Ben Cruachan Walking Club

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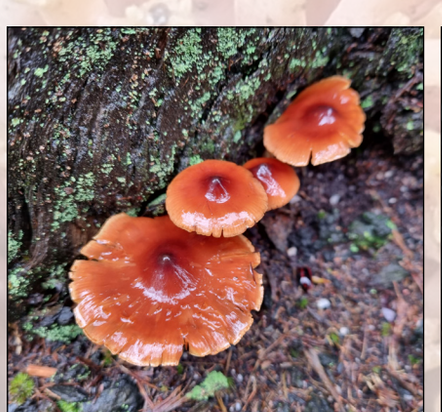
ISSUE 225 — Newsletter of the Ben Cruachan Walking Club — August 2022



"Students" (centre left), fun-girls Eileen (centre centre), Julie and Pat (centre right) with their fun-guys!
Top line from left: *Cortinarius archeri, Ramaria fumingata, Mycena interrupta*
Bottom line from left: *Marasmius agarics, Cortinarius austrovenetus, Mycena epipterygia*

Ben Cruachan Walking Club

Affiliated member of Bushwalking Victoria
towards better bushwalking

Committee Members 2022/23

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Committee:	John Cox Rob Paterson Jodie Wigg	Janine Muir Claire Snell

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Incorporation No
A0004849G

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Club Committee meets on the second Wednesday of even numbered months.

The next Committee meeting is at 7pm on Wednesday 12 October 2022
at the Maffra Community Sports Club, 122-126 Johnson Street, MAFFRA.

Welcome to new member:
Mary Sowa

New Life Members at AGM

Joe van Beek

Joe van Beek joined the Ben Cruachan Walking Club in April 2007. He was working full time so after retirement in 2015 he was able to spend more time with the club and joined the Committee in 2015 as an ordinary member.

In August 2016 he was appointed as Vice President and took on the role of President in 2017. During Joe's 3-year tenure as President he raised the profile of the BCWC and establish numerous contacts with ParksVictoria and DEPI/DELWP. Joe currently in charge of Tracks & Conservation.

Joe became interested in McMillans Track before joining the committee. In 2014 he represented BCWC in meetings with Bushwalking Victoria and DEPI. After John Smith had pioneered the rediscovery of the track in the late 1970s and early 1980 and its re-establishment with its official opening in 1986, a lack of interest and usage meant the track had once again became heavily overgrown. Joe promoted the track to club members by introducing reconnaissance walks and track maintenance activities along heavily overgrown sections of the track. One famous incidentinvolved the time where members became trapped on the wrong side of a flooded Crooked River and had to spend several days camped beside the river waiting for the water to drop.

In 2015, Joe led a small group on his first end to end walk of McMillans Track. I joined Joe on this walk and can vividly recall how difficult some sections of the track were because of the regrowth that had occurred. By the time, Joe led his second end to end walk in 2017 – the track had been significantly cleared and upgraded thanks to the numerous track maintenance activities organised by Joe. In 2018, the idea of a Guide Book was mooted.

In November 2020, in conjunction with John and-Monica Chapman, the first edition of the McMillans Walking Track Guidebook was published. Joe was the major proponent of the project. 750 copies have been sold to date -- a major success.

Joe has been an active participant in co-ordinating the Bushwalking Victoria's Federation Walks Weekend in 2014 at Rawson and 2022 at Licola where he was the convenor. Both events have been outstanding successes. As a bushwalker, he has been part of the Bushwalking Victoria BTAC (Bush Tracks and Conservation) in helping to maintain tracks all over Victoria on behalf of ALL bushwalkers. He has just become its chairman.

Joe has earned lifetime membership of the Ben Cruachan Walking Club.

Helmut Tracksdorf

Monica Scicluna

Monica Scicluina joined the Ben Cruachan Walking Club in September 1999.

She became a member of the Management Committee soon after and from Day 1 was keen to make a contribution by organising social events and leading day walks.

She was Treasurer from 2005 to 2014 and again from 2019 to present. She was President in 2014 for 2 years, leading the club during a period when most of the club's communications with members and the general public moved online to the club's website.

After stepping down, she was an ordinary member of the Committee for 2 years before taking the Treasurer's role again.

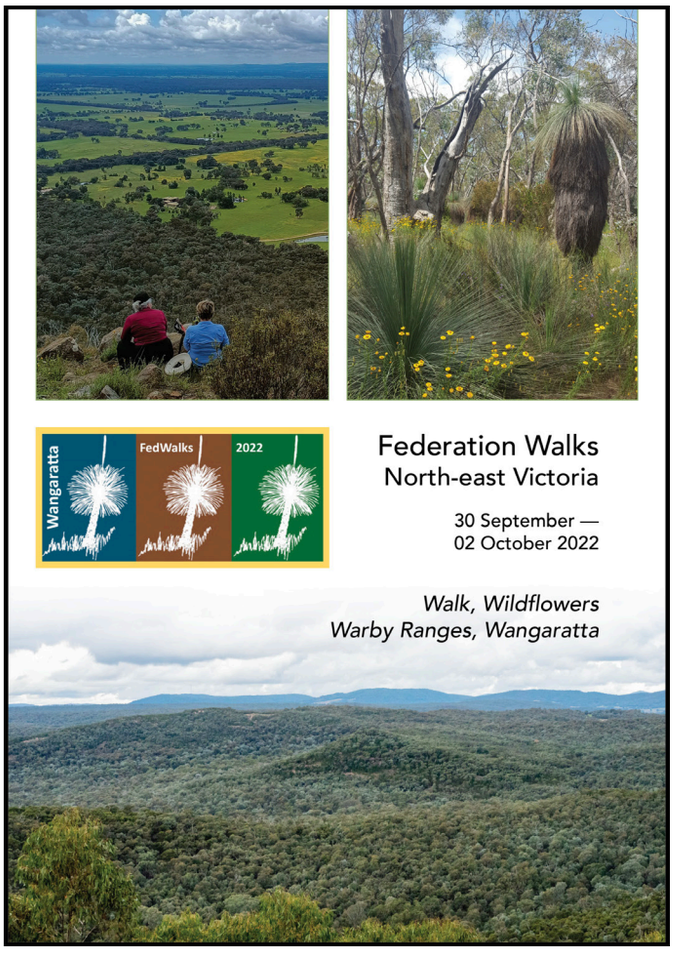
For many years, Monica assisted Wil Streckfuss in organising the club's annual weekend at Wilson's Promontory. In 2014, Monica took over the organising/leadership role from Wil and has done a great job of organising this event ever since. Monica regularly leads club walks and is acknowledged and respected as a competent leader who looks after everyone on her walks. Monica has always approached each task with gusto and is generally the first to put up her hand when something needs to be done. She has for many years been the go-to person when we want a venue booked for a social event and readily volunteers to assist others on the Management Committee with administrative matters.

Over the years, Monica's contribution to the Ben Cruachan Walking Club by way of leading walks, organising social events and performing a number of committee roles over many years has been outstanding.

Ken Free

Club News

FedWalks 2022



There are still places available on many of the 23 walks and 3 bike rides. Social events on Friday and Saturday night. Wangaratta is the locale for the FedWalks2022 event on Fri/Sat/Sun 30 Sept/01/02 October. The generic FedWalks website is the place to go for all the details. www.fedwalks.org.au You need to arrange your own accommodation. Booking for the event will be through TryBooking (as per FedWalks2021) accessed through the website.

Annual General Meeting

The AGM was held at the Criterion Hotel in Sale on Wednesday, July 13th, 2022. All positions were filled. Congratulations to Peter Jennings and Liz Davis who were elected to the positions of President and Vice-President respectively and to the other committee members listed on page 2.

Life Membership Awarded

At the AGM, Life Memberships were awarded to Joe van Beek and Monica Scicluna. They joined Wil Streckfuss, Norm Williams, Oliver Raymond, Beth Kilpatrick, Jack Winterbottom and founder member, Ron Kemp. Monica and Joe are congratulated by Wil and Jack.

Club T-shirts

Monica Scicluna has shirts available for 3 small gentlemen, 2 size-16 ladies in blue and 1 size-14 lady in green. $30 each. Her number is 0431 777 460.

Walk Reports

Fungi Walk

Date: Saturday 11 June 2022
Leaders: Judy van Beek, Julie Parker, Eileen Laidlaw
Report: Mary Sowa

WALKERS: Sue, Robyn, Mary, Anne, Maureen, Sue, Ken, Joe.

Note: Described as a fungi ramble, this was a combined club walk. There were 20 ramblers in total, with 7 BCWC members, one from Peregrine, two visitors and 10 from SBWC. Julie and Eileen were the fungi guides; both are members of SBWC and the Latrobe Valley Field Naturalists.

Cortinarius archeri, *Mycena subgalericulata*, and my personal favourite (it sounds like something that was made up in a children's storybook), *Oudemansiella gigaspora*. No, I'm not speaking a different language (though you could say I'm speaking 'fungi'). These are just the names of a few of the marvellous array of fungi that we saw on the Lyrebird Forest walk near Mirboo North. This also gives a small insight into the wonderful expertise that we were privileged to have with us on the walk – in the shape of Julie Parker and Eileen Laidlaw – who were so happy to share their knowledge and answer any of our questions about the specimens we were seeing.

Avid fungi enthusiasts met on a damp and drizzly morning at 9:30am in the car park of the Lyrebird Forest walk located very close to the Mirboo North township. After donning wet weather gear and being given a brief but informative introduction to fungi by Julie, we headed off in a northerly direction around the loop track, to commence our journey of exploration into the wonderful world of fungi. Crossing a bridge over the Little Morwell River, we found lots of interesting examples in the cutting opposite. Progress was slow but fascinating, as Julie and Eileen would identify each specimen and explain it's unique characteristics. Once we got our eyes into gear, we were finding that there were fungi virtually everywhere we looked, and that often in taking a step sideways to observe a specimen more closely, we might even step on another that we hadn't seen.

Eileen and Julie showed us lots of little tricks to identifying fungi: the feel of the cap's surface ('viscid' was the scientific word for slimy – see I was listening Eileen!); looking underneath the cap to check if the fungi had gills; seeing if the stalk broke cleanly like chalk; and checking if the soil under the stalk was dry, just to mention a few.

When I think back over the range of fungi we saw, the array was quite extraordinary. We saw transparent jelly-like blobs on rotting logs; tiny blue-capped

mushrooms clustering along a length of timber and staining its bark blue; red or yellow protuberances that looked remarkably like coral; gorgeous purple cortinarius nestled amongst the fallen leaves – which, when we placed a small mirror beside them, we could see the delicate fan-like gills and purple stem; and brown-coloured double-headed earthstars that emitted a faint cloud of black spores when squeezed.

Halfway along the walk the group split into two, with Julie's group opting for the slightly longer 'warrior's walk' and Eileen's taking the middle path. Both paths (and groups) re-joined towards the end of the loop, where the path wound back along the Little Morwell River, which was looking quite full when we walked past it – and about to get filled even further as the light drizzle was starting to show signs of becoming heavier! Considering the forecast, we were very lucky with the weather and were well-rewarded by the amazing fungi sightings we observed. A huge thank you to Julie and Eileen for being so patient and generous with their knowledge and for giving us a glimpse into the incredible fantasy-world of fungi that is out there!

I may not be able to speak fungi yet, but I think I've picked up a few words and identifiers, along with sparking an interest into the fascinating fungi kingdom!

Angusvale to Jurgenson Point

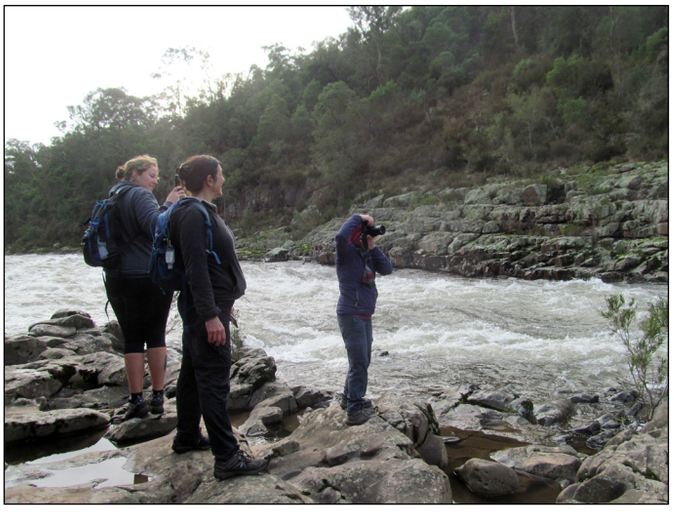
Date: Saturday 18 June 2022
Leaders: Angela Roughley
Report: Ken Free

WALKERS: Angela, Tony, Sue, Nicki, Peter, Kerry, Geoff, Becky, Briany, Liz, Liz, Ken, Piper.

On what promised to be a fine weather day, 14 of us met at Beverley's Road, carpooled and travelled in convoy to Angusvale for the start of a great walk along the Mitchell River. A reccie 3 months earlier revealed that the track was in dire need of some main-

tenance due to fallen trees and overgrown shrubs and grass, making it quite difficult to actually find the track in places. I was quite keen to experience the track in a hopefully cleared state.

We set off eager to experience the sights and sounds of the river and, although there was still a nip in the air, the sun was out with only scattered cloud. The initial part of the walk follows the old Mitchell Road, passing by the Horton's Track river crossing and coming to a point marked as "Picnic Area" on the topo map where the Mitchell Road takes a sharp turn uphill. For the next ½ kilometre or so, the walking track stays close to the river under a grove of Kanooka trees (*Tristaniopsis laurina* aka Water Gum) – one of my favourite sections of this walk. We took a diversion here onto a rock shelf in the river with stunning views both upstream and downstream and plenty of photographic opportunities.



Re-joining the track which now diverged away from the river, we encountered the first area where long grass and encroaching waist-high scrub made it difficult to discern exactly where the track went. We managed to find our way and travelled through the first of many creek gullies. For the next couple of kilometres we were pleased to find that a number of fallen trees had been cleared from the track.

Along this stretch, which is relatively high above the river, we frequently paused to take in the views of the river which now had a glistening appearance from the morning sun. Our leader chose a grassy spot for a morning tea break which gave many in the group an opportunity to congratulate her on organising wonderful weather for the day.

Refuelled, we carried on and soon encountered a couple of fallen trees which blocked the track and in one spot overgrown grasses and scrub which again tested our navigational skills.

In due course we found the turnoff to Jurgenson Point where we settled in for a very pleasant lunch break with the ever-present sights and sounds of the mighty Mitchell river. My lunch break was made more comfortable with the addition of a newly acquired Helinox Zero Chair – thank you Jodie for introducing me to what is the best piece of hiking gear I've bought in a long time!

After lunch, our intention was to simply retrace our steps back to Angusvale and, having successfully found the track in the morning, we all agreed that "at least we won't get lost going back". Well we did!

On a section with very long grass and encroaching scrub, we managed to (temporarily) find ourselves 60 to 80 metres downhill from the track, necessitating an uphill scramble over rocks to regain the track.

The rest of the journey was uneventful and we simply soaked up the sights of the river rapids interspersed with stretches of placid appearing river with mirror reflections of the eastern shoreline making for more great photo opportunities.

On arriving back at the cars we assembled for the obligatory group photo, congratulated Angela on a great day's walk and headed home for a good night's sleep. Thanks Angela for a wonderful day in this special part of Gippsland.

Ben Cruachan Anniversary

Date: Saturday 25 June 2022
Leader and Report: Jodie Wigg

After meeting in Maffra, 11 walkers headed in 4WDs to the starting point of our first walk of the day - Magog summit. With a forecast top temperature of

17°C and sunny, it was to be perfect conditions for the anniversary celebrations. A few kilometres past the intersection of Ben Cruachan Road and Beaver Meadows Track, we parked the cars at an unnamed vehicle track. We got organised with our packs, ready to set off, when Joe realised that this track was a 'false start' and the actual start was a similar looking track a couple of hundred meters further up Ben Cruachan Road. As it wasn't much further, we opted to walk there.

Just in from the road, we climbed over a farm gate and followed a fence line up hill through bushland. Evidence of bushfire could be seen with blackened trees and new, young eucalypt growing. The track got steeper before turning away from the fence line into thicker bush. From here, we followed the fresh pink flagging tape, placed only a few weeks prior during the recce. The track became ever steeper until scrambling on hands and feet seemed the easiest way to continue the ascent. Nearing the top, we came to some large boulders where a boost was appreciated to help climb them. We admired the view of Lake Glenmaggie and Loy Yang power station before descending back along the same route to the cars.

We drove on to the base of Ben Cruachan where we were running a little behind time. We arrived to find the other group of walkers, whom had met in Maffra mid-morning, had already started walking to the summit. Ben Cruachan Track is the 4WD track to the summit which curls around the southern slope of Ben Cruachan. It took approximately 1 hour to walk to the top where we found the other 15 members. The wind had picked up and was quite strong at the top but the trees provided some shelter. The fire had been started and it wasn't long before the snags, burgers and onions were cooking. Two trestle tables were set up with sliced bread, rolls, salads, condiments and tea and coffee. After lunch, Joe prepared a special surprise of damper in a camp oven. While it was cooking, we headed to the cairn where there is a peak marker and trig point plus great views of Gable End and Mount Wellington to the north and Maffra, Stratford, Briagolong and Sale to the south. A couple of people pointed out other landmarks such as Lake Wellington, the Maffra milk factory and the radar tower at Longford. We then returned to the fire where the damper was cooked and the desserts had been unpacked. There was a large chocolate cake with the numbers 57 and 81. We were not only celebrating the Ben Cruachan Walking Club's 57th anniversary but also celebrating lifetime member, Oliver Raymond's, 81st Birthday. Everyone sang Happy Birthday to Oliver and then enjoyed cake and a cuppa. It was then time to pack up and begin the hike back down to the cars. What a wonderful day spent celebrating atop Ben Cruachan summit. A special thank you goes out to Joe and Judy Van Beek for your organisation and hospitality and to everyone who helped around the BBQ.

Above: Octogernarian plus 1, Oliver Raymond with Carolyn and sons, Dan and Adam, celebrate Ollie's 81st birthday.

Below: the mob at Ben Cruachan car park.

Jack Smith Lake - Ninety Mile Beach Circuit

Date: Saturday 17 July 2022
Leader: Peter and Nicki Jennings
Report: Nicki Jennings

WALKERS: Sue, Peter, Nicki, Elizabeth, Terri, Seumas, Rhiannon, Jenny, Kym, Catherine, Robyn, Garry

Jack Smith Lake Reserve lies south of Seaspray and nestles close behind the dunes of the Ninety Mile Beach. Our 17 km walk on this wintery Sunday began at the McGaurans Beach section of the Ninety Mile Beach.

The Jack Smith Lake area is culturally significant to the Gunaikurnai people. Their long occupation there is evidenced by several middens and tools that have been found in the area. The reserve also holds a darker past with its association with the Warrigal Creek massacre. Present on the walk was Dr Seumas Spark, a Monash University historian, who has been commissioned by the proposed off shore wind farm, Star of the South, to conduct a cultural heritage survey of this part of Gippsland.

The first section of the walk followed a track behind the dunes through dense coastal vegetation. We then ascended Hoddinott Hill at 29m above sea level for a stunning view across a melaleuca wetland to the ocean beyond. The track continued along the ridge line and a neighbouring farm before we descended to the mostly dry Lamb's Lake. This lake is covered with samphire and salt pans and edged with tall tussocks. Bleached white shells from a wetter era dot the lake bed. It is a beautiful wide and open expanse. A large mob of kangaroos took fright on the lake edge and headed bush as we approached. Sadly we also saw deer tracks traversing the muddy lake bed.

Ben Cruachaneers lunch in the lee of the sand dunes

The sunshine continued as we crossed Lamb's Lake and approached a more substantial track to the neighbouring Jack Smith Lake. It was easy walking along this track which provided good views of Jack Smith Lake with its swans and birdlife. We lunched beside the lake overflow near where it enters the sea. Dark clouds loomed on the horizon as we began our

7km return beach walk. The stormy sky and dark sea provided a stunning backdrop. Light rain began to fall but we were all well prepared and in good spirits as we trod the sands back to the cars.

This is the second time this year that the club has held this walk. It continues to attract walkers for not only its beauty but for its historical and cultural significance.

Blue Pool to Peregrine Point and Track 96

Date: Saturday 23 July 2022
Leader: Monica Scicluna
Report: Frank and Klara Jones

We started the day driving from Sale to the Blue Pool carpark via Stratford. Just prior to the roundabout in Stratford, we notice a group of bohemian hippies beside a couple of four-wheel drive vehicles. We were to find out later that these bohemian hippies were our fellow walkers.

At the Blue Pool carpark, we met a couple of fit looking young fellas that I assumed were on the walk with us …… no, no, no, these young men were going to run the track. I enquired how long they estimated that the run would take and was staggered to hear "34 minutes"!

Klara and I have hiked this track many times over the years and we usually start at Blue Pool and hike up the hill to Peregrine Lookout. Today, Monica was leading us in a reverse direction, and what a change it made to the whole hike. You see things from a different angle and different perspective. This track would normally take Klara and I around 2 to 2.5 hours but

due to the number of stops to admire and photograph the numerous flora (fungi, ferns and orchids), different views and socialising, it took about four extremely enjoyable hours. Many thanks go out to the extremely knowledgeable fellow walkers to firstly notice, and then draw our attention to, the many and varied fungi from big combs to delicate and minute black ones. I am sure I would have walked past the small, green, upright Maroonhood Orchids.

The Peregrine Track is one of my favourite walks as it encompasses such a variety in a relatively short walk. There is relatively flat terrain with scenic views along Freestone Creek, some elevated views where you can look down on Blue Pools or along the creek. Thanks to Monica for the history lesson at the Gladstone Creek Bridge. (We were unaware of the historical significance and had not noticed the intricate carving on the old bridge). A lovely walk up a sheltered gully with a variety of ferns. A shale and rock gentle climb up to Peregrine Lookout with truly panoramic views up, down and across the freestone valley. A gentle walk down through leatherwoods and ironbark to the last, steeper drop down to Blue Pool and Blue Pool itself. During summer, a great end to the walk is to go for a swim in Blue Pool.

There were two crossings of Freestone Creek, the first at the McKinnon's Point Campground, which was relatively easy as the water was up a bit but still

no more than ankle to shin deep. Some chose to remove their boots and cross with bare feet (apparently their feet went instantly numb with the cold). The second crossing at Blue Pool was a little bit more difficult involving some slippery logs at the tail end of Blue Pool itself, but all our intrepid hikers managed to cross without incident.

What a cheerful, interesting and knowledgeable bunch of hikers from such a diverse background. Discussions varied from fauna and flora to hiking equipment, food and weather. No mention of religion or politics. Coffee, some snacks and a chat back at Briagolong was a fitting end to a rather pleasant hike.

Eagle Point to Paynesville

Date: Saturday 17 July 2022
Leader: Trevor Clues
Report: Briany Noonan

Trevor put on perfect weather for our walk from Eagle Point to Paynesville. We started the day with a car shuffle then made our way up to the Bluff. Trevor pointed out features from the lookout such as Bairnsdale, Lake King, Jones Bay and the Silt Jetties. We then ventured down to and through the Eagle Point Flora and Fauna reserve where some trees that appeared to have previously been struck by lightning were spotted. Morning tea was had along the Eagle Point to Paynesville foreshore where we remarked

at what a spectacular day it was and how the water looked like a mirror. Continuing on, we spotted many swans, kangaroos and ebikes! Trevor pointed out some more features seen from our position including Mount Taylor and Mount Little Dick. All too soon we arrived at the cars that had been positioned earlier and we took a short drive to Paynesville where we had an early lunch near the jetty. After lunch we drove to Sunset Cove where we took a walk along the walking track to the lookout and back, remarking at more picturesque scenery. Thank you for a wonderful walk Trevor, and the other walkers for good company!

Mt St Gwinear - Snowshoe Shuffle

Date: Saturday 06 August 2022
Leader: Joe van Beek
Report: Kerry Knights

The Annual Snowshoe Shuffle was an Epic Walk, which brought together those elements which enable the walk, and walkers, to justifiably claim it as 'The Stuff of Legends'.

Mt St Gwinear was named by the geologist and surveyor, William Baragwanath, after Saint Gwinear of Cornwall. Of Irish descent, Saint Gwinear was around in the 6th century, and is said to have died, with his followers, by being thrown into a pit of reptiles. Fortunately, no such fate awaited our group.

Meeting at Erica to gather our Snowshoes, which Joe had wisely booked in advance. Accompanied by clear skies with a chill in the air, the walk promised to be special. Arriving at the St Gwinear carpark, and donning extra layers, we gathered for the obligatory group photo. Strapping snowshoes on to packs, we hiked upwards, through mud and thin, patchy snow, before the snow increased and we reached the ski trail. Whilst this trail forbade walkers, it allowed snow shoe shufflers. So, on went the snow shoes.

From here we continued upwards to Mt St Gwinear, (1506 m) where we paused for morning tea. The summit is marked by a cairn of rocks, and has views to Thompson Dam. From there, it was down to the junction at Rock Shelter, before turning right. Now we had joined the Australia Alps Walking Track, and we headed towards Mt St Phillack (1556 m). This is the highest point on the Baw Baw plateau. With views obscured by thick Snow Gum, the decision was made to continue the short distance on to Mt St Phillack saddle, where we dined under snow gums and clear skies. The tower at Mt Baw Baw was off in the distance, and the junction to Mt Baw Baw is not far from the saddle.

During the walk so far, we had passed through thick stands of Snow Gum, with their bark of green, gold, brown and more. As snow melted, it ran down the trunks, further enhancing the colours. Fungus could be spotted by those with a sharp eye, and lichen festooned the branches. We had heard a lyrebird in full song earlier in the walk, and were to enjoy this cascade of auditory delight later on as well.

Once satiated, we retraced our steps to Rock Shelter, where we then continued directly on for a couple of kms or so. Heading downward, the snow had melted in parts, revealing the pools of water, thick with vegetation, and there was the occasional glimpse of the board walk planks of the AAWT. A native rat scampered by.

From the AAWT, we dropped down to a little known route, marked by pink tape at handy intervals along the way. Soon after traversing one creek in snow shoes, we removed them totally and continued in regular bushwalking footwear. This section of the track was characterised by towering eucalypts, lush ferns, carpets of strappy grasses and more fungus in remarkable shapes and colours. One further creek crossing loomed, and it sounded like a torrent awaited us. But, this was not to be. As the light levels dropped due to the sheltered nature of the gully, a

clear mountain stream greeted us. It was spectacular, and had rocks or logs to cross over with. Not all in the walk were able to get over without a dunking, though, having pushed the limits of physics to their detriment.

After this minor mishap, it was onwards and upwards towards the carpark. Tired legs made for slow going, however it provided an opportunity to savour this remarkable part of the world. The climb was along the contours of the hill, so not as steep as it could have been. Those pink ribbons on the tree were able to guide us, where we 'popped out' on the track. Not unlike returning from Narnia and finding oneself back in the wardrobe, somewhat stunned to see familiar landmarks again.

So, what made this walk Epic, and the Stuff of Legends? It is a combination of the distance, the different (and new to many) means of walking in snow, the hilly (indeed, mountainous) terrain, traversing hidden tracks, the views for miles, the incredible diversity of plants, the accompanying lyrebird songs, and the awesome company. Such a wealth of bushwalking experience, we were always assured of making it back for a hot donut at the carpark, despite some brief moments of navigational uncertainty. And underpinning all of this was the positive and inquisitive energy of the walkers, who willingly shared their knowledge and experiences. This is what makes BCWC so special for so many of us. Thanks Joe for leading this walk.

Nowa Nowa Trestle Bridge

Date: Saturday 13 August 2022
Leader: Angela Roughley
Report: Marian Matchan

Angela lead the way followed by Ken, Trevor, Jodie, Georgia, Michael Y, Ruth, Brad, Piper, Robyn, Sue, Michael D and Marian heading off from Nowa Nowa along the rail trail. The weather was a bit rainy and we could hear thunder in the hills close by, so we all got decked out in our wet weather gear and headed off along the well made track. The brilliant yellow of the wattles in full bloom, the grey box trees were so tall and straight as were the stringybarks.

After approx. 5 kms, we sighted the old trestle bridge, 20 metres high and 276 metres long; still standing tall and nearly as straight as it did when it was constructed last century. Here we rested and had a cuppa and chat.

We walked back along the rail trail for about a km then veered off the rail trail and crossed the highway taking us through the Lake Tyers S.P. which meets up with Boggy Creek. Here we followed the Boggy Creek along an undulating track with views across the lake until we arrived back at Nowa Nowa. The light rain persisted most of the day so after walking the 12 kms, the wood fire in the Mingling Waters Café was a welcome sight. We settled in and had a wonderful lunch with much chatting, laughter and carrot cake, what a great day. We all headed off our separate ways with Georgia sticking up the "L" plates for the drive home. Thanks to Angela for organising a great day.

Yummy Scroggin

Sesame Snack by Gary Watts

Copha 90g
Honey 3 tbsp
Brown Sugar 1/2 cup
Rice bubbles 2 cups
Currants 1/2 cup
Rolled oats 2 cups
Roasted Peanuts or
Slivered Almonds 3/4 cup
Sesame seeds toasted 1/2 cup

Line a lamington pan with baking powder. Melt copha over low heat. Stir in honey and sugar. Stir all ingredients until sugar dissolves then gently simmer for 5 minutes. Remove from heat then pour over rice bubbles, oats, nuts, currants and sesame seeds. Press into tin.

Bake at 180 C for 10-15 minutesor until golden. Allow to cool before slicing.

Walk Previews

Distance	Hills	Tracks
S -- Short <10km	1-3 -- Easy, suitable for beginners	1-3 -- Graded open terrain. Well formed tracks and paths
M -- Medium 10-15km	4-7 -- Medium, reasonable fitness required	4-7 -- Bush, minor scrub. Some rock hopping, scrambling
L -- Long 15-20km	8-10 -- Hard, strenuous. Fit walkers only	8-10 -- Bush, thick scrub. Rock hopping, scrambling, creek crossings, use of hands
X -- Extra long 20+km		

Please register with the Walk Leader before the day of the walk.

IMPORTANT: Anyone attending a BCWC activity must be currently vaccinated against Covid 19.
Full details are available on the website www.bencruachanwalkingclub.com.au

Walk Name	Date	Grade	Distance	Leader	Contact
Loch Sport NP	28/8 Sunday	S-3-3	9km	Monica Scicluna	joe.monica@hotmail.com 0431 777 460
Grant Historic Area Track Clearing	29/8 Monday	S-5-5	6km	Joe van Beek	joevanbeek@bigpond.com 0411 749 799
Mt Erica	10-11/9 Sat-Sun	M-6-5	9km/4km	Helmut Tracksdorf	helmut.tracksdorf@bigppond.com 0402 089 404
Social Evening	14/9 Weds	see website for details			
Wirilda Track Combined Clubs	24/9 Sat	S-5-5 M-6-5 X-9-5	10km 14km 24km	Joe van Beek	joevanbeek@bigpond.com 0411 749 799
Mt Feathertop	30/9 Friday - 2/10 Sunday	see website for details			
FedWalks2022	1-2/10 Sat-Sun	varied	varied		www.fedwalks.org.au
Wilson Prom	7-9/10 Fri-Sun			Fully booked	
McLoughlins Beach	12/10 Weds	S-1-1	8km	Frankie MacLennan	Frankiemaclennan1@gmail.com 0407 867 084
Committee mtg	12/10 Weds	Maffra Sportsman Club			6pm meal, 7pm business
Bike Ride Nicholson-Bruthen	15/10 Sat	X-1-1	40km	Angela Roughley	angelaroughley@bigpond.com 0423 089 203
Little Desert Maroondah BWC	16-20/10 Sat - Thurs	X-4-3	75km	John Cox	johnandsuecox@gmail.com 0419 356 710
Eagle Point-Paynesville	19/10 Weds	see website for details			
Mt Bogong	22-25/10 Sat-Tue	see website for details			
Ramshead Range	30/10 Sunday - 4/11 Friday	M-6-4	32km	Helmut Tracksdorf	helmut.tracksdorf@bigppond.com 0402 089 404
part AAWT YHA Bushwalking	31/10 Monday - 19/11 Saturday	X-7-8	206km!	Joe van Beek	joevanbeek@bigpond.com
Cyathea Falls	6/11 Sunday	L-4-3	19km	Peter Jennings	pnjjennings@gmail.com 0428 230 444