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Sunraysia Bushwalkers

March 2018

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Affiliated with:



Membership Fees

\$40 per Person

Subs due 1st July

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To view the complete calendar please follow the link:
<http://www.sunbushwalk.net.au/calendarofactivities.html>

A Walk on the Wild Side

In early February, the Mallee Catchment Management Authority took a group of enthusiastic Sunraysia Bushwalkers out to explore the beauty of the Yungera floodplain. With old growth red gums towering above, Yungera is home to some threatened species, including the regent parrot and carpet python. The



group was also accompanied by Bradd Baldock and Julia Beechy from Parks Victoria. The walking group was offered some valuable insights into the unique environment tucked beside the Murray, 30 kilometres outside Robinvale.



Yungera received some floodwater in 2016 and this was further supported by environmental watering in 2017, to assist in stimulating the growth of under-story vegetation. While much of the water has since receded, there is evidence of the positive benefits the

watering has delivered – the under-story looks healthy and red gum saplings are growing.

Following the track through Yungera, Bradd was able to point out the extent of woody debris on the ground and explained its importance for animals such as the carpet python who use it for habitat.

When we weren't all looking down, we were looking up and bird enthusiast, Pauline Follet, was able to both spot and photograph many regent parrots – no mean feat given the speed with which they can fly. We got used to hearing the distinctive noise of the parrots (a little like the sound marbles make when they are rolled together) as they flew by.

While exploring, the group learnt more about environmental watering, how it's managed and how it's helping unique places like Yungera. Susan Saris from the Mallee CMA came armed with maps and information on the spring 2017 watering events and was able to answer many questions.





“The water for the environment helped the river red gums and lignum stay healthy and it’s making a great feeding and breeding habitat for lots of waterbirds, including the royal spoonbill, which was seen enjoying Yungera during the watering phase,” Susan told the group.

With the day beginning to heat up, the 7.5 kilometre walk was perfectly timed and the morning tea, provided by the Mallee CMA, replete with the largest muffins ever seen, was a welcome reward for the early start - 6.00am!

The Yungera walk provided a wonderful opportunity for the Sunraysia Bushwalkers to explore a new area and to benefit from learning from people who are working to protect and restore this beautiful part of the Mallee.

During the bus trip home, everyone agreed on one thing – more guided walks, arranged by the Mallee CMA, and should be put on the agenda.



Meryl about to begin after our very early morning start -up. The sun was barely over the horizon!

Tid Bits

The following is an items of interest from
The People's Friend magazine kindly sent in by Alison

Shinrin-yoku or 'forest bathing' is an established modern form of preventative medicine that basically entails going for a stroll in an ancient forest. Inspired by ancient Shinto and Buddhist practices, nearly a quarter of the Japanese population enjoy forest bathing today.

There has been a huge amount of scientific research in Japan to understand how the magic of trees work on humans at a molecular level, in our cells and neurons.

The research data is compelling: leisurely forest walks reduce heart rate and blood pressure, decreases sympathetic nerve activity and lowers levels of the stress hormone cortisol, amongst many other physiological human benefits.

If you go to the woods often, none of this will be news to you. If you don't, take note,



So see you on the next Shinrin-yoku.....Editor



LOOP THE LAKE

THE UNDERBOOL PRIMARY SCHOOL IS RAISING FUNDS FOR BREAST CANCER.

COME AND JOIN THE KIDS TO EITHER WALK, RIDE OR RUN THE 10.5KM LOOP AROUND THE PINK LAKE. A PRAM FRIENDLY TRACK SUITABLE FOR ALL AGES MAKES THIS A FAMILY FUN FILLED DAY AND RAISING MONEY FOR A GREAT CAUSE.

For more information contact:

Kylie Aikman 0408393817 jonty1979@gmail.com or

Jo Morrison 0427217111 sjmorrison2@gmail.com

**LAKE CROSBIE.
PINK LAKES –
MURRAY SUNSET
NATIONAL PARK.
29KM WEST OF
UNDERBOOL.**

WHEN: Saturday

24th March 2018.

Registrations at 9am for a 10am start (all participants must register).

COST: Place a donation towards breast cancer in the tin at registration.

THEME: Wear something pink or dress up if you wish. Bring a friend, a team or come solo. Prizes for best dressed!

BUS: A bus will be looping the lake also for those who would like to hitch a ride to the finish line.

BBQ: Sausage / hamburger sizzle and soft drinks available for \$2.50 each.

RAFFLES AND MERCHANDISE: Bring some extra cash.

FREE: Water bottles along the way.

Sorry no animals allowed.



CALENDAR

2018		
March 4th - 9th	Bike ride along the Western Vic Rail Trail Start from Maldon - ending Port Fairy	Contact: Peter 0438321898
7th	Meeting	
16th	In lieu of our Progressive Meal - King's Billabong Walk concluding with meal at Riverside Golf Club	Contact Meryl or Karl 50227676 0427195988
April 4th	Meeting	
11th - 15th	3 Capes Trail, Tasmania - Hut camping 5 Days Airfares \$500 approx. Starts and ends at Port Arthur May also include trip to Maria Island	Contact: Michael 0400549988
15th	Walpolla Island & Murray River Walk	Contact Susan or Meryl 0427195988
May 2nd	Meeting	
13th	Hattah Lakes Bike Trip and/or	Contact Peter 0438321898
TBA	Lake Mournpall	Contact Meryl 0427195988
June 6th	Meeting	
17th	Sunset Country Day Walk and/or	Contact Peter 0438321898
TBA	Wentworth to Snake Island	Contact Meryl 0427195988
July 4th	Meeting	
7th - 8th	Mid Year Dinner - TBA	Contact Peter 0438321898
13th - 15th	Mt Stapleton/Grampians Camp & Day Walks	Contact Meryl 0427195988

August 1st 11th - 12th	Meeting Pink Lakes/Lake Becking /Pack Walk or Day Walk	Contact Meryl 0427195988
Sept 5th 22nd -23rd 24th	Meeting Gluepot Bird Observatory Camp & Day Walks followed by camp & Day Walks at Gluepot Bird Observatory	Contact Neil 0429865232
October 3rd 7th TBA	Meeting Millewa or Merbein Common or Koorlong State Forest	Contact Kym 0409940552 or Noel 0428214966
November 7th 11th TBA	Meeting Hattah Lakes/Chalka Creek Canoe Paddle and/or Millewa or Merbein Common or Koorlong State Forest	Contact Peter 0438321898 Contact Kym 0409940552 or Noel 0428214966
December 5th TBA	Meeting End of Year Break-up	TBA

***Note:* All activities and dates are subject to change. Always contact the Leader to register your attendance.**