandringham Yacht Club, walking with Melbourne Walking Club as well as other local groups.

Tony occupied official positions on the Coonamar committee for many years and was very active at work parties in the off season. He thoroughly enjoyed skiing with family and fellow Club members both at Mt Buller and in Japan. In younger years our annual cross country skiing trip to Mt Bogong was made richer by Tony's presence.

Every Wednesday Tony would go sailing as crew member at Sandringham Yacht Club with the Wednesday Wonders. He was passionate about this activity. He was very proud of the success recently enjoyed by the crew.

An active member of Melbourne Walking Club, Tony mainly participated with the Peninsula Group. If you ever had the chance to accompany Tony on a bush track, sail the seas or go skiing you would be aware that he was not there just to enjoy the activity. He loved being with good mates. The greatest joy for him would have been the camaraderie. For me, his was a special, caring friendship.

Our thoughts and prayers are with Tony's wife Judy and children Kelly, Tom, Joanna, Catherine and families. We will all miss Tony's company, his humour, his companionship. I am grateful for fond memories of a true friend. Tony will be sadly missed by all who walked with him at MWC.

Doug Connell

Bushwalking News Victoria

University Testing

Knee osteoarthritis is a major problem in Australia and there is no cure for the disease. The University of Melbourne Centre for Health, Exercise and Sports Medicine are looking for volunteers to join the target Trial. This nine-month study aims to compare two different exercise programs effects on pain and function for individuals who are carrying some extra weight with knee pain. Eligible participants will receive five physiotherapy consultations and all exercise equipment at

Map: Melway 610 U11 Distance: 14 km Grading: Medium.

Transport: Private cars. Take the Maroondah Highway to Healesville and then continue on to Marysville. Continue through the town and after crossing the Stevenson River turn right at the roundabout onto the Marysville-Woods Point Road. Continue for about 12 km and then turn left at Lake Mountain Road. Follow the bitumen road to the end at the Lake Mountain carpark. Distance approx. 120 km. and 2 hours from Melbourne.

Walk Details: 14 km circuit using some of the cross-country tracks of Lake Mountain with lovely vistas of mountain ranges, forests and lakes. Enjoy the alpine flora of wildflowers and regenerating snow gums. The route is gently undulating.

Afternoon Tea: At the Café at Lake Mountain.

Please telephone the leader beforehand if attending.

Monday 5 February Somers - Sandy Point

Leader: Don Ziino

Phone: 5975 6626

Rendezvous: Morning Tea, 9:45am, Somers Store, Melway 194 B10.

Maps: Melway 194

Grading: Easy

Distance: 12 km.

Transport: Private car.

Walk Details: Beach walk from the Somers Store to Sandy Point at the Cerberus Naval base, we will then return on the same beach track to the car park at Somers. With the weather OK this can be a nice summer walk.

Wednesday 7 February Mt Martha - Mornington

Leader: Geoffrey Cohen

Phone: 5974 1342

Rendezvous: 10.10am corner Nepean Highway and Helena Street, Mt Martha.

Maps: Melway 145 & 104

Distance: 11km.

Grading: 90% easy 10% medium.

Transport: 8.05am Frankston train ex Flinders Street arrives Frankston 9.08am. (8.15am arrives 9.21am), then 9.25am #788 Portsea bus from Bay H alighting at Helena Street, Mt Martha (stop 12610) at 9.56. Alternatively, if coming from the Peninsula take the #788 Frankston bus ex Portsea and alight at Helena Street, Mt Martha at approximately 10.07am. If taking this option please phone Leader in advance to ensure

you are met.

Note: After leaving platform at Frankston Railway Station walk down ramp and turn right to exit and right onto Young Street to bus Bay H.

Morning Tea: Citation Reserve, Melway 145 C 11.

Walk Details: The first part of the walk is along paved and unsealed roads. We then follow a coastal track to Mornington. After lunch we proceed along a track, a little beach walking and we ascend a track to Beleura Hill, then follow the golf course to the finishing point. There are four bus routes to Frankston offering a frequent service.

Wednesday 14 February Werribee - Hoppers Crossing

Leader: Richard Kellaway Phone: 9802 4290

Rendezvous: Werribee Station.

Maps: Melway 205 & 206 Grading: Easy Distance: 12km.

Transport: 9.00am. Werribee Train ex Flinders St. arriving at Werribee at 9.43am.

Morning Tea: Along the river path about 20 minutes from the station.

Walk Details: A pleasant flat walk along Werribee River then through parks & some streets back to Hoppers Crossing Station. Escapes: many buses to either Werribee or Hoppers Crossing. Toilets at beginning & end of walk.

Saturday & Sunday 17-18 February 2018 Weekend Pack Carry, Sealers Cove (Wilson's Promontory)

This walk is planned as a pack carry weekend walk with an overnight stay at Sealers Cove. However, day walkers are welcome to join the walk to Sealers Cove and return the same day.

Leader: Tony Cagney Phone: 0411 843 609
tony.cagney@optusnet.com.au

Rendezvous: 10:00 am Saturday 17-February at Telegraph Saddle Carpark.

Maps: SV Maps Outdoor Recreation Guide - Wilson's Promontory 1:50,000.

Distance: Pack carry. Saturday 10 km to campsite + 6 km excursion to Horn Point lookout. Sunday 10 km return to carpark (day walkers. Saturday only 20 km return).

Goldmine Tour and possibly a short ride on the narrow gauge Train to the Thomson River.

Depart Walhalla 2.30 pm (SHARP). Heatherdale Station 4.50 pm approx, Bus will stop in Service lane of Whitehorse Rd near Heatherdale Rd intersection. Finish Trip 5.00 pm. approx. Service lane of Whitehorse Rd, opposite Nunawading Civic Car Park.

Cost: \$35 per person, Max Bus Capacity 50 people. NO PHONE BOOKINGS. Seats must reserved and this can only be done by payment of \$35. Cash, Cheque payable to the "Melbourne Walking Club" to Graeme Barker, 3 Buxton Rd, Mitcham 3132.

15 - 20 March Mallacoota - Base Undercover

Leader: Kim Rosen Phone: 0422 804 816

This trip to Mallacoota and Croajingolong is now **fully booked**.

Those who have booked may still contact Kim Rosen by email on: kimtjrosen@yahoo.com or mobile 0422 804 816.

Monday 19 March Upfield - Batman

Leader: Alex Hordijkenko Phone: 9383 3257

3rd Wednesday 21 March Heritage Walk

Leader: Travis Clark Phone: 9874 6326

Monday 26 March Easy Metro - Glen Waverley - Jells Park

Leader: John Webb Phone: 9802 1747



Wednesday 28 March Fairfield - Outer/Inner Circle - Flemington Bridge

Leader: David Watkins Phone: 9870 3782

Vale Tony Durrant

Tony Durrant died unexpectedly but peacefully on Tuesday 12th December 2017.

Tony was a great walking companion. He was a kind-hearted, gentle, compassionate person.

toilets. After lunch the walk passes through further reserves with an escape possible at Hartwell Station. There are a number of other opportunities to escape throughout this walk.

MARCH PROGRAM

Sunday 4 March Point Addis - Bell's Beach

Leader: Jenny Hosking Phone: 9570 3695

Monday 5 March Baldry Crossing - Gwenmarlyn Rd.

Leader: Ron Anderson Phone: 5983 5088

Rendezvous, Morning Tea: 9:45am Baldry Crossing, Melway 254 G6.

Map: Melway 254 Grading: Moderate Distance: 13 km.

Transport: Private car.

Walk Details: From Baldry Crossing we walk along Baldry Rd. to Meakins Rd., then Gwenmarlyn Rd. till we enter Greens Bush for lunch, and return to the start along bush tracks. This is a pleasant country walk along tracks beside the roads, then a bush walk where we should see some wild life.

Wednesday 7 March Reservoir - Greensborough

Leader: Peter Schulz Phone: 9470 2189

Wednesday 14 March Bus Trip - Walhalla

Leader: David Ellis Phone: 9844 2628
0402 392 786

Rendezvous: 8.00 am departure (SHARP) at Nunawading Civic Centre Car Park. Additional pick up point 8.30 am (SHARP) at Service Lane of Whitehorse Rd at the Whitehorse Rd and Heatherdale Rd intersection, close to Heatherdale Rail Station. Catch Belgrave train departing Flinders Street at 7.45am and arriving Heatherdale Station at 8.20 am. Morning Tea (15 min) at 9.45 am, Toilets and Hot water for Tea and Coffee available.

Maps: Melway Map X928 D 5, and Walhalla Self Guided Visitors Map.

Walk Details: There will be two walks. Long Walk approx 10 km walk into Walhalla. Short Walk approx 6 km walk into Walhalla. Non Walkers Activities - Magnificent scenery, Shops, Cafe, Hotel,

Grading: Easy/Medium

Transport: Private car. Wilsons Promontory is approximately a 3-hour drive from Melbourne via South Gippsland Highway (M440). Turn left off Wilsons Promontory Road onto Mt Oberon Carpark Road and drive 2.5km up to the rendezvous point. Note there is no longer a toilet at the rendezvous carpark but public facilities are available at Tidal River.

Walk Details: Saturday: 10 km walk to Sealers Cove (allow 3 hours). Lunch on the beach then cross Sealers Creek to Sealer Cove campsite. Set up camp before afternoon excursion for 6 km (return) along the Refuge Cove Walking Track to lookout with views back over Sealers Cove. Dinner and overnight stay at Sealers Cove campsite. Sunday: breakfast on the beach then 10 km return to cars via the same route.

Notes: Sealers Cove campsite is a bush campsite set above the beautiful Sealers Cove beach with composting toilets and a siphoned water source from a nearby stream. To reach the campsite we cross Sealers Creek on foot and will get wet, though how wet depends on the tide times. This walk requires walkers to carry their own shelter, water and food but has been selected because it is accessible for those who are new overnight walks or have not done one for a while.

Attendance: Please contact the leader as soon as possible if you have questions about the walk, how to participate or would like to confirm your interest. Campsite bookings need to be made in advance and are limited to 12 people per group so this will be a first come first served basis.

Monday 19 February Royal Park - Fitzroy Gardens - Middle Park

Leader: Tom Gillham Phone: 9857 8347
0433 170 561

Rendezvous: Royal Park Rail Station 9:30 am.

Maps: Melway 29, 2B, X871, 2G, 2F, 2K Grade: Easy Distance: 14km

Transport: Upfield train departs 9:05am Flinders Street to Royal Park arrive 9:19am. Return Tram #96 from Wright St. Albert Park (Stop #129).

Morning Tea: East side of Princes Park near adventure playground, with seating, toilet, but no cover. (Melway 29 H12).

Lunch: BBQ site on the Yarra River bank, Alexander Avenue, (toilet) limited seating, no cover. (Melway 2G C11).

Walk Details: Interesting walk from Royal Park to Princes Park, through

