

**MANDURAH ENVIRONMENT &  
HERITAGE GROUP PRESENTS**

# **DOLPHIN BUDDY'S OUTDOOR ADVENTURE JOURNAL**

**FREE  
FOR  
KIDS!**



**HEY KIDS! JOIN US FOR  
LOTS OF ECO-FUN  
AND THINGS TO DO !**



[www.dudleydolphin.myclub.org.au](http://www.dudleydolphin.myclub.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**



What did you think of your Eco-Adventures?  
See page 30 and help us to make improvements  
or complete a quick online survey at  
<https://www.surveymonkey.com/r/BBSW6FP>

**THIS**

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



**Name:** .....

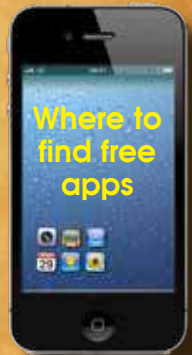
**Age:** .....

## **HOW TO USE THIS JOURNAL.**

**Within this Journal you will find  
11 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 Museum have **brochures and pamphlets** to help you complete your adventures.
- We have also suggested some **free apps** that you can use on your smart phone when out exploring.



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





## BE A BIRD DETECTIVE!!

Location .....

Day / Date ..... Time .....

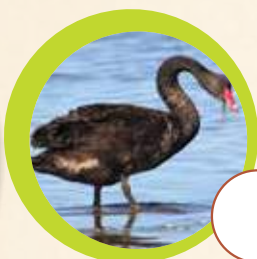
Here are some birds commonly found in wetland areas.

*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? \_\_\_\_



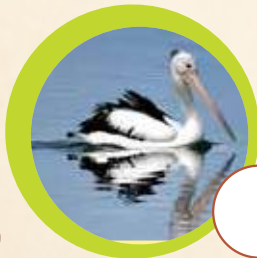
**Australian Darter**  
How many? \_\_\_\_



**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,  
They must be keen  
To see the birds that can be seen!

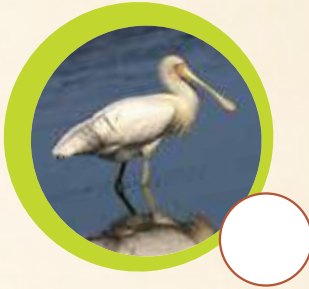


**Note:** Binoculars are very handy for this adventure.  
Also a bird identification book is useful too.



**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.**

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**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 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
- **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 Tanderra Pl



## USEFUL APPS



There are a few useful free apps that  
can be used on a smart phone 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



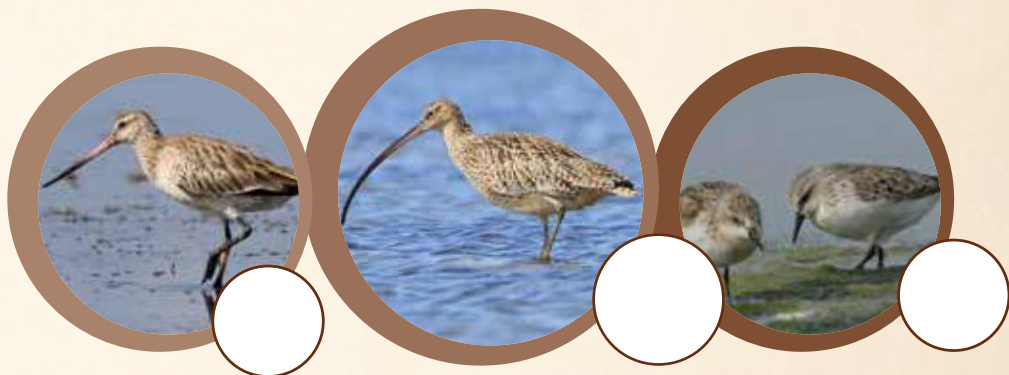
**Each year over 20,000 migratory birds fly from the northern hemisphere to the southern hemisphere**

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**

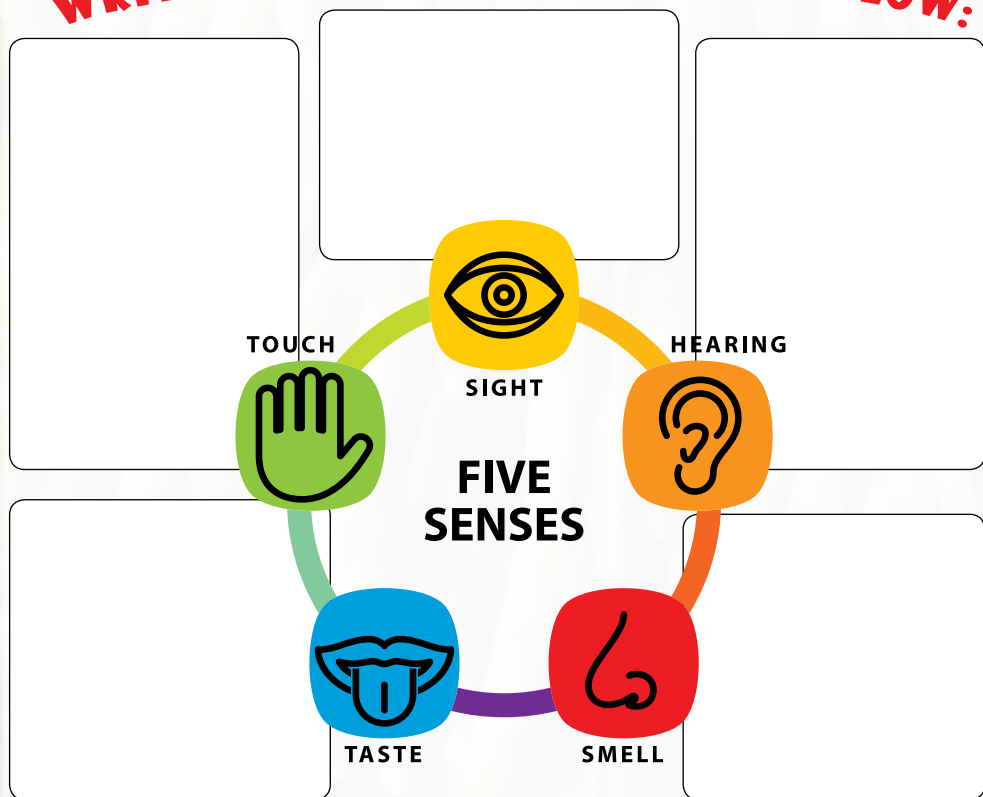
# TAKE A WETLAND WANDER

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

**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.

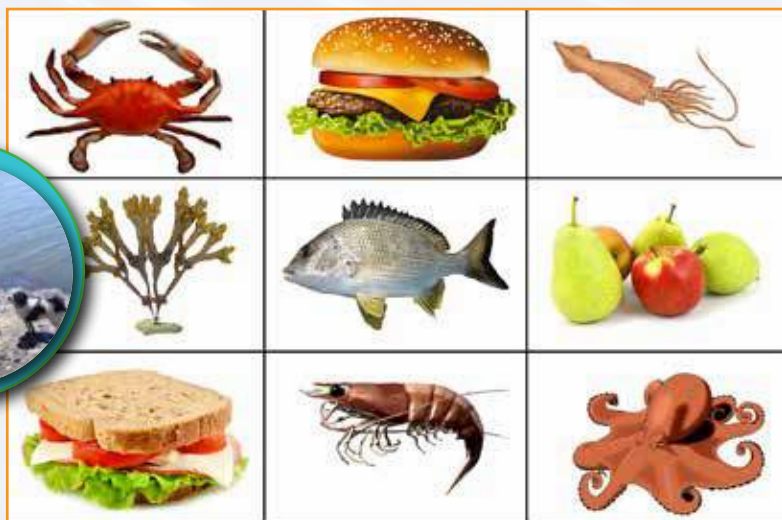
**REMEMBER** to take your measuring guide and return any undersized crabs and fish back to the water.



→ 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.

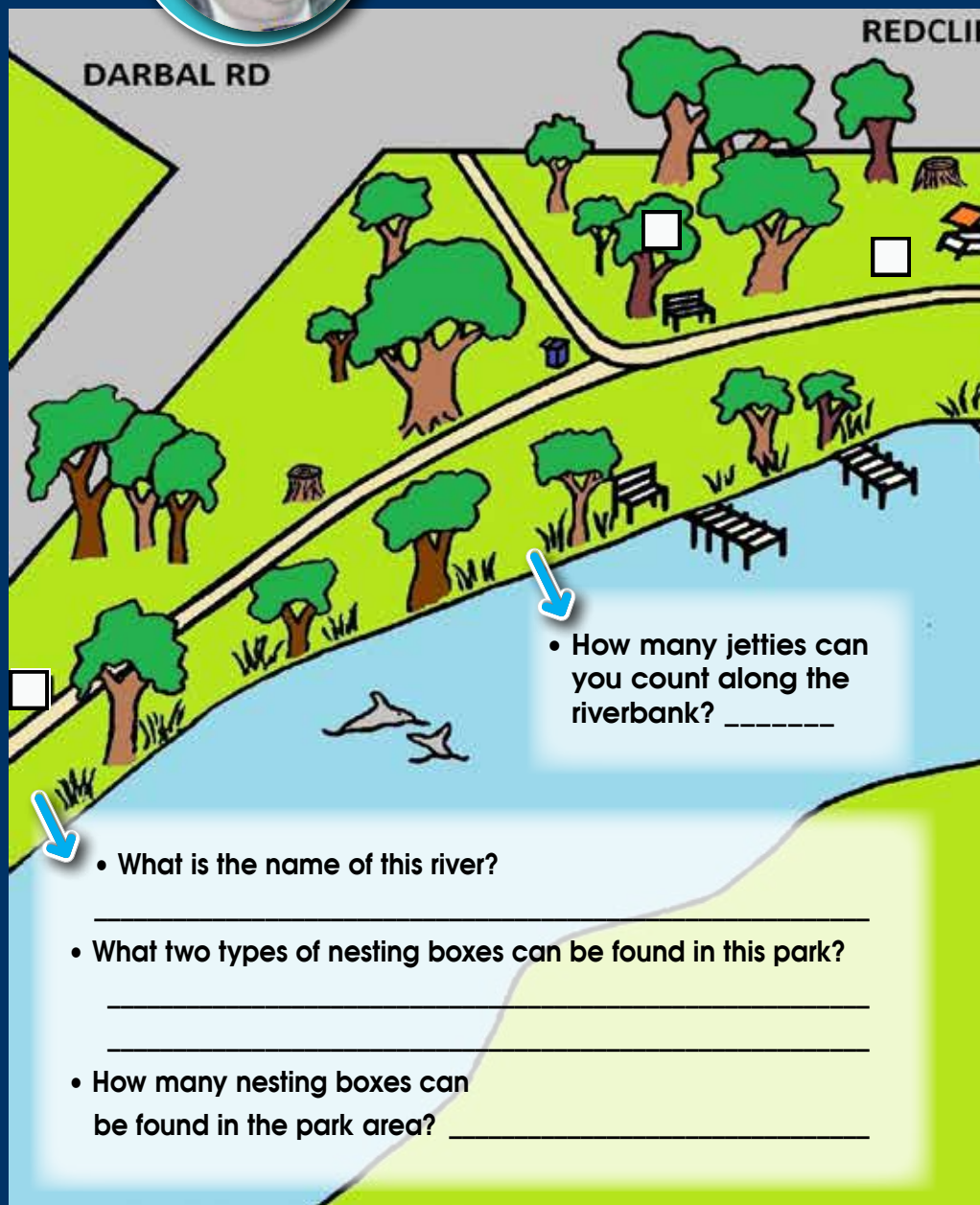
**Look at this poor dolphin entangled in fishing line and seaweed.**

*Photo courtesy of Sally Kirby - Mandurah Volunteer Dolphin Rescuers*



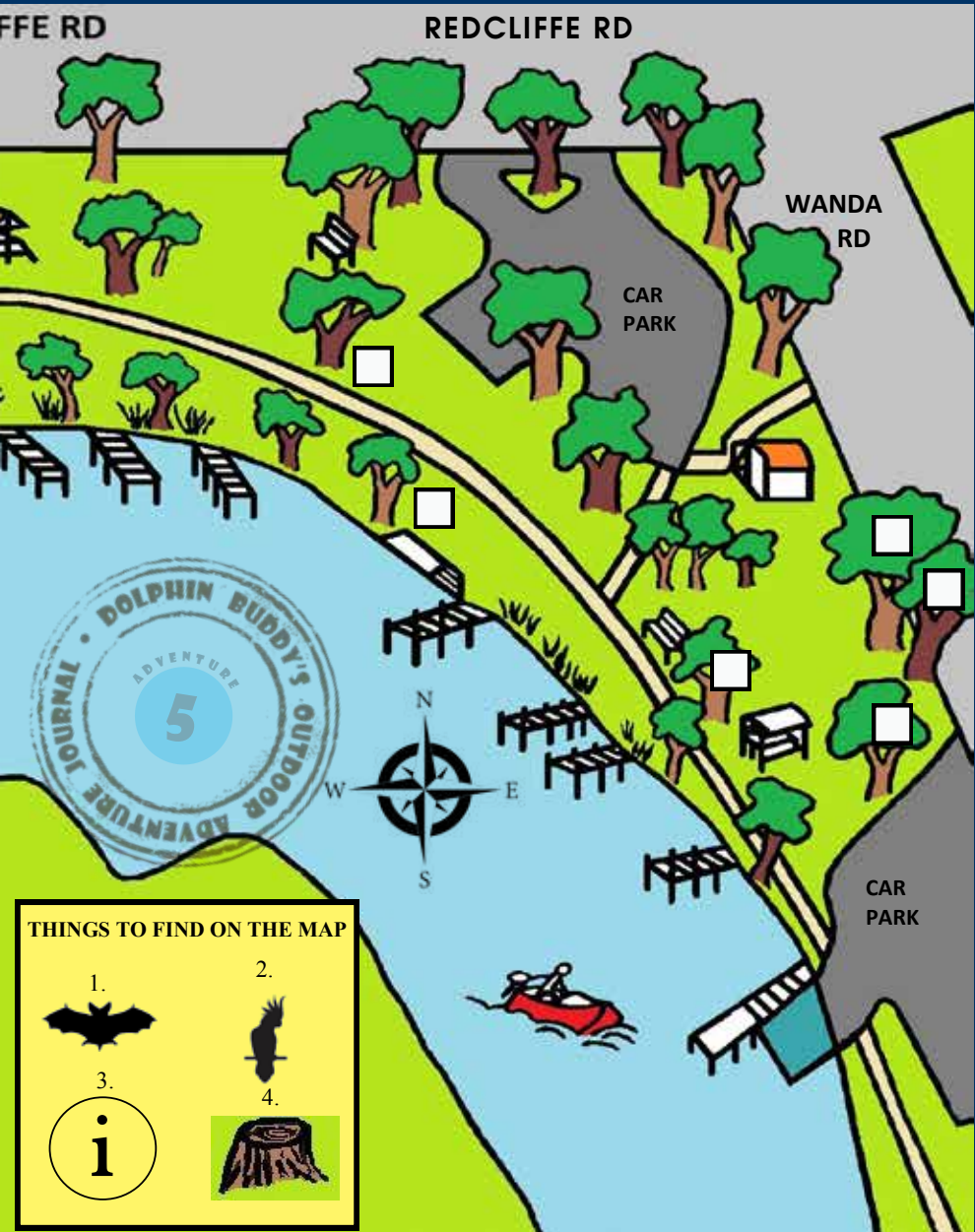


# MAPPING ADVENTURE





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!



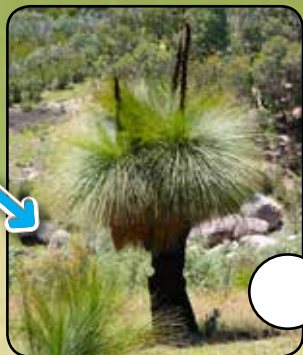
**Coastal Pigface /  
Bain**, The fruit and leaves are edible



**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



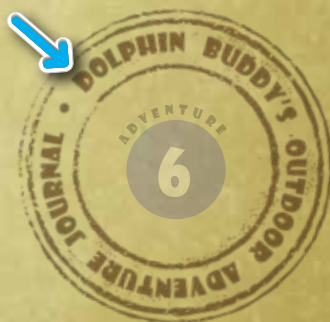
**Bulrush/ Yangeti** - Roots are ground into a paste, moulded into cakes and roasted; centre stem bases are edible as well as the young flowering spikes

**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 smart phone 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](http://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!



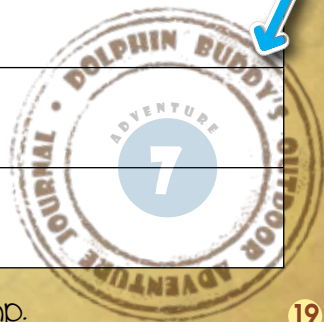
**USE A GPS  
ENABLED  
IPAD OR  
SMART  
PHONE...**

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](http://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

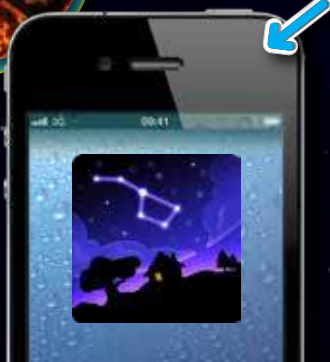


**Two great camping spots close to Mandurah City are:**

- **Herron Point** - Herron Point off Forrest Rd
  - **Martin Tank Lake** - turnoff is on Preston Beach Rd.
- Check out [www.findacamp.com.au](http://www.findacamp.com.au) for more information.

**Some fantastic activities you can do while camping are:**

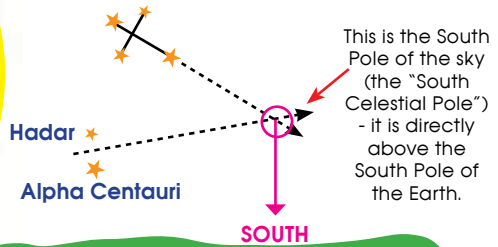
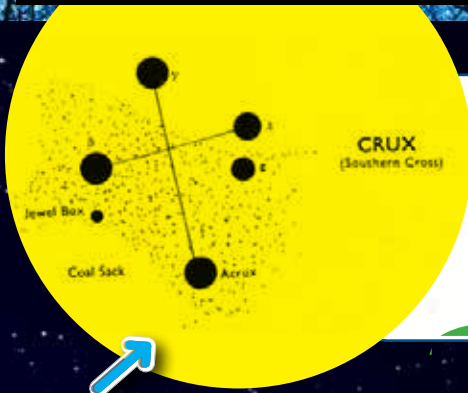
- ★ Go for a hike
- ★ Go fishing
- ★ Watch the sun set
- ★ Toast marshmallows
- ★ LOOK AT THE STARS!
- ★ Sing songs and tell stories around the camp fire
- ★ Go for a swim
- ★ Watch the sun rise.



## Check out

[www.scitech.org.au/the-sky-tonight](http://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?




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## What did you enjoy the most about camping?

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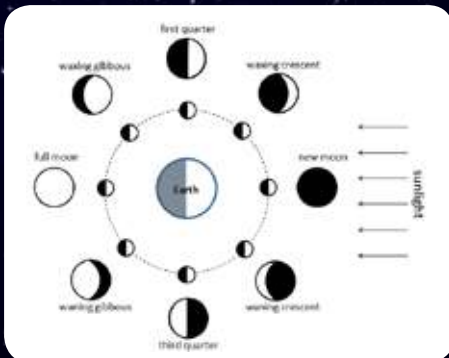


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## Draw a circle around the current phase of the moon.







# 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**



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?



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What creatures did you find?



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Draw your favourite creature of the night.



Date:



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# BECOME A CITIZEN SCIENTIST

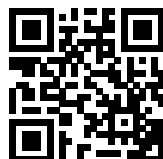


[www.riverguardians.com](http://www.riverguardians.com)

## Dolphin Watch app

download through [www.riverguardians.com](http://www.riverguardians.com)

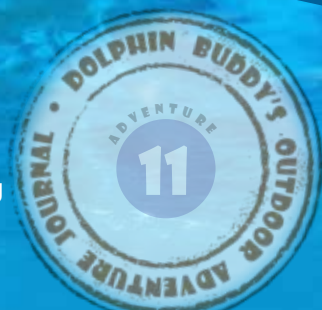
With the new Dolphin Watch app, you can use your smartphone to record and log your observations of dolphins in local marine, estuary and river environments. You can also download the 'Full Mandurah Dolphin Fin Guide' and listen to audio stories about Mandurah's dolphins at [www.riverguardians.com](http://www.riverguardians.com).



## 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**





# DOLPHIN SPOTTER LOG

What were they doing?													
Distinguishing features													
How Many?													
Location													
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 2

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

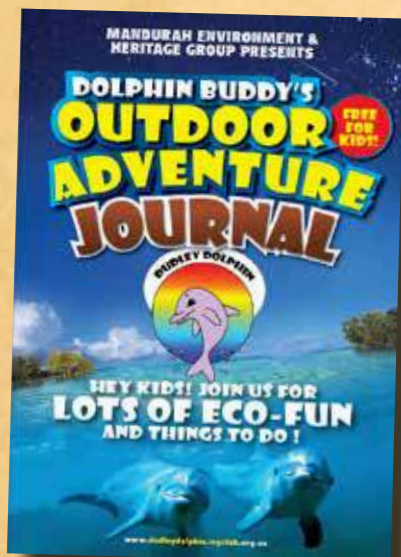




## Your Feedback Matters!

Dear Parents / Teachers / Guardians

- ★ This Adventure Journal has been compiled by volunteers from Mandurah Environment & Heritage Group.
- ★ Please help us to make improvements by completing the online survey below or leaving Dudley a comment on facebook:



Here is the link to the  
surveymonkey feedback survey

<https://www.surveymonkey.com/r/BBSW6FP>





**Don't forget to share  
your adventures and  
photos on Facebook**



look after the waterways  
for me and my friends

**[www.facebook.com](http://www.facebook.com)**

/Dudley-Dolphin-and-the-Dolphin-Buddy-Club-1582661465313348





# **DOLPHIN BUDDY'S OUTDOOR ADVENTURE JOURNAL**

**DOLPHIN BUDDY'S OUTDOOR ADVENTURES  
IN THE PEEL REGION PRESENTED BY**



**Contact: [hellodudley@gmail.com](mailto:hellodudley@gmail.com)  
[www.dudleydolphin.myclub.org.au](http://www.dudleydolphin.myclub.org.au)**

