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# Old Man Emu

**March 2023  
ISSUE No. 90**

**Submitting articles/images for OME** - these can be sent to:  
editor@essendonbwc.org.au  
Next Deadline: April 15th 2023

## COVID - 19 Restrictions

**All participants in Club events - be they meetings, program events or “non qualifying events” have the requirement to acknowledge upon registration that they will not participate in the event if they develop any symptoms or if they knowingly come in contact with COVID in the week before the activity.**

**Participants must also telephone the leader if they are positive for COVID in the week following.**

## President's Report

By Darren McClelland

A big thank you to Committee members and helpers who made the February meeting run smoothly in our new venue. I understand Leanne was again an able chair. By the time you read this, registrations for our Barefoot Bowls event before the March meeting have already closed and indications are that it is very popular.

I have decided not to continue in the role of President and on the committee beyond the 30th of June. I'm also aware of at least one other committee member who intends to stand down. Our club is only as strong as our volunteers. So, if you have not served on the committee, led an activity or helped out in some other voluntary capacity, please consider doing so! The Committee is more than happy to talk with you about opportunities to help out.

We need a steady stream of new activity leaders to come on board. Accordingly I've arranged a casual dinner before the 12th April club meeting for prospective leaders to meet with existing leaders to chat about what's involved. The event details are listed on the club website. The committee is also considering whether our leadership induction requirements are “fit for purpose”.

The Committee has decided to remove the requirement for members to be vaccinated against COVID to participate in activities. When you register for an event, you need to declare you will not participate in the event if you develop any COVID symptoms or if you knowingly come in contact with COVID in the week before the activity. Don't forget to call your leader if you test positive for COVID in the following week, so the leaders can call participants while not identifying you personally.

While on the subject of health, don't forget to let your activity leader know (discreetly if necessary) if you have any medical issues including the location of any medicines in your pack in the event of an emergency. You should also be carrying a film canister in your pack (containing your medical conditions) and/or wearing a medical alert wristband. Film canisters are available at Club meetings and from the membership secretary.



## Fungi Spotting 2022

2022 was a great year for spotting fungi and member and walk leader **Sabina Anderson** led the way in sharing her love of fungi on member walks. In this edition of OME Sabina shares some of the pretty and very unusual fungi found on Essendon Bushwalking Club walks in 2022.



**Birds Nest Fungi** are super tiny and very charismatic. They were seen on the Canadian Forest Walk on the 27th July 2022.

They have a very clever spore dispersal system where they package millions of spores into peridioles (the lentil like spores) that are splashed from their basidiomata (nest) by the impact of raindrops.

The nests are basically “splash-cups”. When a raindrop hits one at a right angle, the walls are shaped such that the eggs are expelled to about 1 metre away from the cup in some species.

**Birds Nest Fungi - sighted on Canadian Forest Walk 27th July 2022**



**Stemonitis or Chocolate Tube Slime Mould - sighted at the Big Culvert near Cambarville, Marysville**

**Stemonitis** This gorgeous specimen was located on a tree at the Big Culvert near Cambarville on a Marysville Basecamp walk. Stemonitis belongs to the plasmodial slime moulds and is not a plant, animal or fungus although it sometimes resembles a fungus. Slime mould, in fact, is a soil dwelling amoeba, a brainless, single-celled organism, often containing multiple nuclei. The fruiting bodies of Stemonitis species start out as small yellow bumps that look like a cluster of insect eggs. These bumps gradually elongate and turn light brown. Next, the sporangia acquire their pipe cleaner shape and turn black. As they dry out, the powdery, brown spores are released and give the surface of each “tube” its characteristic, chocolate-brown colour. The spores are dispersed by the wind, insects or animals brushing past.



**Mycena interrupta or Pixie's Parasol - Sighted on Mount Macedon walk 28th May 2022**

**Mycena interrupta** or Pixie's parasol is a species of mushroom sighted on the Mount Macedon walk on the 28th May 2022. It has a Gondwanan distribution pattern, found in Australia, New Zealand, New Caledonia and Chile. In Australia it is found in Victoria, Tasmania, New South Wales, South Australia and Queensland where its distribution is limited to the Lamington National Park.

The caps of 'Mycena interrupta' range from 0.6 to 2.0 cm, and they are a brilliant cyan blue colour. They are globose when emergent and then become a broad convex as they mature, with the centre of the cap slightly depressed. The caps are often sticky and appear slimy looking, particularly in moist weather.



**Amanita muscaria or Fly agaric/ Fly amanita - Sighted on the Cement Creek track in the Sequoia Redwood Forest**

Introducing the most recognisable fungi in the world thanks to Fairy Tales ..... the **Amanita muscaria**, commonly known as the Fly Agaric or Fly Amanita.

These beautiful specimens were sighted during the club Warburton basecamp on the track to Cement Creek in the Sequoia Redwood Forest on the 28th April 2022.

Amanita muscaria forms symbiotic relationships with many trees, including pine, oak, spruce, fir, birch and cedar. Commonly seen under introduced trees, Amanita muscaria is the fungal equivalent of a weed in New Zealand, Tasmania and Victoria. The name of the mushroom 'Muscaria' meaning 'fly' in many European languages, is thought to derive from its use as an insecticide when sprinkled in milk. This practice has been recorded from Germanic and Slavic-speaking parts of Europe, as well as the Vosges region and pockets elsewhere in France and Romania.

# Handy apps for bushwalkers

By Louise Williams

There are a number of apps that that are worthwhile downloading from your app store if you don't already have them, for bushwalking and also great for usage should the need ever arise.



One in particular is extremely useful in the event of an emergency as it will assist you and emergency services in getting the help that you need without delay. The **Emergency Plus app** has a range of emergency service numbers in addition to Triple Zero, ie Poisons information, LifeLine, Health Direct. In addition, the location information is also linked to What3Words.

**What3Words** is a really quick and simple way to find, share and save exact locations. The system converts GPS coordinates into three-word addresses. Every 3 metre square of the world has been given a unique combination of three words, such as 'table, zebra, plane' or 'papers, driver, cat'. In total there are approximately 57 trillion three-word addresses, impressive. The What3Words location appears at the bottom of the home screen of the Emergency Plus app and if you provide these words to the Triple Zero operator they will know exactly where you are and they will be able to dispatch emergency services to you without delay.



Two other apps which are also useful to have on your phone are the **St John Ambulance first aid app** and the **Bites and Stings app**.

The **St John Ambulance app** has a range of information on how to treat various injuries and illness and is an invaluable resource for assisting others while you are waiting for emergency services. The app covers illnesses including, chest pain, asthma attacks and diabetic emergencies. While the types of injuries that are covered include fractures, sprains and strains and severe bleeding. Very handy if you are out in the bush and a distance from help.

In Australia we are blessed with having some of the most venomous snakes in the world, as well as having some quite toxic spiders and other creepy crawlies which we can come across not just bushwalking, but also in our backyards! The **Australian Bites and Stings app**, provides handy guidance on how to recognise the signs and symptoms of various bites and stings and more importantly how to treat them until help arrives. All these apps are free to download from your app store.



## SUITCASE SALE APRIL CLUB MEETING

Have you got bushwalking clothes, boots, poles and similar that you would like to sell or perhaps even give away? Why not come to the 12th April Club meeting and sell your "stuff"?

### Trekking in Nepal

Maroondah BWC are trekking in Nepal between 23 Sept - 14 Oct 2023 and invite anyone interested in filling the last few positions. You will only have to carry a day pack and will be led by a local, pre tested and trusted guide with the current Maroondah BWC president as leader.

It's a good opportunity for anyone who doesn't pack walk to do the Annapurna and Manislu circuits. With sufficient walkers a good price will be available.

## SOCIAL EVENTS

Club social events are back!!

- Barefoot bowls is coming up on the 8th March.
- Rod Casey has organised a dinner at the Croxton Park Hotel on 17th March at 7pm.
- Join Sue Duff for a social walk and catch up in Williamstown on Saturday 18th March.

Registration for these events can be made on the Club Event Calendar.

Keep your eye out for more social events coming up in April and May.

Thank you to those members who have organised or plan to organise a social event.

If you would like to organise a social event in the future and would like to put it on the Events Calendar, please talk to a Committee member.

# 2022 in pictures



Thanks to Ron Pearce for the 2022 bushwalking photos

# Upcoming Base Camps

**Portland Three Capes Walk  
Sunday - Friday, 26 - 31 March 2023  
Leader: Col Purchase**

Travel to Portland on Sunday the 26th of March for four days of walking a section of the Great South West Walk around Capes Bridgewater, Nelson and Grant; then return on Friday - or stay longer. Distances will be 14 km, 15 km, 13 km and 15 km, respectively, which will include walking tracks and along the sand beach at low tide. The walk takes in the Blow Holes, Petrified Forrest, Seal Colony, the lighthouse, the Pinnacles and the Enchanted Forest. There will be several steep hills and undulations. Details are available on the Club website. Book your own accommodation. NOW FULLY BOOKED. WAIT LIST ONLY.

**Rail trails of North East Vic and Tumbarumba  
Bike Ride and Base Camp  
(12 days) Sunday – Thursday, 23 April – 4 May 2023  
Darren McClelland**

Day bike rides ranging from 30 km to 65 km. For more details, email [darrenmcclelland@gmail.com](mailto:darrenmcclelland@gmail.com).

**Warburton Walks and Base Camp  
Tuesday - Friday, 25 – 28 April 2023  
Ron Bell**

Please contact Ron on 0429 384 057 to nominate for the base camp and to organise motel accommodation.

**Grampians Peaks Trail (Stage 2) Walk and Base Camp  
Monday – Friday, May 1 – 4  
Bill Casey**

Continuing the walk along the Grampian Peaks Trail with some steady climbs requiring good fitness level. Up to 20 km of walking per day. Not suitable for novice walkers. Staying at Halls Gap. Suggest you book Sunday to Thursday night.

**Ararat Base Camp  
Tuesday – Friday, June 6 - 9  
Bill Casey**

Easy-medium grade walks 12-15km, largely in historic goldfields near Ararat. Suggested accommodation at Acacia Caravan Park. Suggest booking in Monday 5th, check out Friday 9th (4 nights). Walks on Tuesday to Friday

## Meet a Member

### Introducing Helen Coleman....

#### How long have you been a member of EBWC?

1996 so this year is 27 years.

#### Why did you join the Club?

I didn't drive so I could stay with my sister locally and get to the meetings easily once a month. Was good to get out and about and see some of Victoria.

#### What were some of the best walks you have done with the club?

The first year I went berserk. I went to Mt. Buffalo with Ron Bell and Beechworth on the June long weekend and the Snowy Mountains in October.



#### Have you got some highlights of EBWC membership you would like to share?

I went to Bimbi Park Otways with Ron Bell and Bryan Folie and the Bay to Borders Great Ocean Road over 10 years with Bill Casey. I did nearly all of them. I would also go to the Blue Mountains/Snowy Mountains.

#### How do you keep fit?

The more walks you do, the fitter you get.

#### Why would you recommend being a member of EBWC?

It gets you out and about and you see some areas you wouldn't go on your own. I met Wayne in the club in the end, didn't I?

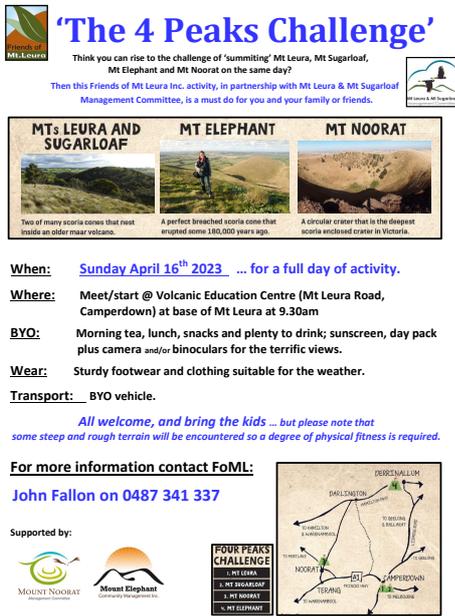
#### What is your guilty pleasure?

Hot chips. Mum and dad would drive past and catch me out eating hot chips take-away.

#### Is there something that would surprise us to know?

Born in Ararat so a love for the Grampians as close by in my childhood. I loved to play basketball and played for 40 years or more.

## The 4 Peaks challenge is back in 2023



**'The 4 Peaks Challenge'**

Think you can rise to the challenge of 'summitting' Mt Leura, Mt Sugarloaf, Mt Elephant and Mt Noorat on the same day?

Then this Friends of Mt Leura Inc. activity, in partnership with Mt Leura & Mt Sugarloaf Management Committee, is a must-do for you and your family or friends.

<p><b>MTs LEURA AND SUGARLOAF</b></p>  <p>Two of many scoria cones that rest inside an older maar volcano.</p>	<p><b>MT ELEPHANT</b></p>  <p>A perfect breached scoria cone that erupted some 180,000 years ago.</p>	<p><b>MT NOORAT</b></p>  <p>A circular crater that is the deepest scoria enclosed crater in Victoria.</p>
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**When:** Sunday April 16<sup>th</sup> 2023 ... for a full day of activity.

**Where:** Meet/start @ Volcanic Education Centre (Mt Leura Road, Camperdown) at base of Mt Leura at 9.30am

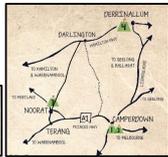
**BYO:** Morning tea, lunch, snacks and plenty to drink; sunscreen, day pack plus camera and/or binoculars for the terrific views.

**Wear:** Sturdy footwear and clothing suitable for the weather.

**Transport:** BYO vehicle.

*All welcome, and bring the kids ... but please note that some steep and rough terrain will be encountered so a degree of physical fitness is required.*

**For more information contact FoML:**  
John Fallon on 0487 341 337



Supported by:



**FOUR PEAKS CHALLENGE**  
- MT LEURA  
- MT SUGARLOAF  
- MT NOORAT  
- MT ELEPHANT

The 4 peaks challenge walk starts at the base of Mt Laura in Camperdown at 09:30am. At your own pace we walk to the saddle between Mt Leura and Mt Sugarloaf where people can make the choice to take the Panorama trail to the trig point on Mt Leura and loop back to the saddle to then take the Sugarloaf trail to its summit. We then return to the start point and our cars for the 30 minutes drive to Mt Elephant near the town of Derrinallum which has toilets and a lunchroom. After doing the summit and loop walk it is back to the cars for the 35 minute drive to Mt Noorat where again we complete the walk the summit and around the crater rim. Most people have completed the 4 peaks by 4pm and many well before that. All the peaks have well maintained walking tracks but obviously have some steep sections.

The four peaks are Mt Leura Circuit - 2 km prominence 130m, Mt Sugarloaf - 1 km prominence 130m, Mt Elephant - 3.4 km prominence 170m, Mt Noorat - 2.7 km prominence 120m. Approximate total distance 10km. **No Cost!**

## ABC is nearly 20 years too late



We discovered French Island in Feb.2003, thanks to Greg & Janine Passlow, who led an unforgettable weekend pack walk. Here is my (Pam Lloyd) report:

Being on an island for a weekend does have a special appeal, but as we set off on the Sandy Point ferry, I wondered how the prisoners must have felt, knowing that sharks were their captors. After disembarking we walked to the Pinnacles where an old bushwalker leapt out with a joke about George Bush. Then a relaxing afternoon by the beach at Fairhaven, a very pretty campsite. In the evening we were treated to a striking fireworks display across the water; evidently it was Hastings Day. On Sunday a walk back along the beach, with its myriads of tiny crabs and the sad ruins of mangrove swamps, to spend the rest of the day with Lois Airst, one of the two local tour operators, who drove us round the island in a vast rattling bus and sprayed us with a windex bottle of water to cool us down. The prison was particularly interesting - and attractive. Lois was a fund of local

knowledge, and it was refreshing to meet someone so unscathed by any sense of conformity. We ended the tour with scones in a chicory kiln on her property, surrounded by engineering bric-a-brac, all enthusiastically scavenged by Lois. I thought of the other operator, with his air-conditioned bus and the gourmet lunch at the prison, and wouldn't have swapped Lois for quids! It was an easy and pleasant weekend, and one full of interest that went way beyond mere bushwalking. Thanks Greg and Janine.

I have often wondered about Lois, and if she was still spraying passengers in her rattly old bus, so when we read that Back Roads was going to feature French Island late last year, Dave & I booked our spot on the sofa, and to our delight, there was Lois. Just 20 years older, still her inimitable self, only surrounded by even more engineering bric-a-brac. If any on you watched this program, here is Lois as she was, and us enjoying scones and cuppa in her chicory shed café (with a sad memory of Ray Cleary):

### **Welcome to our new members:**

Naomi Bortolin                  Emin Ince  
Barbara James                 David Isaacs

### **Call for a volunteer OME Editor**

*The committee is still seeking an editor for our bi-monthly newsletter, Old Man Emu. The role involves collecting articles from members, and producing a newsletter using our template (Word Format). Please contact one of the committee if you are able to help us out: [secretary@essendonbwc.org.au](mailto:secretary@essendonbwc.org.au)  
We would be delighted to hear from you.*

### **Information**

#### **Contacting the Club /General Enquiries**

**Email:** [secretary@essendonbwc.org.au](mailto:secretary@essendonbwc.org.au)

**Postal Address:** The Secretary, Essendon Bushwalking Club Inc., P.O. Box 32, Moonee Ponds 3039

**Club Web Page:** [www.essendonbwc.org.au](http://www.essendonbwc.org.au)

**Clubs Walks Program:** This is available on the Club website or posted to members who have pad for mail outs.

**Loan Equipment:** Contact Ron Bell (93613236) to hire a tent or backpack.

#### **Club Fees:**

- Annual Membership fees apply from 1<sup>st</sup> June to 31<sup>st</sup> May. Membership fees not paid two weeks after the June AGM render the member non-financial.
- 2022 -2023 Annual Membership fee is \$45.00 plus \$10.00 if you require a copy of Old Man Emu posted to you.

#### **EBC Committee for 2022 – 2023**

Executive Members: Vacant (President), Louise Williams (Vice President), Kathy Andison (Secretary), Glenda Bradley (Treasurer); Ordinary Members: Leanne Cleary (Membership Secretary); Carmel Kozolup, Mary Moskal, Rose Perich and Dianne Whitmore.