

8 March 2021

President: Barry Knowles – barry.c.knowles@gmail.com • Treasurer: Christine Johnson-Evans – christineje@bigpond.com
• Secretary: warnersbay@outlook.com • Editor: Katrina Henningham – hello@katrinahenningham.com

From the President's Pen – Barry

Hi Members and Friends,

Another interesting chat from Neil Patterson at the last club meeting. He is a fellow POM from my part of the UK. I found the accent quite nostalgic. Others may have had to listen quite carefully? I am never sure. He is a book author. I bought his book but it is still waiting in the 'to read' pile I am sorry to say, but I was not surprised to hear that writing the book is easier than getting it published! That's my excuse for never quite getting around to writing mine.

We have another writer to speak to us on Monday, Damon MacDonald. Damon has run through his story/philosophy with me. I won't steal his pitch, but he is definitely worth listening to. We will also hear from Gail, who will update us on the Schools Peace Project, which means I will not say too much, but I will make up for that at the next meeting when we will spend some

time on the Autumn Fair and making sure everyone is up to speed and has a job!

Before then, we have the Memory Walk and Jog to organise, and we will also spend a bit of time this Monday talking about that. Glenys has her Backpacks for School Children project which she outlined last meeting and I know she would like you to donate to, and Kerry will be promoting the Peter Raynor Award.

In other areas, discussions are progressing about how Mherv is administered and run in future. With District taking a step back, Warners Bay, as the club who has effectively run Mherv for the last 4 years, will have a more formal role to play. Glenda is looking into the subject of "Satellite Clubs", which is a construct designed to help increase Rotary membership by attracting special interest groups, and will be reporting back to the whole club in due course.

Keep well, keep active!

Next Meetings:
6:00pm for 6:15pm
Monday 8 March

Guest Speaker: Damon McDonald

Monday 22 March
Club Assembly

Club Macquarie

The meal and meeting will be held in the one room
Rec Lounge

The Club staff commence serving dinner at 6:30pm...

Please ensure you have arrived, paid for your meal and found your seat by this time.

Thanks!

Club Service – Glenys

SMART Communication – Social Media And Rotary Talk:

Google Docs: We are working towards getting all our programs and rosters onto Google Docs formats.

This will allow them to be updated regularly, readily accessible as well as saving paper.

If you have any issues please have a chat to Glenys or Glenda.

Every In the Loop will have a section with links to these documents.

Currently available are Dinner Meeting roster and Survivors R Us BBQ roster

Club Program: The Club program has now been added to Google Doc and will be accessible for all. Updates can be made by coordinators of projects.

Current and coming events will still be advertised in *In the Loop*.

Memory Walk and Jog BBQ Roster:

Ross's Memory Walk BBQ roster has also been added to Google Doc.

We are donating breakfast to the volunteers as well as selling to the general public.

Please add your name for this very worthwhile Service and fundraising project.

Survivors R Us BBQ Roster: Volunteers urgently needed for April +. Please add your name to the roster or let Kerry know if you are available.

Dinner Meeting Roster: There are a few spaces on the roster that need to be filled. Please add your name if you can fill in any of the spaces.



If you want your news, report, items, articles or photos to get into the next edition of "In the Loop" newsletter, please send them directly to the Editor, Katrina, at hello@katrinahenningham.com by NOON on **Saturday 20 March** Thanks!



...and this is how the Editor has to work – with her little "assistant" on her lap!

I'm not sure that's what "laptop" really means!

Links to Google docs

[DINNER MEETING ROSTER](#)

[SURVIVORS R US](#)

[CLUB PROGRAM](#)

[MEMORY WALK & JOG](#)

Click on the underline words to open the link in Google Docs – remember to check regularly and to put your name down to help out in one of the spots.

Because...

Many Hands Make Light Work...





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Memory Walk and Jog – Co-ordinator Ross

Sunday 21st March 7 am till 11 am

At Speers Point Park

Warners Bay Rotary has been asked to provide food for the volunteers and participants in this charity event to be held at Speers Point Park in March. The set up will be like the Family Fun Day BBQ we did in November 2019. Our club will be able to keep any profits made on the BBQ.



Others: Toni M – cashier only – time to allocate; Vina

Pre/Post Event Tasks: If you can help with any of the following tasks, please add your name beside the task/s.

Task	Helpers
Pick up 3 tables, 2 marquees, and Rotary signage from the container	
Pick up BBQ (hopefully from Bunnings)	Ross
Collect food, drinks, etc, from shops	Vina
Collect cash float and bank proceeds	
Write signs to display (prices, etc)	Glenys

Cook And Serve Roster: If you can help on the day, please add your name below where appropriate. **Note:** Vehicle access to the site will only be between 5.30 am and 6 am. Parking outside as normal. Times may change.

5:30am – 6:30am SET UP	6:30am – 9:00am COOK / SERVE 1	9:00am – 11:00am COOK / SERVE 1	11:00am – 12 Noon CLEAN & PACK UP
Set up tables, BBQ, marquee, cut up onions, wrap 2 slices of bread in serviettes	Feed volunteers – no charge. Sell to public: sausage s/w, bacon & egg s/w, drinks (prices to be determined)		Clean BBQ, pack tables and marquees, rubbish into bins, clean up area, return gear, count money
Barry	Philip	Kerry	Craig
	Helen	Erin	Katrina
Ross	Ross	Ross	Ross

Munibung Hill Conservation Society

Warners Bay Rotary has been asked John and I met with Stuart Carter, recently, who has spoken at our club meeting previously and represents The Munibung Hill Conservation Society. He is gathering groups and representatives with the aim of continuing to conserve Munibung Hill. We will keep you updated how our club involvement proceeds.

Vina had previously given me the Munibung Hills Walk handout (attached with this newsletter)

Note there is a QR code on the sheet. Download a QR app on your phone OR just point your smart-phone's camera at the QR code, and it will open up the walks website for you directly.

Stuart has also given us a contact of a lady who walks Munibung Hill daily and



apparently has taken groups regularly along for an interesting walk. If any of you are interested please let us know and we will try to arrange a great experience walking Munibung Hill.

Christine

<https://www.munibunghill.com/wp-content/uploads/2018/10/Barefoot-Guide-to-Munibung-Hill.pdf>

<https://lakemacfamilylife.com.au/climb-to-the-top-of-munibung-hill-the-view-is-spectacular/>

Some other useful links:

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Secretary report – Katrina

Usually, when I clear the Club's PO Box, all we receive are statements or invoices for the attention of the Treasurer.

This week, there was a "card" stating that there was a "large" letter on hold in the office.

On opening, I was thrilled to discover this certificate, sent to our Club for the generous donations we have made to ShelterBox over the lifetime of the Club.

The accompanying letter stated:

Dear Rotary President,

I hope you and your members are keeping well.

It is with great pleasure that I enclose your Emerald Lifetime Giving Award in recognition of your support to ShelterBox over the past years. An Emerald Award recognises lifetime club giving of \$10,000-\$14,999.

Despite the challenges of the past 12 months. ShelterBox and its affiliates have adapted and innovated to ensure that nearly 40,000 families received assistance, following disaster and conflict. It is only due to the support of donors like you that this is possible.

I wish you good luck in the coming year. Please pass on my sincere thanks to your members for their generous support.

Your in Rotary,

*Mike Greenslade
CEO ShelterBox Australia*



Rotary Lifetime Giving Emerald Award

This is presented to

**ROTARY CLUB OF
WARNERS BAY**

*in recognition of the significant financial
contribution they have made to ShelterBox.*





MIKE GREENSLADE
CEO, ShelterBox Australia



Each year, Rotary helps ShelterBox to go further, support more people, and access areas that would otherwise be impossible to reach.

"With a global pandemic, environmental and sustainability challenges, a world refugee crises and global inequalities, the world needs Rotary and ShelterBox now more than ever."

Holger Knaack, Rotary International President 2020/21.

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Clean Up Australia Day

Sunday 7th March

We had 7 people helping Landcare with their Clean Up Australia site opposite McDonalds in Warners Bay.

It was a cool start and we quickly gathered lots of rubbish along Medcalfe and Macquarie Roads. There were hardly any bottles or cans, so the 10 cent return scheme is working well.

Many thanks to Chris, John, Gayle, Glenys, Kerry, Vina and Ross.



ROTARY FOUNDATION

Maybe a time to think about a project for *Caring for the Environment Focus*.

Grants from the Rotary Foundation for any such project won't be available until the 1st July 2021.

This is an ideal time to plan a project in this focus area – even small projects in local parks or walkways.

Some interested members will be involved in our local area this weekend in “Clean Up Australia”, started many years ago, in 1990 by Ian McKiernan and Kim McKay.

The Rotary Foundation small cardboard boxes will be available this Monday night at our Dinner Meeting. Maybe you could pop in your small change over the next few months and return when full. Many thanks to Jenny who has already returned her box.

Gail's *Peace Project* is moving along and – good news today, schools are now open to parents and volunteers again.



Gail and Glenys will attend the installation of one of the Peace Poles at a Harmony Day next Friday at one of the local schools.

A message from President-elect Glenys

Dinner meeting organization: Thank you to Glenda for organizing our meeting emails and acting as Club Macquarie liaison during Julie's absence.

Thank you also for working with our Dinner Meeting Roster. It is great to see members participating in our meeting organisation and working together to share the evening.

Time to Shine – 10 minutes of fame: Thank you, Kate, for your suggestion of **Time to Shine** as the title for this segment of our meetings. If it's your turn to shine, here are a few guidelines:

- You only have 10 minutes to shine – a timer will be set – as we are restricted by Club Macquarie schedule.
- Tell about your life
- Share a Rotary moment that is special for you
- Show some photos
- Tell a funny story
- Sing a song
- Play a game

The choice is yours – It's your time to shine!

A Date for Your Diary: 22nd March – Club Assembly: This meeting will focus on the Lake Macquarie Autumn Fair and allocation of roles. If you have any suggestions, ideas or questions see Barry or Glenys. There will be a little time for some fun as well. *Bring along some spare change to help raise some funds for our Backpack project.*



Project – Backpacks for School Children:

Thank you to Erin for offering to collect donations and pack the backpacks. Your donations are welcome

at any club meeting as this is an ongoing project. We will be contacting our local schools to let them know of this project as well as **Survivors R Us** and **Got Your Back Sista**.

Items that may be included in the backpacks:

- Lunchbox, drink bottle
- Stationery – coloured pencils, lead pencils, pens, textas, twistable crayons, glusticks, geometry set, rulers, pencil sharpener, eraser, pencil case
- Notebook or journal
- Something practical as well as something fun



Thank you for your kind donations.

Many Hands Make Light Work...



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Community Service – Kerry

Survivors R Us – BBQ breakfasts: continue every second Thursday. Volunteers are needed for April, May and June. Put yourself on the roster Glenys has done on the Google thingo...

Oz Harvest: members continue to attend PCYC Windale on Mondays, Tuesdays and Wednesdays to assist Oz Harvest pack hampers for needy families.

Clean Up Australia Day: being organised by Ross on Sunday 7th March.

Welfare– Vina

Great news! Ian is at last out of hospital and staying with Judy in accommodation next to the hospital so he can attend the clinic daily and have his progress monitored. He is feeling a little weak, understandably, but things are progressing in the right direction.

Michael, unfortunately, has had a few days in hospital after discovering a kidney problem which was the source of his pain. I had a chat with him today and I am sure he would love to hear from others. Adrian, his great friend, keeps in constant contact.

Steve, while helping his son with a renovation had a fall earlier this week. Unfortunately he has broken a bone in his wrist but tells me the pain isn't too bad.

Our thoughts are with all these people and hope their situations improve soon.

Take care and stay well everyone.

End POLIO Report:

Total reported cases of wild polio so far in 2021 =

TWO (1 Afghanistan, 1 Pakistan)

What's new? 28 million doses of the new Novel Oral Polio Vaccine Type 2 (NOPV2) are being distributed to countries fighting the Vaccine Derived Polio outbreaks.

Where's Polly? Polly is now a guest of the Rotary Club of Parramatta, working to raise funds and awareness in that District. She will return 'home' to make an appearance at the **Autumn Fair on 1st May**.

**END
POLIO
NOW**

SIR CLEM RENOUF / BILL BOYD CLUB:

RI President Holger Knack is asking all Rotary Clubs across the world to invite their members to become members of the above 'club'. A concept I would like to see our club support.

The purpose of the 'club' is threefold:

- to celebrate the contributions of these two amazing Rotarians;
- to celebrate Rotary's birthday February 23rd; and...
- to raise funds for **END POLIO**.

Club members are invited to make a **personal donation of \$10 to END POLIO** between now and June, which will make them members of this 'club'.

Your \$10 membership/donation can be made at dinner meetings, and will go a long way to helping the **END POLIO** cause.

Sir Clem Renouf (1921-2020), an Australian accountant, joined Nambour Rotary Club in 1950 and was Rotary International President 1978-79. Sir Clem made significant contribution to the worldwide eradication of Polio.

Bill Boyd, member of Rotary Club of Pakuranga NZ, Rotary International President 2006-7.

Bill has held many important Rotary International roles, including Rotary Foundation roles working on continuing the battle against Polio.



Michael is in need of having a sofa removed from his small unit – and taken to **Survivors R Us** – who are waiting to welcome his donation with open arms!

Adrian P has arranged for to borrow a ute from our Club's good friend, *James*, at *Advanced Sweepers*.

We are looking for a couple of fit, healthy people who can help remove the sofa from the unit and get it across to **Survivors R Us**.

Please let Adrian know –
0425 204 815 – if you are able to help – and arrange a time to do so.

Thanks!



Position Vacant

The position of **Editor** of

In the Loop

will be available from **Changeover**
(28th June 2021)

Relevant image and graphic files will be handed over to the wonderful volunteer who takes up this position – *the newsletter is ready for a new Editor and a new Design – how about rekindling your creative talents?*

Please contact: President Barry, Secretary Katrina or President-Elect/Club Service Director Glenys
with your expression of interest

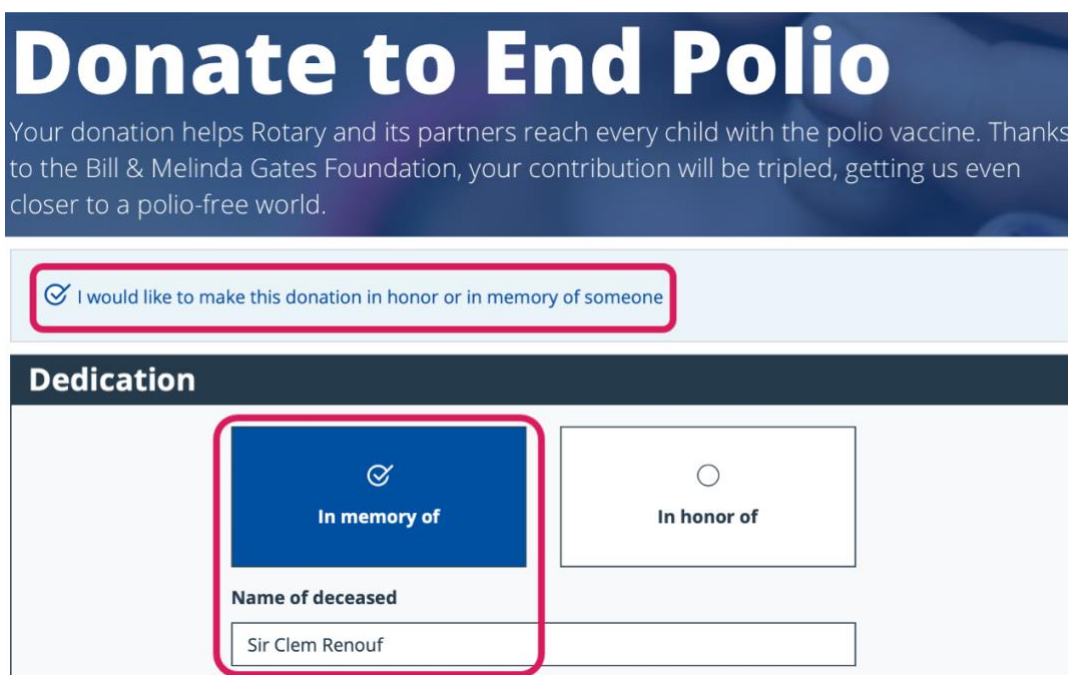


THE SIR CLEM RENOUF POLIO APPEAL

On 11 June 2020 we lost a hero. PRIP Sir Clem Renouf had an astonishing impact on the world, especially through the role he played in helping to create and drive Rotary's efforts to rid the world of polio. We had all hoped that his vision of a polio-free world would be achieved during his lifetime.

However, what better way to honour Sir Clem's remarkable life than to help fulfill the promise that he and all Rotarians made to the children of the world. Please consider a contribution—small or large—to *The Sir Clem Renouf Polio Appeal*:

- for bank transfers, there are instructions at bit.ly/SirClemBank.
- or login to Rotary's www.endpolio.org/donate (using your My Rotary email address and password) and click the button "*I would like to make this donation in honor or in memory of someone*":



Donate to End Polio

Your donation helps Rotary and its partners reach every child with the polio vaccine. Thanks to the Bill & Melinda Gates Foundation, your contribution will be tripled, getting us even closer to a polio-free world.

☒ I would like to make this donation in honor or in memory of someone

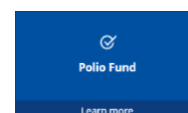
Dedication

☒ In memory of ☐ In honor of

Name of deceased

Sir Clem Renouf

Or if you prefer, you can go to www.my.rotary/donate — just remember to select the '*Polio Fund*' box at the top of the form.



We will keep track of all the donations that show *Sir Clem Renouf* as the person being remembered. Thank you for your contribution towards ending polio and thank you too for honoring the memory of a great and much-loved Rotarian.

Peace Poles for Local Schools – *Co-ordinator Gail*



Recently, Kevin and I delivered the Peace Poles to our four Primary Schools: Valentine, Eleebana, Warners Bay and Biddabah.

We had a fun time with Steve Gately, the Principal at Biddabah PS, walking the pole around his school & discussing suitable sites.

One special area in his school, a newly developed *yarning circle* looks likely to get the nod.

Schools have been invited to request help from us to install the poles, so we may be chasing you for help soon.

We hope all are installed by April, as the project celebrates **100 poles for 100 years of Rotary in Australia**.

April is our centenary so it would be good if all are installed by then.

Schools are also working on their *public speaking programs* and including our joint **Speak for Peace** initiative. More news on that soon.

Gail Cornford

Peace Action Project,
Warners Bay Rotary



Love where we live!

Graffiti Removal Day is scheduled for **Sunday 28th March 2021**. The aim of the day is to highlight the problem of graffiti and encourage people to volunteer their time and get involved in the removal and prevention of graffiti.

Each Rotarian can be involved prior to the day by nominating a clean-up site in their local community through the Graffiti Removal Day Website: www.graffiti removal day.org.au

It is easy to do!!! Nominated sites will be assessed by LGA co-ordinators to determine if they are suitable and safe. So have a look around your neighbourhood and nominate some sites.

Rotarians, along with any community members, can also volunteer to get involved in Graffiti Removal Day by completing the volunteer registration form, which is available on the website. You can also choose to help by promoting the Day or nominating a site. All volunteers will need to complete on-site training prior to starting work. This will be done by the LGA co-ordinator or site supervisor.

graffiti
REMOVAL DAY



Rotary Club of Warners Bay – Dinner Meeting – 22 February 2021

Dinner served between 6:25pm and 7:15pm • Meeting commenced: 7:00pm

Barry welcomed everyone – with special welcomes made to the Guest Speaker, Neil Patterson, author.

Attendance and Apologies as per spreadsheet provided by Julie B.

Club Matters:

a. Autumn Fair: President Barry reported that he is feeling very positive about the event. Everything is gaining momentum and there have been a few additions to the attractions since his last report, including: a “balloon man”, face painting and a “bubble artist”. He was also pleased with the proactive nature of members at the recent Warners Bay Markets, who approached this attractions, plus chatted with the gentleman providing joy flights in the red sea plane on that day. He has donated a joy flight for the day of the Fair! The RFS have also come on board with a display. The event is already being promoted in Lake Mac Council's “What's On”. President Barry announced that he would be utilising the Club Assembly on 22nd March to talk more about the Fair and what will be required of our Club Members.

b. Warners Bay Markets: Glenda K thanked everyone for attending and helping out at the recent markets. Tickets were sold for a fundraiser raffle for ISDA – and \$130 was raised in cash with the electronic payments still to be tallied. The next Warners Bay Markets are on Saturday 20th March, where we will be focussing on our own RCWB Mother's Day raffle.

c. Memory Walk & Jog: Being held on 21st March, 7am-11am at Speers Point Park. Ross is co-ordinating our Club's involvement with that day. Our Club will be cooking a BBQ breakfast for the volunteers (free) and the participants and other public (at a cost). Ross is looking for volunteers – he sent a roster form around.

d. Trailer Raffle: Christine reported that she has already been receiving donations and is very excited to report that Bunnings Glendale had made a generous donation.

e. Grocery Dash Fundraiser: Kate gave an update on this mid-year fundraising activity. She has written to Coles and Woolworths to ascertain which would be willing to participate. There will be raffle tickets sold with the winner needing to be available on the day & time specified by the participating grocery store.

f. Backpacks: Glenys promoted the backpacks project again – reminding

everyone of what can be donated, including dictionaries. Glenys encouraged members to keep an eye out for specials at all the stores who sell school products. Erin has volunteered to pack the bags. Glenys is still looking for a volunteer to collect, store and transport the donations to Erin.

g. Dinner Meeting Roster & Survivors R Us BBQ Roster: Links have been sent out to all Club Members, as well as posted in the “In the Loop”. Glenys reminded members that if they have been put into a job on a day that they are unable to attend, then please arrange a swap with another Club Member for that time.

h. Rotary Ways: Vina presented a description of what a Club Assembly can be... including taking advantage of that time to plan future events. It is expected that all Club Members attend in order to have a voice in the discussions of the night.

i. 10 Minutes of Fame: Glenys described, and re-introduced, this “getting to know you” session. This is a time when others can get to know a little bit more about the one who is sharing their story. Glenys shared her favourite Rotary moment. She also asked if members would like this session renamed and, following a few suggestions being called out, it was unanimously agreed that Kate's suggestion of “Time to Shine” be adopted.

Guest Speaker:

Craig introduced the guest speaker, **Neil Patterson**: Neil was born 15 miles East of London, near the River Thames. As a child, he played on the tidal mudflats which, since Roman times, had been a depository for man's detritus. Neil was fascinated by the many items that he found whilst mudlarking – old coins, bottles and buttons, which fired Neil's enthusiasm for history. Late into his teens, Neil began to keep a diary and has carried this practice throughout his adult life. He has also written many short stories and poetry, but not until he stopped working, in his late 50's, has Neil found time to dedicate to his writing. Neil's uncle lived in Australia and, from early childhood, he dreamt of living "down under". He followed his heart, migrating to Australia 40 years ago. Neil worked for a technology based organisation, lived and worked in senior sales and marketing roles across Australia and South East Asia. Neil now works full time as a writer and lives at Murrays Beach with his wife Jann and their golden retriever, Molly.

Neil Patterson: Neil gave a background of his life as a child in England, where he discovered his inquisitiveness whilst mudlarking in the Thames. When he was about 24 years old, he received a "Christmas on the Beach" Christmas card from his uncle in Australia. Although he had only been married 4 months, they packed up and moved – living in a migrant hostel on arrival – but, he says, as soon as his feet touched Aussie soil, he knew he was "home".

At 59, having worked for 35 years for the same company, Neil received a redundancy so he and his wife moved from "the big smoke" to Murrays Beach. Following his redundancy, Neil's world turned dark, filled with depression and anxiety – feeling he had lost his purpose in life.

With the help of medical professionals and counsellors, it took about 2 years to get through the worst of the depression and anxiety, knowing that it is an ongoing journey.

Neil had always been a writer of stories and poems, but had not shared them widely due to the "what will they think" syndrome.

He finally decided to write a book – which has turned into a series four books – going a long way to help him in his journey of recovery.

Sometimes he had to force himself to write and encouragement from his family and friends kept him going during those tough times. Neil created a schedule for himself which allows for exercise with Molly, time with his family, editing time and writing time.

His series is about "Alfie Norrington" born in the first minute of the first day of 1900, and follows his life from England to Australia. Neil didn't share too much – because he wants us to read his books!

Neil shared that the hardest part of this process was to get a publisher – authors have to be "known" and in the "in-crowd" to get a look-in with the big publishing houses. So, he decided to self-publish. He did a "virtual book tour" during the peak of the COVID pandemic in 2020 – "speaking" in the USA, Australia and the UK.

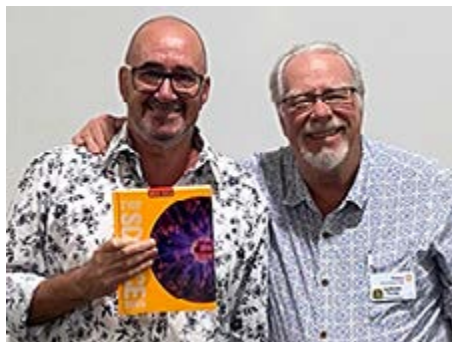
Neil shared the promotional video of the book and then invited members to purchase the first in the series, "Becoming Alfie", for \$5 less than it is available on Amazon.... plus, he would sign it!

Neil feels that the creativity has, in a big way, filled that hole that he felt appear at the time of his redundancy. He now says that the redundancy was a huge wake up call and is now enjoying his life to the full.

Neil fielded questions from members.

Club Member Adrian formally thanked Neil for his presentation, expressing on behalf of those present how much we enjoyed his informative and humorous talk.

Meeting closed: President Barry closed the meeting at 8:30pm.



DINNER MEETING ROSTER

DATE	Guest Speaker	Greeter		Assistant Treasurer	Introduce speaker	Thank Speaker	Rotary Education	10 minutes of fame
	<i>Coordinator: Katrina</i>	<i>Coordinator:</i>		<i>Coordinator: Christine</i>	<i>Coordinator: Glenys</i>		<i>Coordinator: Vina</i>	<i>Coordinator:</i>
8th Feb	Syann Williams Rotary Peace Fellow	Kerry	Vina	John	Katrina	Toni G		
22nd Feb	Neil Patterson Author	Jenny	Jacqui	Toni G	Craig	Adrian	What is a Club	Paul B
8th Mar	Damon McDonald Author/Winner of Trailer Raffle	Ross	Glenda	Philip	Christine	Helen	Rotary Acronyms	Julie
22nd Mar	Club Assembly - Autumn Fair	Brian	Toni Mc	Ross				
12th Apr	Pam Dean-Jones District Environment, Chair	Steve	Michael	Paul	Phil	Julie		Vina
26th Apr	TBA	Jenny	Vina	Gail	Kevin	Jacqui		Ross
10th May	TBA	John	Craig	Kerry	Toni G	Katrina		Jenny
24th May	TBA	Glenda	Brian	Bernie	Toni Mc	Ross		Phil
14th Jun	TBA	Adrian	Helen	Steve	Glenda	Toni Mc		Les
28th Jun	Changeover Dinner	Gail	Philip	Julie	Kerry	Vina		N/A

GREETER

- Welcome members as they arrive
- Welcome new members
- introduce to President
- introduce to Treasurer

ASSISTANT TREASURER

- Sit with treasurer to assist with collecting fees, selling raffle tickets or assisting new members

INTRODUCE GUEST SPEAKER

- Find out a little about the guest speaker - perhaps sit near them and have a conversation with them.
- Introduce guest speaker to the Club

THANK THE GUEST SPEAKER

- Present Thank you card to speaker.
- Explain our Book donations to schools on their behalf, show the book
- Organise for the guest to sign the book

10 MINUTES OF FAME

This is your opportunity to tell your story. It may be some interesting facts or anecdotes about:

- your life and family
- your vocation or work life
- your aspirations
- a Rotary experience
- a funny story

It's up to you - it's a chance to get

Grades

Walks are graded according to the Australian Walking Track Grading System.

Grade 1: No bushwalking experience required. Flat surface with no steps or steep sections. Walks no greater than 5km.

Grade 2: No bushwalking experience required. Track surface may have gentle hill sections with some steps.

Grade 3: Some bushwalking experience recommended. Tracks may have short steep hill sections and many steps.

Grade 4: Bushwalking experience recommended. Tracks may be long, rough and very steep. Directional signage may be limited.

Know before you go ...

Please respect that Munibung Hill is an important nature reserve. Stay on the tracks. Give wildlife right of way. There are threatened species and endangered ecological communities living at Munibung Hill—an important pollinator corridor. Admire the views, appreciate the heritage..

Safe walking checklist

- ♦ Wear covered in sturdy shoes or boots, a sun hat, suitable clothing and take some insect protection.
- ♦ Carry a reusable water bottle and some nibbles in reusable containers and carry a bag for left-overs.
- ♦ Know your way, walk within your capabilities. Study track maps for times, distances and grades. Consider not walking alone—walk with friends.
- ♦ Carry a first aid kit and prepare to be 'on the track' for an hour or two at least
- ♦ Tell someone where you're going. Be sure to advise them of your safe return.
- ♦ Be flexible by being prepared to turn back or change plans if the walk is more difficult than expected.

Where to find Munibung Hill



15km, 20 min east of Newcastle

150km, 2 hours north of Sydney

250km, 3 hours south of Port Macquarie

If travelling by public transport, check timetables with NSW Trains (closest station is Cardiff) and Newcastle Buses (Bus routes: 29 and 44)

The map is based on a LMCC planning document that indicates proposed tracks across Munibung Hill. Walk names are colloquial. Identifying locality and basic information is the purpose.

Note: A walking track is a track provided for walkers, whereas a trail, in addition to walkers also caters for joggers and bicycle riders.

More details at the MHCS website:

<https://www.munibunghill.com/walking-tracks/>

Or at the QR code—see over

Munibung Hill Conservation Society

Contact:

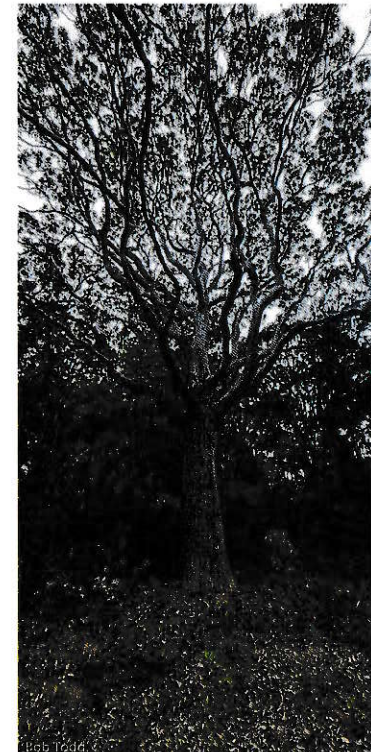
W: <http://www.munibunghill.com>

E: munibunghcs@gmail.com

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Cover picture credit: Spotted Gum by Bob Todd

Map and Guide to Munibung Hill Walks



Map and Guide to Munibung Hill Walks



Scan the QR code to get the
12 Great Walks at Munibung Hill
on your mobile phone or tablet.



Symbols:



Lookouts & Photo opportunities:

Walking tracks:



Cultural and Heritage area:



Park & picnic area (81c Delaware Drive, Macquarie Hills):



Lookouts:

Ocean View

Balkira View

Awaba

Birabaan

1. Kantalong (Spotted Gum)

Walk — to Ocean View Lookout

Enter: Macquarie Rd, Blaxland Rd, Ambleside Dr., Grasmere Way, Lucilla Ridge Distance: 1.1km Grade: 3

2. North Forest Nature Walk—

to Ocean View Lookout

Enter: Kuraman Cl., Macquarie Hills Distance: 1.3km Grade: 3 Then visit The Secret Garden—Enter: 81c Delaware Drive. Distance: 400m Grade: 1

3. Grandfather Rock Walk

Enter: Seventh Street, Boolaroo

Distance: 300m Grade: 2

4. Balkira (Mountain) View Walk - to Mountain View Lookout

Enter: Seventh Street, Boolaroo

Distance: 700m Grade: 2-3

5. Wantalong (Wattle Tree) Walk — to Ocean View Lookout.

Includes Grandfather Rock & Balkira Walks.

Enter: Seventh Street, Boolaroo

Distance: 1.1km Grade: 3

6. Songline Heritage Walk

Of high importance to Awabakal people, includes Ocean View Lookout and Birabaan Lookout.

Enter: Lucilla Ridge. Also access from various other tracks—refer to map

Distance: 2.6km one way Grade: 3

7. Bellbird (Booyaan) Nature Walk - to Awaba Lookout

Enter: Quarry Road, Speers Point

Distance: 1.2km Grade: 3

8. Tamarind Nature Walk

Enter either end: Located between Quarry Road and Farm Street, Speers Point

Distance: 300m Grade: 2

9. Gondwana Rainforest Walk

Enter: Farm Street, Speers Point

Distance: 800m Grade: 2-3

10. Koworowal (Bandicoot) Loop Walk

Includes Booyan and Tamarind Nature Walks

Also Awaba Lookout with Birabaan Lookout an option

Distance: 1.1km Grade: 3-4

11. Great North Lake & Ocean View Walk — combines Wantalong Walk

with Songline Heritage Walk. Enter Seventh St, Boolaroo, exit check website for options.

Distance: 3.2km Grade: 3-4

12. The Geo History Walk

View former coal mine site, rock formations.

Learn about lake formation, etc

Enter: Various locations—refer to map

Distance: Up to 5km Grade: 3-4