



Mandurah Environment
& Heritage Group present

**FREE
FOR
KIDS!**

DOLPHIN BUDDY'S OUTDOOR ADVENTURE JOURNAL

DUDLEY DOLPHIN



**HEY KIDS! JOIN US FOR
12 ECO-FUN ADVENTURES
AND THINGS TO DO !**

www.MEHG.org.au



**HI! I'M
DUDLEY
DOLPHIN,**



WELCOME to your Adventure Journal

I hope you enjoy using this journal and learning lots about our beautiful estuary, rivers, beaches and wetlands. There are lots of my friends that you can meet while you are out playing and exploring outdoors.

Always remember to

- take your rubbish with you when you leave
- never feed dolphins, birds or other wildlife
- keep a good distance from dolphins, birds and other wildlife
- safely dispose of any fishing line and hooks that you find
- call Wildlife Rescue if you ever see any animals that are hurt or in danger



**"WE CAN ALL HELP
TO KEEP THE
WATERWAYS SAFE
FOR ME AND
MY BUDDIES"**

WILDCARE (Wildlife Rescue)
Phone (08) 9474 9055

Mandurah Dolphin Rescue
Volunteers Phone 0407 090 284



This image shows where wheelchair accessible trails are. An all-terrain wheelchair is available for loan free of charge from the Mandurah Visitors Centre, online or by calling (08) 9550 3999.

THIS **DOLPHIN BUDDY'S OUTDOOR** **ADVENTURE JOURNAL BELONGS TO**

Name:

Age:

HOW TO USE THIS JOURNAL.

**WITHIN THIS JOURNAL YOU WILL FIND
12 OUTDOOR ADVENTURES.**

Follow the instructions for each
adventure and fill in the pages with what
you find and learn along the way!

- The Mandurah Visitor Centre and the Mandurah Community Museum have **brochures and pamphlets** to help you complete your adventures.
- We have also suggested some **free apps** that you can use on your smartphone when out exploring.



When you have completed an adventure
you can get a stamp from the
Mandurah Community Museum
or the Mandurah Visitor Centre.



What do you think of your Eco-Adventures?
To help us make improvements please email
info@mehg.org.au or leave a message on our
website www.MEHG.org.au.

BE A BIRD DETECTIVE!!

Location

Day / Date Time

Here are some birds commonly found in wetland areas.*Photos courtesy of Cheryllyn Corker. Local wildlife photographer.*

Put a tick in the circle when you see these birds!



Then write down how many you see!

**Black Swan**

How many? ____

**Pacific Black Duck**

How many? ____

**Australian Darter**

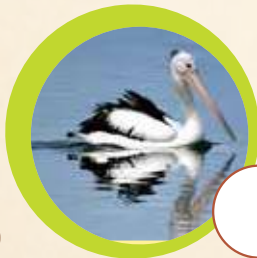
How many? ____

**Shelduck**

How many? ____

**Grey Teal**

How many? ____

**Australian Pelican**

How many? ____

**White Faced Heron**

How many? ____



Find a **bird hide** and sit inside,
They may walk or they may fly,
Be very quiet and use your eyes,
You must be keen
To see the birds that can be seen!



Note: Binoculars are very handy for this adventure.
Also a bird identification book is useful too.



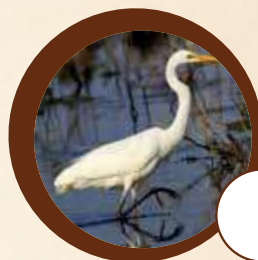
Pied Cormorant

How many?_____



Yellow Billed Spoonbill

How many?_____



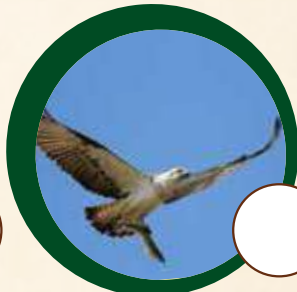
Great Egret

How many?_____



Australian White Ibis

How many?_____



Osprey

How many?_____



Caspian Tern

How many?_____



What other birds did you see? List them below.

Top Tip! Len Howard Reserve (Len Howard Drive, Erskine WA 6210)
is a fantastic place to complete this adventure.



SOME FANTASTIC BIRD-WATCHING PLACES

to go to in Mandurah
and surrounding areas are:

- **Samphire Cove Nature Reserve** 
- Egret Pt, Halls Head
- **Soldiers Cove** - Soldier's Cove Tce, Dudley Park
- **Creery Wetlands Nature Reserve**
- Cnr Wanjeep St & Darwin Tce, Dudley Park/Coodanup
- **Lake McLarty** - Mills Rd off Forrest Hwy
- **Len Howard Conservation Walk** - Len Howard Dr, Erskine
- **Riverside Gardens** - Redcliffe Rd, Greenfields 
- **Lake Goegrup & Black Lake** - Dunkerton Rd, off Pinjarra Rd
- **John St Reserve** (Nairns) - John St, Coodanup.  (only to Bird Hide)
- **Island Point** - end of Island Point Rd, Herron
- **Herron Point** - Herron Point Rd off Forrest Hwy
- **St. Ives Billabong** (AKA Greenfield or Reid's Billabong)
- end of Old Pinjarra Rd, Greenfields 
- **South Yunderup** - Wellya Crescent, Cnr Tanderla Pl



USEFUL APPS

There are a few useful free apps that
can be used on a smartphone or
iPad to help identify birds that you
may see while out exploring.

Check out
these great
apps...



- Morcombe's
Birds of Australia (lite)



FUN FACTS

WEARY TRAVELLERS



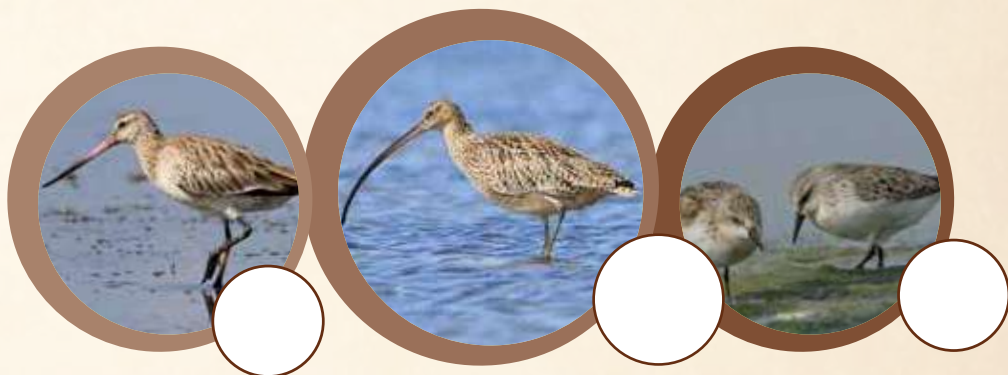
Each year over 20,000 migratory birds fly from the northern hemisphere to the southern hemisphere

to rest and feed on the mudflats of the wetlands.

Some travel up to 24,000 kms.

There are at least 22 species of migratory shore birds that visit the Peel Harvey Estuary and wetlands. They arrive in Spring and leave in Autumn.

Some of these include plovers, sandpipers, stints, curlews and snipes.



Bar-tailed Godwit

How many? ____

Eastern Curlew

How many? ____

Red Necked Stint

How many? ____

Use the QR code to go straight to these apps...



• Australian Bird Guide



• Field Guide WA



• Questa Game



ADVENTURE
2

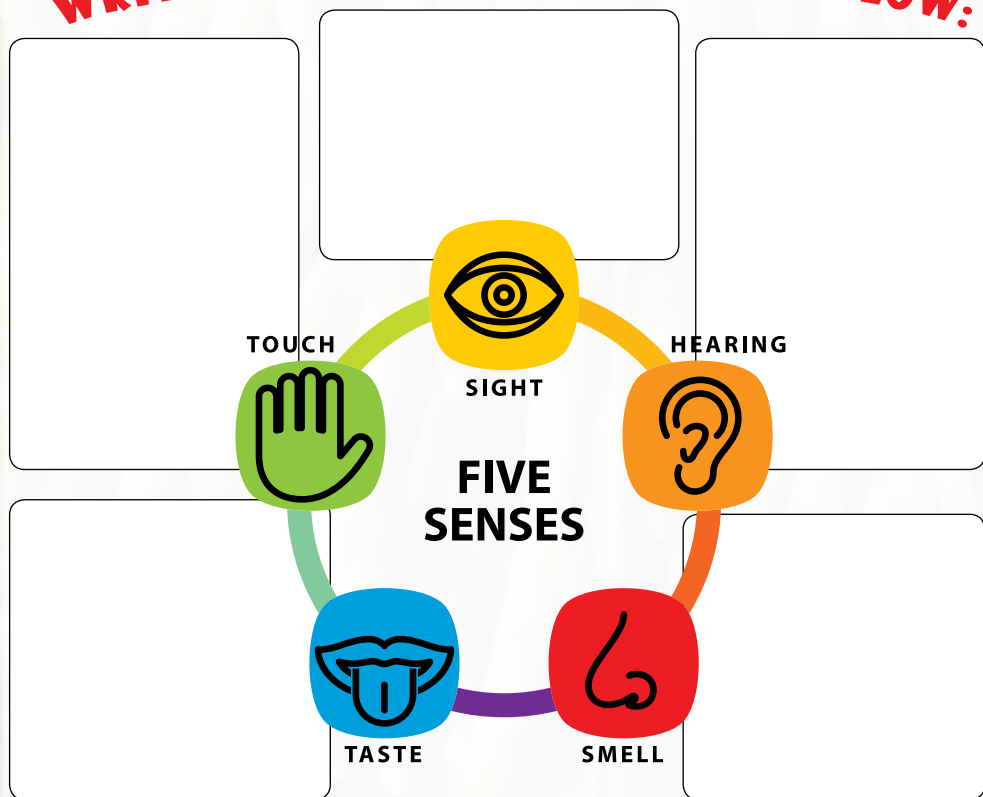
TAKE A WETLAND WANDER

This adventure is all about your **SUPER SENSES!**

LISTEN with your ears, **LOOK** with your eyes,
SMELL with your nose, **TOUCH** with your hands
and **TASTE** with your tongue!



WRITE OR DRAW YOUR ANSWERS BELOW:



ARE YOU BRAVE ENOUGH TO TASTE THE SAMPHIRE?

Samphire is a native succulent that grows on the salty flats of the wetlands. It is edible and can be used as bush tucker.



TAKE SOME TEXTURE RUBBINGS

Place this page over **different surfaces like bark, leaves and rocks**. Use a pencil or crayon to rub over the surface and make a texture rubbings.



Top Tip! Creery Wetlands is a great place to complete this adventure.



3

BEACH COMBER RAMBLE

A detailed illustration of a crayfish, showing its segmented body, long antennae, and pincers. The crayfish is depicted in a side profile, facing left. Its body is dark brown with lighter, segmented sections. The antennae are long and thin, extending forward. The pincers are large and robust, located at the front of the body. The legs are smaller and more delicate, extending from the sides. The background is a light, textured surface.

LIST WHAT YOU FIND BELOW:

[illegible]

How many of the things that you found are man-made plastic products?.....

Take a small bag and pick up plastics as you ramble.

Feel the sand between your toes!





MARINE DEBRIS!!

- ★ Did you know that every piece of plastic used is still here on the planet?
- ★ Many animals accidentally eat plastic rubbish thinking it is food, or they become tangled in plastic rubbish like fishing lines, netting and plastic bags.



**BUILD
A SAND
CASTLE**



The Beachcombers Field Guide is an easy to use identification app that describes some of the more common items you may find while beachcombing along the coast of Western Australia's temperate (cooler) waters.

ADVENTURE
4

HAVE A FISHING ADVENTURE

Mandurah has many great fishing spots where you can catch fish and blue manna crabs.

ALWAYS have an adult with you when you play and explore near water.

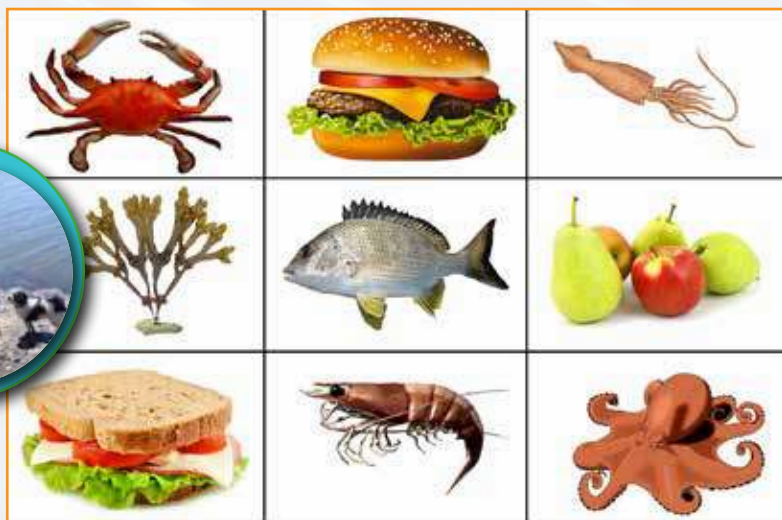
REMEMBER to take your measuring guide and return any undersized crabs and fish back to the water.



→ Where did you go fishing?

What did you catch?

→ **CIRCLE THE FOODS THAT DOLPHINS EAT:**



PLEASE REMEMBER...



- **Never feed dolphins, birds or other marine life.**
- **Take your fishing line and tackle with you** when you leave. Don't leave any behind for animals to become entangled in.
- **Safely dispose of all your rubbish**, bait bags, food wrappers, plastic bags and drink containers.
- **Call Wildlife Rescue if you see an animal that has been injured or looks unwell.** (08) 9474 9055
- **Use hooks that rust away easily.** Avoid using stainless steel hooks.

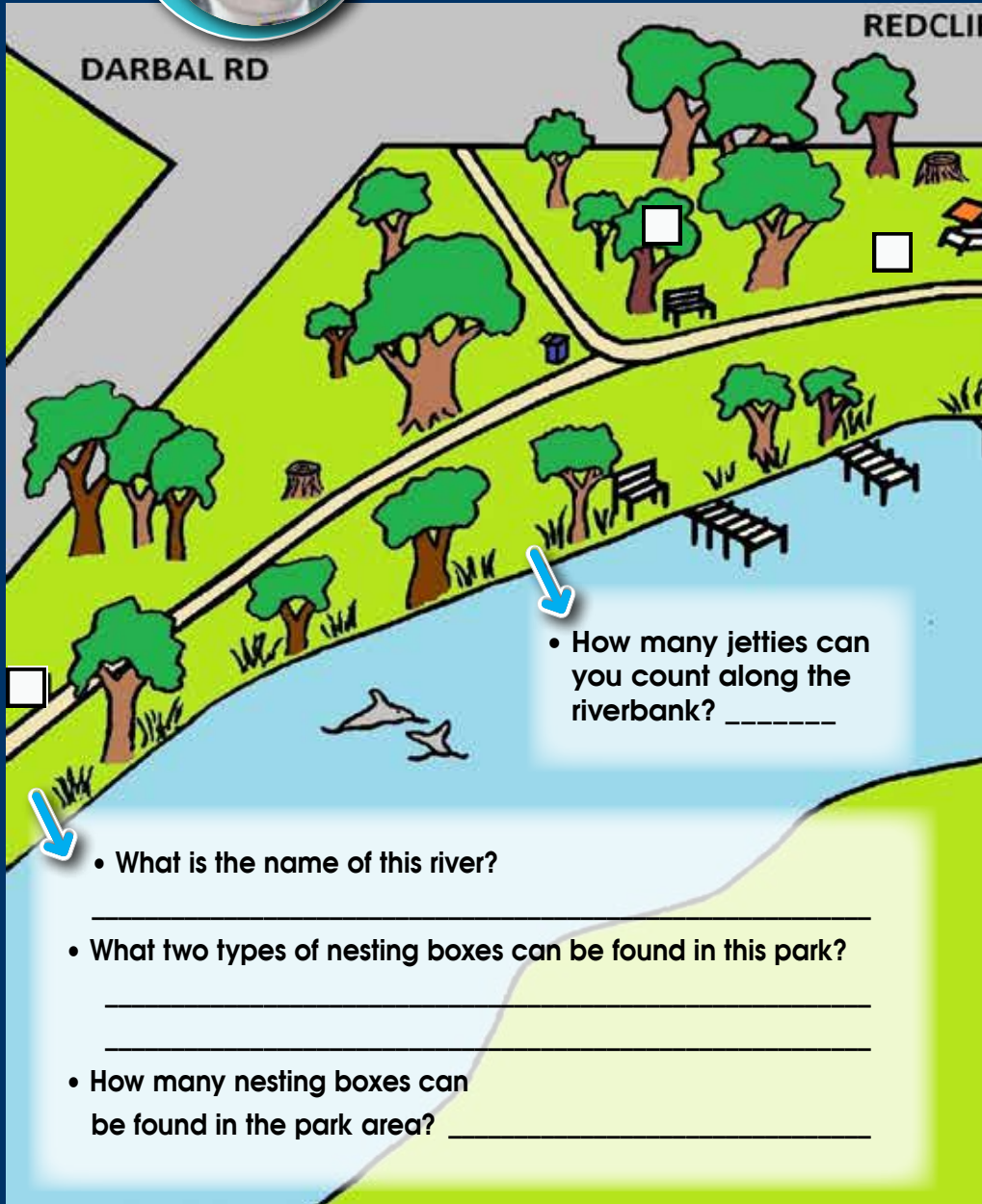
Look at this poor dolphin entangled in fishing line and seaweed.

Photo courtesy of Sally Kirby - Mandurah Volunteer Dolphin Rescuers





MAPPING ADVENTURE



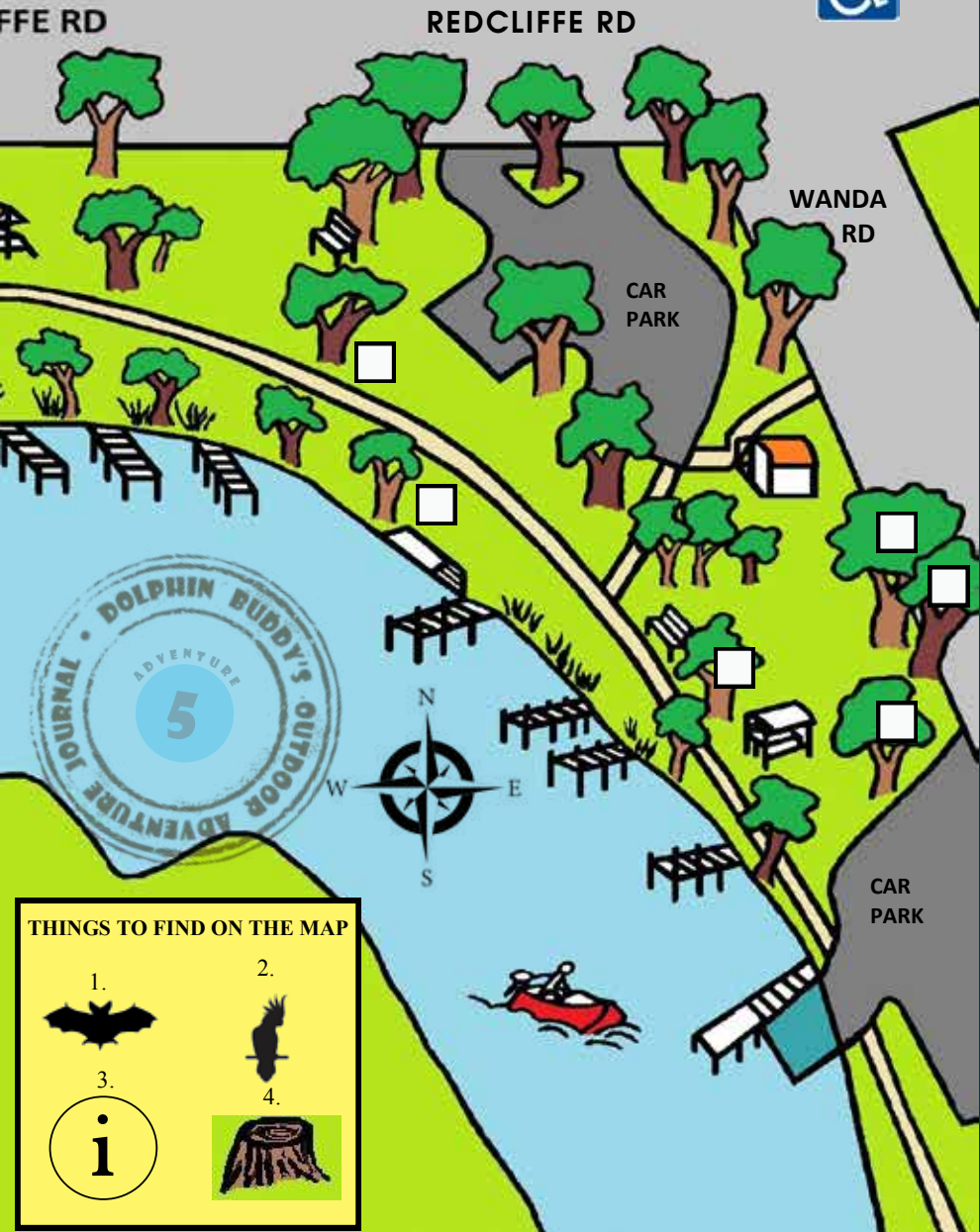
• How many jetties can you count along the riverbank? _____

• What is the name of this river?

• What two types of nesting boxes can be found in this park?

• How many nesting boxes can be found in the park area? _____

The location for this mapping activity is
Riverside Gardens in Greenfields, along Redcliffe Rd.
 Use your navigation skills to find the objects located
 at the squares marked on the map.



BUSH TUCKER WALK WALK WALK



Aboriginal tribes in the Mandurah region known as the Noongar people, before European settlement, had an abundance of foods to live off. Animals included kangaroo, emu, wallabies, birds, turtles, fish, crustaceans, goannas, snakes, possums - and also eggs.

There are also a lot of different plants that you can find, while walking around Mandurah's nature reserves and parklands, that are edible and were used as bush tucker.

The Noongar people hunted and gathered food by the seasons.

***Birak** - December and January*

***Bunuru** - February and March*

***Djeran** - April and May*

***Makuru** - June and July*

***Djilba** - August and September*

***Kambarang** - October and November*

The seasons told the Noongar people what foods were plentiful and in season and were determined by the weather patterns they observed.



**Samphire/
Milyu**

Succulent leaves can be eaten raw or cooked

Put a tick in the circle when you see these plants!

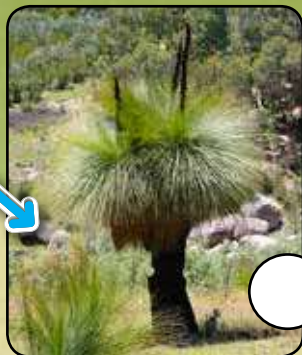


**Coastal Pigface /
Bain**, The fruit and leaves are edible



**Milk Maids
/ Kara**

The tuberous roots are eaten raw or roasted

**Grass Tree/ Balga**

The gum from the flowers is made into cakes and the flowers make a sweet drink

**Zamia Palm / Jeeriji**

The seeds are **TOXIC (poisonous)** but after special treatment were eaten by aborigines

**Banksia / Poolgarla**

The flowers make a sweet drink, and the nectar can be sucked directly from the flower

**Bottlebrush / Birdak**

The nectar is sucked from the flowers, and the flowers can make a sweet drink when soaked in water



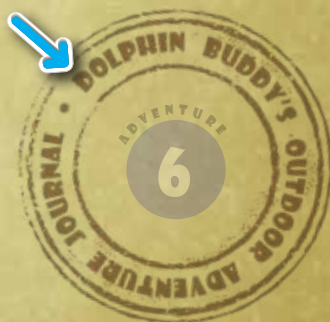
Bulrush/ Yangeti - Roots are ground into a paste, moulded into cakes and roasted; centre stem bases are edible as well as the young flowering spikes

**Christmas Tree / Mooja**

The roots have edible suckers. The flowers are soaked in water to make a sweet drink and the gum that oozes from wounds in the tree is also edible

**Marri / Marri**

The seeds are edible. The blossoms are soaked in water to make a sweet drink



GEOCACHING PIRATE TREASURE HUNT

Did you know that there are thousands of treasures hidden all over the world?

Mandurah has hundreds just waiting to be found!

Geocaching is a worldwide treasure hunt that combines technology and outdoor adventure.

You can use a GPS-enabled device (such as a smartphone or iPad) to seek containers called "geocaches" anywhere in the world.

A typical cache contains a logbook and pencil for you to write your name and the date you found it.

To get started you can go to www.geocaching.com and register for a FREE account.





There are hundreds of Geocaches in the Peel Region for you to explore.

Record at least 3 Geocache adventures here, and it's another adventure stamp for you!



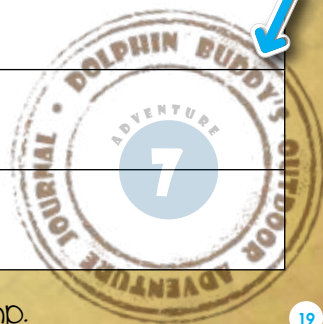
**USE A GPS
ENABLED
IPAD OR
SMART
PHONE...**

FOUND



GEOCACHE LOG

When and Where?	What did you find?



Find at least 3 geocaches to get your stamp.

BE AN ECO HERO!

PLANT A TREE TODAY



Participate in
a Tree Planting
Event

Trees and seedlings are planted every year by volunteers through the months of June and July. You can find a list of dates and locations on the City of Mandurah website under Community Tree Planting Season.

www.mandurah.wa.gov.au/Whats-On/Calendar



Fill in the blanks _ _ _



Trees are important because they provide
clean _ _ _ for us to _ _ _ _ _ and homes for possums,
lizards, insects, _ _ _ _ _ and other small _ _ _ _ _.

_ _ _ _ _ are also an important food source for many birds,
insects and _ _ _ _ _ mammals.

_ _ _ _ _ increase rainfall, prevent _ _ _ _ _ and pollution
and maintain healthy _ _ _ _ _.

Trees are essential to _ _ _ _ _ on Earth.

Words List: soil • birds • breathe • small • leaves
• trees • erosion • life • air • mammals

PLANT A TREE TODAY



Place: _____

Date: _____

WORD JUMBLE

Rearrange the letters below to make new words related to trees.

VELAES _____

AECLN IRA _____

ILOS _____

RDIBS OEMHS _____

SCNIETS _____

OFOD _____



Word Jumble Hint: The answers are hidden in the "Fill in the Blanks" on Page 20!

CAMPING ADVENTURE

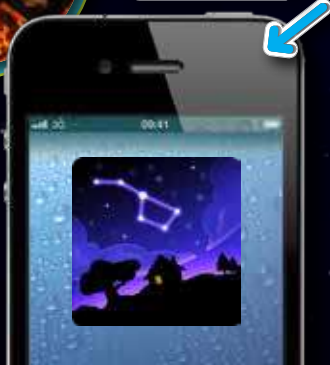


Two great camping spots close to Mandurah City are:

- **Herron Point** - Herron Point off Forrest Rd
 - **Martin Tank Lake** - turnoff is on Preston Beach Rd.
- Check out www.findacamp.com.au for more information.

Some fantastic activities you can do while camping are:

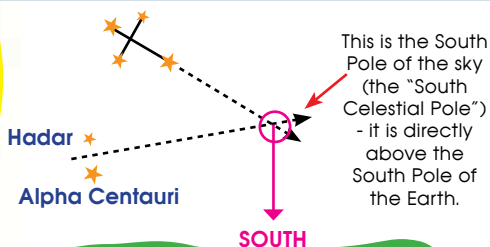
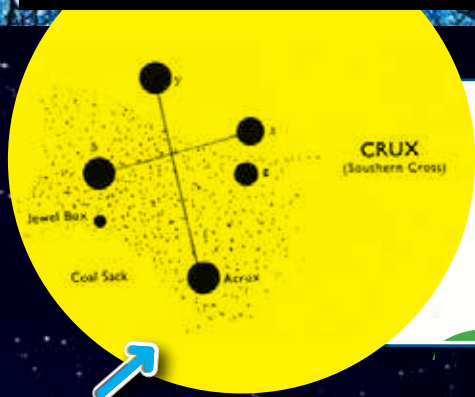
- ★ Go for a hike
- ★ Go fishing
- ★ Watch the sun set
- ★ Toast marshmallows
- ★ LOOK AT THE STARS!
- ★ Sing songs and tell stories around the camp fire
- ★ Go for a swim
- ★ Watch the sun rise.



Check out

www.scitech.org.au/the-sky-tonight for current information of what you can see in the sky from month to month in Western Australia. **There is also a fantastic app you can use on your phone or tablet called Sky View Free.** It brings stargazing to everyone by simply pointing your phone or tablet at the sky to identify stars, constellations, satellites and more....

Can you find the Southern Cross in the night sky?



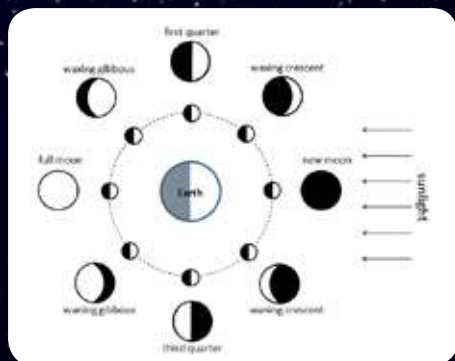
What sounds can you hear?

Do you hear crickets, bats, frogs or possums?



What did you enjoy the most about camping?

Draw a circle around the current phase of the moon.





NIGHT STALK



**Use sharp ears and quiet voices
While you listen for creeping noises.
A keen eye is all you need
To spot the creatures among the reeds.
Listen carefully and you may hear
A frog or cricket singing near.**



Use sharp ears and quiet voices

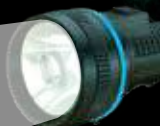


**Brushtail
Possum**

Hold your torch up beside your face and look in the direction of the light. Look for glowing eyes in the dark. You might see kangaroos, possums, frogs, bats, scorpions, mice, cats, foxes, spiders, owls, bandicoots or geckos.

Many animals are nocturnal and come out at night to feed. Always remember to stay close to an adult at all times and to wear closed-in shoes and mosquito repellent.

You can find small spiders on the ground as their tiny eyes shine in the torch light. Always remember to look and not touch.



The Australian Museum has a **free App** that you can use to identify frogs that you may spot with your torch.

<http://australianmuseum.net.au/frogs-field-guide>





Night Stalk Hunt for creatures BIG and small!

Shine your torch light into the night sky to spot bats out hunting moths and bugs for their dinner.

Where did you go for a night stalk?



What creatures did you find?



Draw your favourite creature of the night.



Date:



MEET THE DOLPHINS!

Mandurah has a large population of dolphins using our waterways to play, fish and have calves (baby dolphins). You are more than likely to see a dolphin or two when you are at the beach, or along the rivers or estuary. You can recognise some dolphins by the notches and marks on their dorsal fins.

Dudley



Christmas



Nicky



Twentytwo



Zero-one

DOLPHIN SPOTTER LOG 1

What were they doing?													
Distinguishing features													
How Many?													
Location													
Date													

BECOME A CITIZEN SCIENTIST



www.riverguardians.com

Dolphin Watch app

download through www.riverguardians.com

With the new Dolphin Watch app, you can use your smartphone to record and log your observations of dolphins in local marine, estuary and river environments. You can also download the 'Full Mandurah Dolphin Fin Guide' and listen to audio stories about Mandurah's dolphins at www.riverguardians.com.



THE MANDURAH DOLPHIN RESEARCH PROJECT

is a current scientific research project being run by Murdoch University. It is aimed at gathering a population estimate of bottlenose dolphins in the Peel Harvey and nearby coastal waters.

You can get involved and help with the research by taking photos of any dolphins you see, and log the information on the Dolphin Watch app.



**CETACEAN
RESEARCH UNIT**





FRIENDS OF SAPHIRE COVE NATURE RESERVE

...invite you to visit

this special nature reserve on the shoreline of the Mandurah Estuary at Halls Head on the Corner of Egret Point and Wedgetail Retreat.

Loss of local bushland means the reserve is a wildlife refuge for kangaroos, cockatoos, quenda (bandicoots), parrots, snakes, lizards and other animals.

Swans are often seen from the two bird hides and there are drawings of other water and shorebirds that you may see, if lucky you may spot a dolphin.

70 different species of birds visit the reserve, how many did you notice?

A 1.5 Km walk trail with nature signs and paver art is suitable for wheel chairs and prams. The trail starts at the entrance goes to the shelter and loops back past the first bird hide, at the microbat sign look up to see a roosting box.



Look out for places where the Friends have planted seedlings to grow new homes and food for the birds and animals. One place has a sign on the trail.

A longer walk goes to a viewing platform where you go on to a boardwalk that lets you across a wide area of Saphire then through She Oak trees to the second bird hide. From the boardwalk you also can see homes built on canals.





Western Ringtail Possums are shy and live mainly in trees (arboreal) and prefer to come out at night (nocturnal). They have a strong long thin tail which is white for half its length, and is used to curl around branches to help them climb and feed.

Western Ringtail Possum (Ringy) Facts:

- A name used by Aboriginal people is ngwayir.
- Ringies nest in tree hollows and leafy canopies to build their dreys (nests) out of shredded or soft bark, twigs and leaves.
- Their favourite tree is the Western Australian Peppermint (Peppies).
- They love to eat leaves, shoots, fruit and flowers from many plants including Marri, Jarrah and also roses and fruit trees in people's gardens.
- Western Ringtail Possums live in Mandurah, south of the Dawesville Channel.

Sadly, Western Ringtail Possums are a critically endangered species, and are at a very, very high risk of dying out and becoming extinct. Reasons for this are the loss of bush and forest areas where they live (habitat), being killed by wild (feral) cats, dogs and foxes, and injuries or death by cars as they cross roads.

Kind-hearted wildlife carers look after Ringies that are rescued after their habitat is gone, when they're injured by cars or in bushfires or by feral animals.

WESTERN RINGTAIL POSSUM

Dudley Dolphin welcomes you to the wonderful world of Western Ringtail Possums and invites you to colour in their name!

Caring for Injured Possums



These injured ringtail possums are being cared for by the Peel Region Western Ringtail Action Group.



Make a Possum nest!



A lot of Possum shelter trees are gone now, so people make artificial dreys to help the possums nest. If you would like to make a drey visit www.wires.org.au/wildlife-info/wildlife-factsheets/making-a-ringtail-possum-home

THE GUMNUT POSSUM BRIDGE



A GREAT WAY TO HELP POSSUMS CROSS THE ROAD!

A great idea to help Ringies from being killed or injured by a car is the Gumnut Possum Bridge at Jinatong Loop in Dawesville.

This rope bridge allows the possums to travel safely in the air from one of their bushland and feeding places on one side of the road to another bushland and feeding place on the other side of the road.

To keep it safe and strong, tug boat ropes have been used to build this bridge. If you want to see the Gumnut Possum Bridge, the photo courtesy of Bouvard Coast Care Group will help you find it.

Near sunset is a good time to start out on a night stalk.

CREDIT: POSSUM
FEATURED ON
PREVIOUS PAGE
AND IN GUMNUT
POSSUM BRIDGE
PHOTO BY
ADRIAN WAYNE/
DBCA

HOW TO IDENTIFY A RINGY!



These images may help you identify Ringies; they can be dark brown or dark grey with cream and don't forget the tail which is white for half its length.



The Tail of a Ringy is white for half its length.





DOLPHIN BUDDY'S OUTDOOR ADVENTURE JOURNAL

**THIS ADVENTURE JOURNAL HAS BEEN
COMPILED BY VOLUNTEERS FROM**



**Mandurah Environment
and Heritage Group**



Contact: info@mehg.org.com

www.MEHG.org.au

www.facebook.com/dudleydolphin

