



*PO Box 27  
BUNDABERG QLD 4670*

## "MAKING TRACKS WITH US"

# BUNDABERG BUSHWALKING CLUB'S NEWSLETTER

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[www.facebook.com/BundabergBushwalkingClub](https://www.facebook.com/BundabergBushwalkingClub)  
[www.bundabergbushwalkers.com](http://www.bundabergbushwalkers.com)

*AUGUST, 2017*

### **2016/2017 Club Executives**

<i>President</i>	<i>Darryl</i>	<i>(4152 8882)</i>
<i>Vice President</i>	<i>Allison</i>	<i>(4155 2875)</i>
<i>Secretary</i>	<i>Joy</i>	<i>(4152 7281)</i>
<i>Treasurer</i>	<i>Barry</i>	<i>(4151 2438)</i>
<i>Newsletter Editor</i>	<i>Jill</i>	<i>(0404 695 644) (4151 2975)</i>
<i>Newsletter Distribution</i>	<i>Pauline &amp; Verlie</i>	<i>(0438 186 559) (4152 8885)</i>
<i>Walk Co-ordinators</i>	<i>Eion, Heinz</i>	<i>(4153 5653) (0408 892 745)</i>
	<i>Peter, Richard</i>	<i>(4155 6697) (0429 888 552)</i>
	<i>Darryl, Brian</i>	<i>(4152 8882) (0419 568 479)</i>
<i>Radios/PLB</i>	<i>Mary</i>	<i>(0414 190 566)</i>
<i>Facebook</i>	<i>Allison &amp; Mary</i>	<i>(4155 2875) (0414 190 566)</i>

### **Current Fees:** (due July 1 each year)

- (1) Membership fees – \$20 per adult  
\$10 if under 18 (for one or more children from the same family)
  
  - (2) Walk fees – \$2.00 per adult member and children 5 to 18 years of age  
\$4.00 per visitor
- .....

### **General:**

*Visitors attending a walk are temporary members for the walk, upon signing the acknowledgement of risk and obligations until the walk outing is completed. A minimum of one walk must be completed before application for membership of the Bundaberg*

***Bushwalking Club will be accepted. Membership application is mandatory after participation in the second walk.***

All persons take part in outings on the understanding that they do so entirely at their own risk. They agree that the responsibility, which they take for their own safety, is the same that they would apply if they were on their own organised outing.

Those intending to participate on outings are asked to contact the nominated walk leader prior to the walk. This particularly applies to newcomers to club outings. Comfortable walking shoes/boots and suitable clothing should be worn on all club outings. A suitable day pack should also be carried (see inside for suggested packs)

On day walks, car loads are generally arranged at the nominated departure point with passengers contributing to petrol costs etc. Suggested basic contributions for passengers are:-

**10-20kms \$5/person, 20-50kms \$8/person, 50-100kms \$10/person  
100-200kms \$15/person, 200-250kms \$20/person, 250-300kms \$25/person**

*Member Handbook.* This reference handbook has been compiled by the club to provide essential information regarding club guidelines, member responsibilities, etc. All club members both new and established are required to have a copy of this booklet. Anyone requiring a booklet please contact any one of the Club Executive.

**Newsletters are available from the following outlets:**

1. Bundaberg Disposals and Outdoors
2. B.C.F.
3. Midcity Markets Disposals (51 Bourbong Street)
4. Bundaberg Regional Council Library
5. Gin Gin Regional Library

**It would be appreciated if any contributions to the newsletter (and they are always welcome) could be received by the editor several days before the meeting.**

**Email address for newsletter items is: [jill@miljil.com](mailto:jill@miljil.com)**

*The club email address is [info@bundabergbushwalkers.com](mailto:info@bundabergbushwalkers.com)*

**Contact Code    A few reminders for all walkers**

- Please contact walk leaders **a least one week before a walk**. If you leave it till Thursday or Friday night you may be disappointed to find that the walk has been cancelled, due to apparent lack of interest. Also dates, details etc can & do change. Leaders give their time to organise walks and need to know if they are committed to lead a walk.
  - Arrive at the meeting point 10 minutes before the set time. Our times are departure times and we try to be punctual. Late walkers can be left behind!
  - Read the walk description and note the rating. If you are unsure of your abilities, please discuss this with the leader before nominating. Neither you nor other walkers will have a good day if your fitness is not of a suitable standard.
  - Do you have a health problem that may affect your performance on a walk? It is important that you inform the leader of this and discuss the matter.
  - If you have commitments after a walk please discuss this with the leader before commencing a walk. Leaders cannot guarantee the time of return, due to weather, terrain & the expertise of walkers
- Many thanks to Gladstone Clubs Newsletter editor for the basis of this information.

**Walk Fees:** Walk fees are \$2 per adult member and children 5 to 18 years of age. Visitors pay \$4 per adult. The walk fees will continue to be reviewed quarterly.

### **President's Ponderings:**

With the Annual General Meeting to be held next month (Tuesday 5<sup>th</sup> September) I need to remind all members that a good attendance is required to meet quorum requirements as per the Constitution and you need to be a financial member to vote. All members need to reflect on how they can contribute to the Club, whether this be by taking on an Executive position role or simply by being a more active member with the aim to growing and developing our Club into the future. Can you assist by becoming an active member of our community?

I also wish to remind everyone that the Annual Membership Fee Renewal is now overdue.

Why join a Bushwalking Club? Bushwalking gives you the opportunity of sharing the beauty of our Australian bush with other like-minded people. It provides us with a wonderful feeling when discovering a picturesque waterhole in a dry creek, hearing the sounds of birds or seeing a variety of plants.

LET'S GET THE MESSAGE OUT THERE – Walking/Bushwalking in the great outdoors is an activity that's good for your body and your mind, whether you be aged 8 or 80. The Club organises a variety of day walks in different locations being graded to meet the needs of all types of bushwalkers from "family" to those who like a challenge.

Thank you to all those members who work so hard to make all our activities possible, without you we would not have a club.

Happy walking  
Darryl

### **Bundaberg Bushwalking Club Facebook**

If you're on Facebook then check out the Club's Facebook page and please 'Like' us. There will be regular posts and photos of club walks and outings.

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

### **Bushwalking Queensland – Facebook and Twitter**

[www.facebook.com/groups/bushwalkingqueensland/](http://www.facebook.com/groups/bushwalkingqueensland/)

They are also on Twitter with the handle being [@BushwalkingQld](https://twitter.com/BushwalkingQld).

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### **WALK REPORTS:**

#### **July 23, 2017 – Voss Road, Elliott River**

A small group of six walkers turned up for this walk and navigational exercise in the Cordalba State Forest (Voss Road area). On arrival at the usual starting point for a walk in this area, we found that tree harvesting had taken place and the whole section of this part of the forest looked like a bare rough moon surface with not a tree left. A quick re-think took place and although we were unable to carry out the compass exercise we did have a play with the GPS and then took a "stroll" along a walking and bike track which followed the Elliott River. We ended up doing a 6km walk returning to the cars by midday. We then packed up and drove back to Lake Gregory for lunch. It was a very pleasant day. - Barry

### **July 23, 2017 – The Giant's Staircase, Mt Walsh National Park**

A brisk winter's morning greeted 11 walkers comprising three new members and four visitors. After parking the cars at the end of Lemon Tree Road, we headed up the creek experiencing a lot of rock hopping. This gave the leg muscles a workout, with most only finding out just how much the following day. The weather warmed up during the day (thought we had hit springtime) and we continued up the creek checking out the environment around us with plenty of photo stops until we reached those large rocks which form the giant staircase. The stairs proved to be quite challenging and we experienced a minor rock fall which trapped the foot of one of our visiting walkers. Fortunately, once the rock was moved the injury was minor and did not stop our visitor from enjoying the day's walk. We stopped for lunch at the top of the ridge enjoying some great views of the Mt Walsh National Park before heading back down to the cars. We walked approximately 10 km in 6 hours and all walkers appreciated seeing those cars parked at the end of the hard day's walking. Many thanks to Ian who assisted me on this walk. - Darryl

### **A Reminder**

**Membership fees are due 1 July each year – Please do not send cash through the mail**

### **FUTURE WALKS AND OUTINGS**

**OUR INSURANCE COVER REQUIRES THAT WALKERS MUST BE FINANCIAL MEMBERS OF THE CLUB. FINANCIAL MEMBERS MUST SHOW THEIR MEMBERSHIP CARD AT THE START OF EACH WALK / OUTING**

**PLEASE STUDY THE BACKPACK REQUIREMENTS BEFORE PARTICIPATING IN A WALK**

### **August 6, 2017 – Mt Perry (mountain), Mt Perry – Hard S3c**

This hard walk will summit Mt Perry (750 metres) with excellent views from the top. Requirements – 3 litres of water, food, hat, sunscreen and a personal first-aid kit. Leave from North State School at 7.00am. Contact Ian (0418 648 312) to register.

### **August 6, 2017 – Vera Scarth-Johnson Wildflower Reserve - Easy S1a**

This easy walk on formed tracks will meander through the 93 hectare wildflower reserve to the Elliott River. The reserve is located on Coonarr Road, 17kms from Bundaberg. Requirements - 2 litres of water, food, hat, sunscreen and a personal first-aid kit. Leave from Thabeban State School at 8.00am. Contact Barry (4151 2438) to register.

### **August 20, 2017 – Secret Garden, Coongara Rock, Mt Walsh National Park – Hard S3c**

This hard walk, some off track, will also involve some rock scrambling. Agility a must. 4WD required. Requirements - 3 litres of water, food, hat, sunscreen and a personal first-aid kit. Leave from Brothers Club car park at 7.00am. Contact Darryl (4152 8882) to register.

### **August 20, 2017 – The Hummock – Easy S1a**

This easy walk will meander around the Hummock. Requirements - 2 litres of water, food, hat, sunscreen and a personal first-aid kit. Leave from the Riverside Parklands, Quay Street at 9.00am. Contact Allison (4155 2875) to register.

### **August 27, 2017 – Social outing at Bucca**

This social outing will include lunch at the Bucca Hotel followed by a walk or kayak. Leave from North State School at 10.00am. Contact Chris (0429 809 282) to register.

### **September 3, 2017 – Old Goldmine, Cordalba State Forest – Easy/Medium combined**

This walk will visit the old Mt Ideal Goldmine on Woco Creek in the Cordalba State Forest. Both easy and medium walks will be available. Requirements - 2 litres of water, food, hat, sunscreen and a personal first-aid kit. Leave from Brothers Club car park at 8.00am. Contact Barry (4151 2438) to register.

### **September 5, 2017 – Annual General Meeting followed by Monthly Meeting**

Meet at Bundaberg State High School (F Block) beside the Administration Building at 7.00pm. Park on Maryborough Street and enter through the gate beside the Administration Building.

### **September 10, 2017 – Apple Tree Creek Vineyard social outing – to be confirmed**

This social outing will be a walk around a private vineyard at Apple Tree Creek. Leave from Brothers Club car park at 9.00am. Contact Verlie (4152 8885) to register.

### **September 17, 2017 – Boardwalk/Banksia Track, Burrum Coast National Park – Easy S1a**

This easy walk along the boardwalk takes you over swampland and open forest into a palm forest and towards wildflower territory. Four walking tracks offer you a chance to take a closer look at Woodgate's scenery and wildlife. Requirements - 2 litres of water, food, hat, sunscreen and a personal first-aid kit. Leave from Thabeban State School at 8.00am. Contact Allison (4155 2875) to register.

### **September 17, 2017 – Kinkuna National Park exploratory drive and walk - Medium**

This will be a recce of the southern section of the Kinkuna National Park to map future walks in the area. High clearance 4WD required. Requirements - 2 litres of water, food, hat, sunscreen and a personal first-aid kit. Leave from Thabeban State School at 8.00am. Contact Peter (4155 6697) to register.

### **September 30 – October 2, 2017 – Kalpower State Forest**

Spend the long weekend camping and exploring the area around the Kalpower State Forest. The campground beside Crane Creek has plenty of grassy sites for camping beside your car and also accommodates those with caravans and trailers. You need to be self-sufficient, preferably with a gas/fuel stove and bring your own firewood. The water must be treated or boiled before use. Make your own bookings at [www.npsr.qld.gov.au](http://www.npsr.qld.gov.au) Contact Lucinda (0421 011 181).

### **October 3, 2017 – Monthly Meeting**

Meet at Bundaberg State High School (F Block) beside the Administration Building at 7.00pm. Park on Maryborough Street and enter through the gate beside the Administration Building.

### **October 8, 2017 – North Bundaberg Story Walk – social outing**

Meet at the Foundry (Bundaberg Walkers), Gavin Street, North Bundaberg at 9.00am to begin this self-guided discovery trail around North Bundaberg followed by lunch. Contact Joy (4152 7281) to register.

**October 15, 2017 – Walker's Point, Burrum Coast National Park– Easy M1a**

This circuit walk on formed tracks will follow the Melaleuca Track to the campground at the mouth of the Burrum River and return to Walker's Point (12kms). Requirements - 2 litres of water, food, hat, sunscreen and a personal first-aid kit. Leave from Thabeban State School at 8.00am. Contact Ian (0418 648 312) to register.

**October 15, 2017 – Mt Walsh, Mt Walsh National Park – Hard S3c**

This hard walk will leave from the Mt Walsh picnic area. Mt Walsh is 703 metres above sea level and a reasonable level of fitness is required for this walk. Excellent views from the top. Requirements - 3 litres of water, food, hat, sunscreen and a personal first-aid kit. Leave from Brothers Club car park at 7.00am. Contact Graham (0435 586 811) to register.

**October 29, 2017 – Avondale and Meadowvale Nature Reserve – Easy S1a**

This outing on formed tracks will start at Avondale and finish at the nature reserve at Meadowvale. Requirements - 2 litres of water, food, hat, sunscreen and a personal first-aid kit. Leave from North State School at 8.00am. Contact Allison (4155 2875) to register.

**November 7, 2017 – Monthly Meeting**

Meet at Bundaberg State High School (F Block) beside the Administration Building at 7.00pm. Park on Maryborough Street and enter through the gate beside the Administration Building.

**December 5, 2017 – Monthly Meeting**

Meet at Bundaberg State High School (F Block) beside the Administration Building at 7.00pm. Park on Maryborough Street and enter through the gate beside the Administration Building.

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**FOR YOUR INFORMATION**

The club would like to welcome the following new members.

Gail Coles  
Sarah Dinham  
Maree Isaacs  
Graham Rose  
Ronda Rooskov  
Dee Sweeting

**2017 Annual Photo Competition Rules**

Photos must be taken during the current year and on club walks or outings.

Categories: Landscape, Wildlife, Macro and People (one or more persons) along with a photo of any subject featuring the colour '*black*'.

An additional category of Free Choice has been included this year. This may be a photo of any subject taken in any year.

One 6 x 4 photo per person per category. \$10 Bunnings gift vouchers as prizes.

## **Membership Fees**

**When paying membership fees, please do not send cash through the mail. If you wish you may pay your fees by direct debit to the Club's account which is BSB 064-403 Account No. 00915879 and quote your surname as the 'reference'. You may also pay your fees to the walk leader at your first available walk. A receipt will be emailed to you by the Treasurer.**

## **Walk Recce Costs**

**Just a reminder to anyone carrying out recce's for walks. Funds are available to cover expenses (fuel etc.). Just submit a claim (mileage travelled) to the treasurer.**

## **First Aid**

**In an attempt to encourage more members to become First Aid proficient, the Club will pay a 50% fee subsidy to those members who attend and complete a recognised First Aid or CPR course.**

**The subsidy will be paid on presentation to the Treasurer of the receipt for such course.**

## **Walk Gradings**

<b>Max Kilometres per day</b>	<b>Terrain</b>	<b>Fitness</b>
<b>S.</b> up to 10 kilometres	<b>1.</b> Graded track	<b>a.</b> Unfit beginners
<b>M.</b> 10-15 kilometres	<b>2.</b> Tracks, steeper sections, open terrain	<b>b.</b> Fit beginners
<b>L.</b> 15-20 kilometres	<b>3.</b> Off track, minor scrub, creek/rock hopping, minimal navigation	<b>c.</b> Fitness and/or agility required
<b>X.</b> Over 20 kilometres	<b>4.</b> Scrambling, thick rainforest, hard navigation <b>5.</b> Technical rock ability, abseil	<b>d.</b> Good fitness and agility a must <b>e.</b> Strenuous. Experienced, very fit walkers only

***Thank you to Leanne Donaldson MP, Member for Bundaberg, for the photocopying of this Newsletter.***

## SUGGESTED BACKPACK CONTENTS

Bushwalking activities by their nature have a potential risk. To minimise the risk you are responsible for your own backpack contents and medical needs. The Leader has the right to ensure you have the basics.

### COMPULSORY

Hat	Rain jacket (or poncho)	First Aid Kit
Water (at least 2-3 Litres)	Lunch & snacks	Spare food
Torch or Headlamp	Whistle	Pencil & Paper
Toilet paper	Mirror (old CD)	
Thermals (at least a spare warm shirt or jacket)		
Compass or GPS (& learn how to use them), spare batteries		

### OPTIONAL

Space blanket	Multi tool/pocket knife	Pink surveyors tape
Soft gardening gloves (good for lantana, sun protection or if cold)		

### EMERGENCY

Matches in a waterproof container, small candle stub or tea light  
Emergency fly Water purifying tablets  
Roll of good quality gaffer tape

### FIRST AID IDEAS

#### Basics:

1 triangular bandage	Elastic bandage
2 non adhesive dressings	Gauze bandages 25mm, 50mm, 75 mm
Scissors, Tweezers, Needles	Safety pins
Crepe bandage (snake bite, sprains)	Wound dressings (bandaids, various)
Eye patch	Plastic bag
Painkilling tablets	Antiseptic cream
Insect repellent	Sunscreen
Cream for stings (eg paraderm, stingose)	
Space blanket (alternate is a large garbage bag)	
Emergency information sheet & <b>personal medication</b>	
First Aid Ready Reckoner book	

#### Other:

Gastrolyte	Anti diarrhoea tablets	Antihistamine
Lavender oil (antiseptic & soothing. Applied neat to the skin it relieves chafing, sunburn and other burns)		
Tea tree oil (antiseptic and antifungal. Apply to skin diluted. Can be mixed with lavender & water as insect repellent)		
'Second Skin': Wound tape (good for blisters)		
'Wart Off Freeze' to remove ticks		



