

# WALKLINES

*Newsletter of the Waverley  
Bushwalking Club Inc.*

**MARCH 2025**



Next Meeting: 10th March 2025 at the Mount Waverley Community Centre

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

*Cover Photo by Tracey Gao. Swimming in the Thredbo River. Perisher Base Camp*



# Waverley Bushwalking Club Inc.



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## PRESIDENT'S REPORT

I'm writing this from Tasmania, where I and several friends have been doing some strenuous hiking at the southern end of the Overland Track. I've been in love with the challenges of hiking in Tasmania since I was a teenager, with the mud, tree roots, neglected tracks and scrambling to rocky summits all being part of it. Alas, my walking times when compared with past trips, and the amazing energy and endurance that younger walkers here are bringing to the trails compared to what I and my friends can muster, is reminding me that I'm getting older. Such is life!

My Tassie trip comes hard on the heels of a week at the fabulous Perisher base camp that Gary Dubsky has been running for many years now. It was my first time there, and it confirmed for me (a) that there are so many beautiful places in Australia to explore on foot, not just in Tassie and Victoria, and (b) that there's good reason why base camps continue to be so popular in the club. The Perisher base camp is the 7th this season, with 4 more to come before winter. If you haven't been on one recently, do yourself a favour and sign up for one or more as soon as you can. You get to explore remote areas not accessible through a day-walk from Melbourne, and you have a great social time with other club members! (If you struggle to get on a base camp because they book out so quickly, let me know – we may need to tweak our signup procedures a bit).

Speaking of social connections, did you come to the club's End of Year event at the Burvale Hotel? It was a really enjoyable night, well catered for with great food and great entertainment afterwards that include a square-dancing exhibition, a photography competition, and a notable music and song performance by Simon. You'll be pleased to learn that the committee has agreed to run next year's function in the same format at the same venue. The committee has also instituted a hopefully monthly get together for dinner at the same hotel, so come along for a chance to mix with club members over a pub meal. Bookings via On-Trax.

Finally, enjoy the remainder of our summer weather, and stay healthy, fit, and safe on our walks!

**Rolf Exner**

### NEXT MEETING

**Monday 10<sup>th</sup> March, 7.30 p.m.**

**Topic: Walking The Kunisaki Peninsula**

**Speaker: Russell Lucas**

This month Russell will take us on a journey around the Kunisaki Peninsula, on the island of Kyushu, as he relives this more remote Japanese walking experience. Russell will also touch on some of the unique aspects of travelling and trekking in Japan. As you'd expect from Russell, photography will feature as a major part of his story.

Notice of Annual General Meeting 2025



The Annual General Meeting 2025 will be held on Monday 12<sup>th</sup> May 2025, at 7.30 pm at Mt Waverley Community Centre, 47 Miller Crescent, Mount Waverley.

Draft agenda

- 1. Welcome and Apologies.
2. Confirmation of the minutes of the AGM held on Monday 13<sup>th</sup> May 2024.
3. Presentation and acceptance resolutions of:
President's Report.
Treasurer's Report.
4. Election of Committee for 2025/2026.
5. Items of business requiring resolution, which have been received by the Secretary, no later than 21 March 2025. Send to secretary@waverleybushwalking.org.au
6. General questions to the Committee.

Authorised on behalf of the Committee by David A Reid OAM, Secretary, 1 March 2025

Nomination for Waverley Bushwalking Club Committee

At the AGM, nominations are called for committee positions. Position descriptions available, Ontrax Documents Tab, Committee & AGM category

A member who is entitled to vote at the AGM may nominate or be nominated, with their consent, for one or more positions. Nominations must be supported by another member. A member may not hold the same Officer position for more than 5 years consecutively.

Written nominations must be delivered to the Secretary before the AGM. Please consider nominating.

Further nominations must be called for during the AGM, prior to the election for each position.

A candidate who fails to be elected to a nominated position may nominate or be nominated for any other position for which an election is yet to be held.

A member may be elected to only one position.

Waverley Bushwalking Club Inc. Reg. No. A0013370Z
Nomination for Election to Committee

Please nominate on this form. Using a separate form for each position.

Nominee: [name] [signature] [date]

Supporter or Nominator: [name] [signature] [date]

For the position of: (please circle the position)

The Officer positions:

President, Vice President, Secretary, Treasurer, Events Coordinator, Membership Secretary,

Ordinary Committee Member. Note: you can nominate up to three Ordinary Committee Members, using a separate form for each nomination.

Please send nominations by email to secretary@waverleybushwalking.org.au at least one day before the AGM, or by post to, Secretary, Waverley Bushwalking Club Inc. PO Box 685, Glen Waverley 3150 at least one week before the AGM or deliver by hand prior to the commencement of the meeting.

# Meet the Editors

Report: Jane Taylor.

Date: 16.02.25

On the Police Paddocks Walk, a rare photo opportunity arose with the four current editors of Walklines in the one spot. (See right). They are the “behind the scenes” volunteers who publish our WBC monthly magazine. In recently becoming a newbie editor, I was awed to discover a remarkable story of long serving commitment by just a few, who have kept this magazine rolling along! I asked about its history and found that previous editors, now retired from the task, were Val Ford, who was solo editor for a number of years, Anne Whittenbury and Rick and Rennie Vanderbom. In 2008 Elaine Fasken started, as assistant to Val. I note that Elaine has notched up 17 continuous years. That’s commitment! Anne started just after Elaine and persisted till 2016 with Robbie Morell and Graeme Brownfield stepping in from 2015 onwards. Rick and Rennie joined the team for a short time when Anne finished. Graeme and Robbie have each contributed a fine decade of service. With Elaine, the three have in total contributed 27 years of detailed painstaking editing, to keep Walklines published and reliable to such a high standard. I also learnt that the magazine used to first go to the printers and then the 200 copies were bulk posted from a post office. Graeme recalls that each month the membership officer printed off a set of mailing labels and these were attached to the back cover. Elaine noted that it morphed gradually into a digital version with, at first members having a hybrid of digital and printed options, with the last issue posted in September 2021.



From Left, Robbie Morrell, Elaine Fasken, Graeme Brownfield, Jane Taylor. Photo: Sheilana Macaulay

The magazine’s success relies on members’ contributions, so keep those write-ups and fabulous photos coming in. That’s what makes the magazine vibrant!



“The Back view”. Original sketch courtesy of Gillian Paterson

## NEW MEMBERS

We welcome the following new walkers.

Joy Chen  
Ted Lin  
Jane Gu

We hope you have a safe and enjoyable time  
on walks with WBC



# DAY WALKS

## CARDINIA DAM

A Walk from Crystal Brook Picnic Ground

Wednesday 29<sup>th</sup> January

Leaders: Pauline McGuire, Louise Power

Report & Photos: Jane Gu

It was a nice, pleasant summer morning. Thanks to our leaders Pauline & Louise taking us to do the Cardinia Dam trail. Along the way, there were breezes through trees, kangaroos jumping, parrots singing, and peaceful dam water shining under the sun. Chatting and happily laughing non-stop. Also, it was the first time I saw Salmon trees. Just like Louise said, we always learn from the road.



Views from both sides of the dam wall:  
Above: The peaceful Water      Below: The land beyond.



## AN EVENING DINNER WALK RICHMOND TO CARLTON

Wednesday 12 February 2025

Leaders John & Lynda Powell

Report & Photo: John Powell

The forecast was for a hottie, 35degrees at 5pm, but 14 members met at Richmond Station ready for a trek through the edge of the city to the iconic Il Gambero in Lygon Street Carlton. In a display of brilliant navigation the leaders managed to plot a walk that took advantage of the leafy parts of the gardens, passing such landmarks as the Botanical Gardens, the Tennis Champion busts, skipping the MCG because it would be too exposed, and even Captain Cook Cottage in a bit of a circuit of the Fitzroy Gardens. In perfect timing we arrived at the restaurant right at the scheduled time where all enjoyed a delightful meal. Unfortunately most of the walkers undid all the good work by partaking of a gelati on the walk back to the station

Thanks John & Lynda for a lovely walk.



# DAY WALKS

**POLICE PADDOCKS DANDENONG &**

**CHURCHILL NATIONAL PARK**

**Thursday 6th February**

**Leaders: David & Wendy Lumb**

**Photos: Robbie Morell**

**Report: Val Messer**

Thursday morning's half day walk from Police Paddocks in Endeavour Hills to Churchill National Park & return, was an easy, mainly flat walk for 13 walkers, including 2 visitors - Ian & Ann, who were both welcomed by the group -including 2 very important past Presidents - who both made sure we ALL followed the rules or else!!! There were also 4 Walklines' Editors to REPORT back if we didn't follow the rules!! 🙄

After leaving the Police paddocks & various tracks, with its kangaroos & some smaller wildlife spotted, we crossed Wellington Rd into Churchill Park, being informed by our knowledgeable leader - it was named after a UK PM of years gone by !!!

We followed several different walking tracks & enjoyed morning tea in the shade near a waterhole, prior to ascending one of our two smallish hills to view the surrounds - the city in distance, Box Hill to the north, & the sea in the south, if you had good eyesight.

Lunch was enjoyed back near the cars, seated on green grass, under the shady trees.

Many thanks to David & Wendy for a comfortable walk and the history & geography lessons along the tracks.



*Above & below: Who found a tree to lean on in the shade?*



*Above: Follow the Leader. David is showing the way.*





# DAY WALKS

## DONVALE EXPLORER

Leader: Tracey Gao

Date: Sunday 16<sup>th</sup> February

Report: Jane Taylor



Tracey showing us the flat path  
Photo: Jane Taylor



This half day walk took us on a wide loop behind Donvale almost to the back of Park Orchards and return. Tracey, our leader, who had just returned from some serious trekking at Perisher, said she devised this short walk by way of relaxation for her! Many of us are familiar with the local Mullum trails, but Tracey introduced us to a new pathway with added challenge for some. We started from Antonio Park, heading North picking our way through back streets for 3 km, then to divert onto a wide pipeline easement. Now this is where the hills hit. We had 5 steep rises with overall elevation of 356 m, providing a cardio workout for us all. The way back was flatter, winding through tall timber along the paved Mullum Mullum trails, with its many bridges criss-crossing the creek. We were back at Antonio Park by lunch time after covering 15 km. Thank You Tracey. Not only did you introduce us to an interesting new walk through Donvale, but you also gave a few of us quite a workout!

Photos left and below: Tracey Gao





# DAY WALKS

## JELLS PARK & WHEELERS HILL

**Leader: Pauline McGuire**

**Date: Wednesday 19th February**

**Report: Wendy Lumb**

On a rather cloudy morning 22 people gathered at the Tea house in Jells Park. We then proceeded to walk to the Waverley Sports Centre past the new tennis courts and the golf course. A very pleasant morning with no wind. Then through the Friends of Dandenong Parklands Indigenous Garden, near the Parks Office.

The pace was comfortable as we walked from there through Shepherd Bush and Napier Park, up a short hill to Norton's Park where we had morning tea sitting at a table and on logs and grass under the trees. We continued down Norton's Lane to the Dandenong Creek Trail and passed several large piles of dirt alongside the trail, the beginnings of the large Mirvac development which is coming there. We continued along the trail and around Jells Lake. We then climbed up a hill to find the track down to the Teahouse was closed. We then went down the hill and across the lawn to the Teahouse. A lovely, easy, pleasant walk enjoyed by all. Thankyou Pauline

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# BASE CAMPS

## PERISHER BASE CAMP

**Date: Saturday 1 to Saturday 8 February**

**Leaders: Gary Dubsy and Rolf Exner**

**Report and photos by: Rolf Exner**

This base camp is a long drive from Melbourne, but the wonderful walking there in NSW's Snowy Mountains National Park has made it a classic. It was Gary's 10th time there and his enthusiasm for the area (and fierce walking pace) were undiminished. It was also the best weather he'd ever had there, every day fine, sunny and 25 degrees warm.

We arrived late Saturday afternoon and settled into comfortable accommodation at the ski lodge in Perisher Valley which would be our home for the next week. The following day, being Sunday, we thought the popular walk to Mt Kosciuszko would be too crowded and headed up Mt Twynam (Australia's 3rd highest mountain) from Guthega Pondage instead. A nice walk with fabulous views and an enjoyable cross-country descent from the summit.

*On the way up Mt Twynam.-Rolf*





# BASE CAMPS

## PERISHER BASE CAMP (Contd.)

Report & Photos: Rolf Exner

Monday morning saw us trudging up the old road from Charlotte Pass to the summit of Mt Kosciuszko, to reach the highest point in Australia. First we continued the traverse before for lunch high above Lake Albina. Next we climbed to Carruthers Peak with the awesome view of the Western Fall. (The steep drop-off to the west, was where a young man spent 13 days lost in the wilderness without food after Christmas before coming upon other hikers).



*On the way. Last leg of the Mt Kosciuszko walk-Rolf*

Finally we reached a lookout over the Blue Lake, did a rock-hopping crossing of the Snowy River, and a steep climb back to the cars – all up 24 km.

Tuesday's walk started at Guthega Power Station. After a quick start (to avoid 40 school kids about to do the same walk) and a steep climb, we made it to the aqueduct trail. We continued gently uphill until reaching Whites River Hut for lunch, before heading back via the other side of the river. It was nice to be among the trees (and shade) again, but the views were more limited.



*Resting against a giant snowgum-Rolf*

The forecast for Wednesday threatened rain, but the day looked clear, so we took the long drive back past Thredbo to Dead Horse Gap for the climb up the Ramshead. Four of the group did an alternative walk, almost to Cascade Hut and back, then finishing with the Thredbo River Walk to Thredbo, in time to enjoy iced coffees. Those climbing up the hill reached South Ramshead on a rough track, then headed cross-country over the grassy plateau to Ramshead and the top of Karel's T-bar, the highest lifted point in Australia. From there we followed the high quality Snowie's track back to Dead Horse Gap. The weather held and the extended cross-country walking and rock scrambling made for a truly memorable day.



# BASE CAMPS

## PERISHER BASE CAMP (Contd.)

### Report & Photos Rolf Exner

On Thursday we again started at Charlotte Pass but headed back to Perisher after an off-track descent down the slopes of Mt Stilwell, then along the newly constructed Snowie's trail, built since Gary was last in the area (so a new walk for him). The quality of trail routing and construction was apparent, and the walk was easy going. A highlight was lunch at Porcupine Rocks, an outcrop of large boulders, possibly looking like a porcupine from certain angles. Soon after, some of the group headed directly back to the lodge, but the rest of us continued on an offtrack route nearly to Mt Duncan. It was a nice walk with the best highlights coming near the end.



*Porcupine Rocks -Rolf*

For Friday, our last day's walking, we did a lowland double loop walk from Sawpit Creek. The first headed gently uphill to a nice little waterfall, though even better was that we were walking along beautiful tree-lined bush tracks, in contrast to the wide hardened tracks above the tree line that featured in earlier days. The second loop took us to the Thredbo River where we had lunch. It had started to get hot, so we had a long swim (or soak) in the river! Most of the group took the plunge. The water was a perfect temperature and cooled us enough for the coming uphill climb back to the car. All up a wonderful finish to a fabulous basecamp.



*Seamans hut near Mt Kosy summit -Rolf*



# SOCIAL NOTES



## **DINNER AT THE BURVALE BISTRO**

**Date: Thursday 20<sup>th</sup> February**

**Leader: Paul Rake**

**Report: Jane Taylor**

This year something new is being offered as a monthly event on “On Trax”. It’s not a walk. No, it’s a social event, a dinner out. While for members of WBC our prime aim is to walk, nothing pleases walkers more than a coffee, or better, a dinner at the end of a great walk. The committee and social team thought we might offer a dinner without the walk! This event would give opportunities for people to meet with friends even if they are not up to walking at present for whatever reasons or just want to get together. Thirteen keen members met up for our first dinner at The Burvale on Thursday evening and declared the initiative a success.

Following dinners will be held on the 3<sup>rd</sup> Thursday of the month, at a different venue each time. People pay their own way on the night.

Note our next dinner is at Wheelers Hill Hotel, 20th March, 6.30 p.m. See “On Trax “ for details and to book in.

Thanks, Paul, for organising a terrific night out.

Coming Soon in March  
"Equip 4 Life"  
FREE PROGRAM FOR WBC  
MEMBERS

"Alain, Accredited Exercise Physiologist, from Equip4Life was our guest speaker in February and he conducted a Seminar on Healthy Ageing and Wellness. After the Seminar many members expressed interest in a Free Follow Up Healthy Ageing and Wellness Program that Equip4Life will be running in March in Mt Waverley (Equip4Life will issue out details to all registrants shortly). This Free Program consists of a series of Education Seminars conducted by Dietitians and Exercise Physiologists, and it covers many informative topics such as: optimal nutrition, diet myths and misconceptions, food label reading, most effective exercises, sleep improvement, stress reduction and more.

If you are interested in this Free Program, please contact Alain on 0404 501 195 or email [admin@equip4life.com.au](mailto:admin@equip4life.com.au). This Free Program is open to all members, and family and friends. Please register asap if you are interested."

**Alain Young AEP ESSAM**  
**General Manager**





## Before the Walk

- Check the grading of the activity and read the grading definition in *Walk Notes*, which is a guide only. If in doubt check with the leader before you decide to participate.
- Inform the leader, with as much notice as possible, if unavoidable circumstances prevent you from attending the event.
- Bring all the correct clothing, equipment, food, and water with you, see *Clothing and Equipment for Day Bushwalks*. Don't rely on others to lend you items or carry them for you. If in doubt about what to bring ask the leader at booking time or before departure. Some equipment may be hired from bushwalking shops or WBC.
- Complete the *Personal Health Details – Emergency Information form* or “Vial of Life” and place it in an outside pocket of your backpack.
- If you suffer any medical condition that may require special action, please ensure that you carry the appropriate instructions in a sealed envelope, or they are with a friend at the activity. If necessary, carry the required medication.
- Carry a personal First Aid Kit comprising:  
*A minimum of: Variety of Band-Aids including extra large, Alcohol swabs for wound cleaning, 1 conforming bandage 7.5cm, 1 heavy weight crepe bandage 7.5cm, 1 triangular bandage, Safety pins, Gauze swabs (ie. 3 swabs 7.5cm x 7.5cm pack), Moleskin or adhesive tape or similar for covering hotspots on the feet, Thermal accident blanket, Personal medication ie. own pain killer tablets, antihistamine tablets - these will fit in a plastic zip lock bag.*  
*Plus: Alcohol hand wash, Sunscreen, Roll on RID (or similar) for insects and leeches, Small plastic bag for rubbish.*  
*Optional extras: Betadine, Gastrolyte tablets and glucose for hot weather, Instant cold pack, Duct tape, Pointy tweezers for ticks and splinters, Scissors, Snake bite bandage.*
- Carry with you the mobile phone number of the Event Leader so that 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.
- Ensure you leave details of the activity and the Event Leader's name and phone number with your family or friends and make them aware of the emergency procedures in *Walk Notes*.
- It is wise to insure yourself for ambulance and medical treatment – WBC does not cover you for these expenses.

## During the Walk

- Arrive at the meeting place in time to depart on the activity at the time stated
- Obey all reasonable instructions given by the leader.
- Advise the leader if you feel unwell or cannot cope with the activity
- If you are at the front of the group and the leader is not with you stop at all track/road junctions, signs, or whenever there is doubt about the correct route and wait for instructions from the Leader.
- Irrespective of where you are in the group, ensure that you can see the person behind you [and vice versa]. If not slow down and wait.
- The Whip is there to assist slower group members and to ensure that nobody is left behind. If you need to leave the track, for any reason, please inform the leader or Whip and leave your pack on the track.
- Carry a whistle at all times and remember the code:

**Three short blasts regularly spaced**      **Emergency signal from person/s in distress**

**One long blast**      **Acknowledge a distress signal**

**Four short blasts regularly spaced** **Emergency, regroup with leader immediately.**

- Provide assistance and support to others on the activity. Club events are generally not competitive and success of the activity is dependent on members providing mutual support and encouragement.

**Remember, you have a responsibility for your own safety.**

**By following these few simple procedures, you will contribute to the safety and enjoyment of the whole group.**



## Grading of Walks

The gradings shown in the Club Events List are advisory only. If in doubt, please check with the walk Leader. The gradings below apply to day walks and base camps only. For pack carries and other types of events consult the Leader prior to booking.

- **SHORT:** Level terrain, on formed tracks. Distance up to 5km.
- **EASY:** Gently undulating terrain on formed tracks. Distance up to approx. 12km.
- **MEDIUM:** Sustained climbs and descents. Some of the Walk may be off formed tracks. Distance approx. 15-18km.
- **HARD:** Consistent walking with moderate to hard climbing in scrub and forest, on and off tracks. Distance depends on terrain.
- **EXPERIENCED:** Walking in difficult terrain that may require special knowledge such as unscheduled camping, rock scrambling, survival techniques, first aid or navigation.

Some walks will indicate a grade of walk between these main types, e.g., Medium-Hard, this signifies that the walk will be more challenging than the first grade nominated but not as challenging as the second grade nominated.

Leaders have final say on participant acceptability, fitness etc. Members and temporary members may be asked to prove experience.

## Group Sizes

At the discretion of the Leader and dependent on the logistics of the walk (difficulty of the terrain, carparking limitations etc). Typical maxima: Day – 24; Overnight – 12.

**Temporary and Associate Member Fees:** \$5 per person per event. The fee will be collected by the Leader before the Event.

## Bookings

Day Walks are open for registration in the online booking system known as Ontrax up to two months prior to the event. A longer period applies to Base Camps and Pack Carries. Bookings for walks are typically made in Ontrax by members of the Club. Visitors would normally ask the WBC Membership Secretary to put their name on a walk. Alternatively, the Walk Leader can be contacted.

## Cancellations

Cancellation from a walk is done via Ontrax and is normally done by the club member. You will be prompted to provide a reason for the cancellation. Visitors should contact the walk Leader who can then cancel them off the walk.

Please process cancellations as soon as practicable. There are usually people on the waiting list who can then be transferred on to the walk.

## Transport

When registering for a walk in Ontrax you must nominate whether you will be a driver or a passenger to get to the walk's start. The amount that passengers are to contribute to the driver's petrol and car running expenses is determined by a formula in Ontrax based on the distance to be travelled. This formula is modified from time to time according to fluctuating petrol prices. The walk Leader will let drivers know what the passenger cost for that particular walk will be. A share of E-tag and/or car park/entry fee costs may need to be added. Leaders will ensure that passenger numbers are evenly allocated.

Members attending a walk should not turn up at the meeting place and automatically assume that they will be passengers. They should arrive in time and be prepared to drive their car if so requested by the Event Leader. Their car should be 'fuelled' and ready in case of such a request. A Member, who for any particular reason cannot, or would not be prepared to act as a driver if requested, should have notified the Event leader of this in advance.

## Meeting place

The meeting place for the walk is nominated in Ontrax and the Leader (or deputy) will be at the meeting place before the departure time given in Ontrax. You should aim to be at the meeting place ten minutes before the departure time to allow the Leader time to organise the car sharing arrangements. Leaders will not wait for you if you are not there by the departure time.

## Club Emergency Contacts

All inquiries about late return of members must first be directed to the Leader's telephone number, then to the Club Emergency Contacts. Do not contact the police as they will not know of the club activity. The police will be advised if the Club Emergency Contact believes that the party is in danger. Premature contact with police could waste their time and may cause later difficulties for the club.

The Emergency Contacts details are in Ontrax under the WBC Club tab, on the Contacts page of the WBC website, and in our Walklines newsletter.