



*PO Box 27
BUNDABERG QLD 4670*

"MAKING TRACKS WITH US"

BUNDABERG BUSHWALKING CLUB'S NEWSLETTER

info@bundabergbushwalkers.com
www.facebook.com/BundabergBushwalkingClub
www.bundabergbushwalkers.com

JULY, 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 & 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 & 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
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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

The club email address is 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 fast approaching, it is timely to remind our members that a good attendance is required to meet quorum requirements as per the Constitution. It is also appropriate that our members 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 of growth and development of the Club into the future.

Can you assist by becoming a Walk Leader? Currently we are only a small team and spreading the knowledge, simply put, is vital. The aim is to provide our members and visitors with varied walks encompassing different grades. Our current leaders would be glad to provide training and assistance at any time. Maybe some members have suggestions for possible walks to be included in our future walks program.

With the end of the bushwalking year, I wish to remind everyone that the Annual Membership Fee Renewal is now due.

The weather over the past weeks has certainly been perfect for walking and I hope you all have had time to be out and about on one of the walks. Thank you to all those members who made these great walks 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

Bushwalking Queensland – Facebook and Twitter

www.facebook.com/groups/bushwalkingqueensland/

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

WALK REPORTS:

June 11, 2017 –The Pinnacles, Mt Walsh National Park

15 keen bushwalkers turned up to tackle the trek to the top of the Pinnacles at Mt Walsh National Park. The weather, being a fine mild winter's day with a slight breeze, made for comfortable walking conditions. After some short stops up the slope, we began the boulder climbing section over the top of the 'first pin', down and around the 'middle pin' to the 'highest pin' while enjoying the ingredients of a good walk along the way. With an early lunch break up the top and with awesome views and plenty of laughter, it all seemed too good to end.

Anyhow all good things, so back down and around to the 'Eagle's Head Rock' to pay it a visit, then down, down, down to the Mt Walsh main track to finally arrive at the car park for a well earned rest.

So here's hoping to see you all again on the next walk, 'somewhere in the great outdoors' and thank you again, for your cheerful, pleasant company! - *Ian*

June 11, 2017 – Cordalba State Forest – southern section

On a cool overcast morning nine people drove to the turnoff past the Isis Sugar Mill and waited while Barry drove to Apple Tree Creek to meet Elaine and Chris making 11 members including two new people on the walk. We drove down the dusty road to where we parked the cars. The cattle were very curious and stood around noisily calling to one another about the intruders invading their domain. That did not deter us from the usual kickstart morning tea/coffee. We walked down to where the water crossed on the roadway and up the hill where we commenced walking towards the old railway line. The framework of the old timber bridge over Sandy Creek on the Isis Branch line is still standing and many photographs were taken. Barry explained the plans for the line to be rebuilt and a culvert to be put in place of the bridge. We turned back and followed the old railway track stopping at the place where the trains filled up from an old water tank. We had a rest stop sitting on logs at the old station gates where we could make out the name "Thymme" over the station gateway. After the break we made our way up the hill to the cattle yards where we saw notices warning of security cameras in the area. We followed the roadway where we found the old weir wall with the water running over it. The GPS showed we had walked 5.7klm and a very enjoyable morning was had by everyone. Thank you Barry. - *Joy*

June 17, 2017 – Social day at Coonarr Beach

It was a cool misty morning when we drove to Coonarr Beach. We were nearly at the carpark when much to our surprise we had a big shiny black pig standing on the road in front of us. There were four little fat black piglets following behind her running as fast as their little legs could carry them. They ran into the bush after crossing the road. The walk along the beach with the mist lifting, the tide turning and the sun rising to another beautiful day with birds and sea eagles flying above was great. After 2 or 3 klms we returned to the cars for the usual cuppa and headed back home. How many were on the early morning walk? The kayakers did not come and it was left to Ian and myself to do the walk. Thank you Ian. - *Joy*

June 25 , 2017 – Coongara Creek waterfall to Coongara Rock carpark

14 walkers signed up for this walk, plus three more for support. I found out on the morning of the walk that the last time the club did this walk, some walkers ended up staying the night in the park and the rescue helicopter was called. No one told me that earlier! Logistically this walk was interesting as the track to the waterfall is 4WD only and not all walkers had a 4WD, but we managed to fit everyone in. The track definitely had some rough sections, but all cars made it to the waterfall carpark and after a cuppa, we set off at about 10am. The waterfall wasn't actually running, but there was clear water in the rockpools. We found our way down the waterfall and shortly thereafter we had two walkers take small tumbles. They were OK save for some good bruises, so we continued down the creek. It was a lovely day and was fairly clear walking until the Coongara Creek rockpools where we stopped for lunch in the company of a very large eel! While we were trying to figure out the track around the pools, Nonzia slipped on the rocks and fell into the water, shoes, pack and phone included! Ian, the gentleman, rushed to assist but as he reached out to taker her phone, his phone dropped out of his pocket and is now keeping the eel company. Nonzia got out safely and managed to dry off a little before we bashed our way around the pool and back to the creek to continue the trek home. The rest of the walk was a little tougher, with a bit thicker vegetation and a slight detour onto the long and hard track home (via the ridge) before we found the best way. We all made it back to the rock carpark safely and the support vehicles took the drivers back to the cars while the rest of us walked the 3km to the junction to wait for them. I think those last 3 km were the hardest

walking we did all day! We had to wait a while for the cars, but they were a welcome sight. We made it back to Bundaberg close to dark.

Thanks everyone for a great day and a special thanks goes to Mary, Peter and Barry for joining us as support vehicles and assisting with the car shuffle. You certainly made our day easier. - *Lucinda*

July 2, 2017 – Cordalba State Forest – northern section

11 people left the Brothers Club car park and drove to Cordalba where we met two more people from Gin Gin at the turnoff. It was good to welcome three new members Debbie, Ronda and Maree and also the two boys William and Sam with their parents Margaret and Tom. One or two heart pumping climbs up steep parts of the gravel road soon warmed everyone up. In some places trees were lying across the road leaving dead leaves, twigs and branches to scramble around. We saw the remains of two old railway bridges that once spanned across a now dry creek bed. We followed the old railway track where several old timber sleepers were lying about, they were once a very essential part of the railway line. Another big climb up the last hill and we were back at the cars after approximately 5km of walking where some of us enjoyed smoko. It was a lovely day and everyone enjoyed the walk. Six members headed for Mollydookers at Apple tree Creek for lunch. Unfortunately they were booked out, a very busy place on a Sunday. The pub was not suitable for meals so we drove into Childers. Here we found the RSL had their kitchen closed for renovations and the Childers pub not open for Sunday lunch. As a last chance we walked over to the Isis Bowls Club and a very nice luncheon was had by everyone. Thank you Barry for the day at Cordalba. We have now walked the rail line in both south and north sections and were very lucky to have beautiful weather. - *Joy*

July 9, 2017 - Cassillus Creek, (near Granite Creek Rest Area) - Cancelled

July 9, 2017 – Mon Repos to Oaks Beach and return

Seven people met at the Mon Repos car park for a very enjoyable walk along the beachfront on a beautiful day. The three faster walkers went ahead to Oaks Beach for their morning tea. The four slower people found a seat overlooking the sea and watched the fishermen in their boats and some trying their luck from the rocks. We walked about 5-6 km and on our return to the cars there was a discussion where to go for lunch. We drove to the Port Mariner for fish and chips where we could see a calm sea and many boats in the background as we ate lunch. It has been great weather for bushwalking and it would be good to see more people participate in the walks before the heat of summer moves in. Many thanks to Verlie for the walk. - *Joy*

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

July 23, 2017 – The Giant's Staircase, Mt Walsh National Park – Hard M3d

This long, hard walk in the Mt Walsh National Park is suitable for fit, serious walkers only. This walk will vary slightly on previous walks at this location. Requirements - at least 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.

July 23, 2017 – Voss Road, Elliott River – Easy S1a

This will be an easy ramble and map reading exercise. 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.

August 1, 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.

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

This hard walk will summit of Mt Perry 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 (Saturday) – 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. Walk leaders TBA. 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 8 – 10, 2017 – Pilgrimage at Killarney Showgrounds

YHA Bushwalkers will be hosting this year's pilgrimage at Killarney Showgrounds. Cost \$50.00 per person for unpowered camping. Visit their website – yhabrisbanebushwalking.org.au - to register.

September 17, 2017 – Kinkuna National Park – Easy

More details to follow.

September 17, 2017 – Kinkuna National Park – Hard

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. More details to follow.

September Social Outing – North Bundaberg Story Walk

More details to follow on this self guided discovery trail around North Bundaberg followed by lunch.

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 More details to follow.

FOR YOUR INFORMATION

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

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

	Water purifying tablets
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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 & personal medication	
First Aid Ready Reckoner book	

Other:

Gastrolyte	Anti diarrhoea tablets	Antihistamine
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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

