



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

MARCH, 2017

2016/2017 Club Executives

<i>President</i>	<i>Vacant</i>	
<i>Vice Presidents</i>	<i>Allison & Darryl</i>	<i>(4155 2875) (4152 8882)</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

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. Ray's Outdoors
6. 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.

➤ **Name Badges:** These are available at \$4.00 each. Contact Barry (41512438) for yours.

➤ **Membership Cards:** All financial members must have their card and be able to produce it at the start of each walk on request.

President's Ponderings

The Club's President, Shane Doyle, resigned in February. Expressions of interest to fill the position of President is now being sought from members. Hopefully the position will be filled at the next meeting to be held on Tuesday, 28 March, 2017.

Walk leaders please contact Mary on 0414 190 566 to collect two way radios and PLBs.

Please Note: Due to the club trip to the Southern Highlands departing on 1 April, our April meeting has been brought forward one week to Tuesday, 28 March.

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:

February 12, 2017 – Moore Park Beach

We met at North School to sign on for the first walk of the year. Travelling to the shopping centre at Moore Park Beach some stopped for fish and chips. At the carpark where we had our meals, others bought fish and chips from the shop there. Some cooked on the BBQ and it was very nice to see 21 people ready to start the walk down to the beach after cleaning up and putting chairs etc away. We were greeted by a good cool wind blowing down the beach, the tide was going out and the cooler air put life back into everybody after the last few days of relentless hot weather.

It was very nice to meet and talk to the new members while walking along the sand where some soon had their shoes off. On the return trip we could see a pinkish haze coming up on the waterline and before long the beautiful full moon appeared. Thank you Verlie. It was very good to get back into walking mode again. - Joy

February 26, 2017 – Norval Park and Smith's Crossing

A small group of seven met up at the North Bundy PRIMARY school where we awaited the arrival of second time visitor Val. She was soon spotted driving straight past having assumed the meeting spot was the HIGH school. After waiting a few minutes in case she returned, we headed off collecting two more walkers along the Rosedale Road. Fortunately Val – unlike some longtime Bundy residents - was familiar with the Norval Park area and met up with us at the camp/picnic area. After the mandatory morning cuppa, we enjoyed a pleasant amble along Littabella beach to the mouth of Mullet Creek. The tide was well in and a pleasant breeze took the edge off the heat. We arrived back

at the cars around 11.30am and quickly agreed it was too hot for any more walking. As there was not a lot of shade in the picnic area we headed off to the more spacious picnic ground at Smith's Crossing to enjoy lunch. Three prospective kayakers, including new member Michelle who has joined us from the Rockhampton club, stayed on and were joined by Ian for an energetic paddle downstream against a strengthening afternoon headwind. A short distance past the Rosedale Road bridge we turned around and retraced our course, although the tail wind didn't seem to offer much assistance. After affixing the kayaks to our vehicles, a quick dip in the river provided a welcome cooldown before we all headed homewards. - *Mary*

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

March 12, 2017 – Boolbunda Rock - Hard S3d/e – Cancelled

Due to the heat and a lack of interest, this walk has been cancelled and will be rescheduled for the cooler months.

March 12, 2017 – Walker's Point to Burrum Point camping area and return – Easy S1b

This circuit walk on formed tracks will leave from Walker's Point and follow the Melaleuca Track to the camp ground at the mouth of the Burrum River. There will be time for a swim and a relax on the beach before returning to Walker's Point.

Requirements – 2 litres water, food, hat, sunscreen, insect repellent and a personal first aid kit. Leave from Thabeban State School at 8.00am. Contact Verlie (4152 8885) to register.

March 26, 2017 – Monduran Dam - Kayaking

This will be a kayak outing on the dam with (maybe) an overnight camp on an island. Contact Bev and Brian on 0419 568 479 for more information.

March 26, 2017 – Monduran Dam – Easy S1b

This easy walk in the vicinity of the dam will be on formed tracks with some ups and downs.

Requirements – 2 litres of water, food, hat, sunscreen and a personal first aid kit. Leave from North State School at 7.30am. Contact Jill (0404 695 644) to register.

March 28, 2017 – Monthly Meeting – Date change from April 4 due to NSW trip

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.

April 1, 2017 – Southern Highlands trip, NSW

This camping and sight-seeing trip to the Southern Highlands of NSW will commence on April 1. We will be staying mostly at free camps with maybe a caravan park or two on the way down. It is proposed to visit the Standing Stones at Glen Innes, stay a couple of nights at The Drips (north of Mudgee) before moving on to Hill End, Wombeyan Caves and finally an alpaca farm in the Moss Vale area where we will base ourselves for eight days. Contact Richard (0429 888 552) for more information.

April 9, 2017 – Sheepstation Creek, Watalgan – Medium S3d

This will be an off track walk. Requirements – 3 litres water, food, hat, sunscreen and a personal first aid kit. Leave from North State School at 7.00am. Contact Ian (0488 588 917) to register.

April 9, 2017 – Easy walk – TBA

April 14 – 17, 2017 - Easter Camping at Gaeta Reserve

Spend Easter camping at Gaeta Reserve in the vicinity of Bania National Park. The reserve has toilets, tables and a covered shelter shed with power. There are no showers and you must bring your own drinking water. Cost is \$5.00 per person/per night donated to the Gaeta Rural Fire Brigade. Walks to Camp Creek, Bania National Park and the Mt Perry area can be made from the reserve. Contact Darryl (4152 8882) for more information.

April 23, 2017 – Mt. Walsh, Mt Walsh National Park – Hard S3d

This hard walk will leave from the Brothers Club car park at 7.00am. Requirements – at least 3 litres of water, food, hat, sunscreen and a personal first aid kit. Contact Ian (0488 588 917) to register. As this happens to be Ian's birthday, maybe there will be champagne at the top??

April 23, 2017 – Easy walk TBA

April 29 – May 1, 2017 – Combined Camp at Miriam Vale

This year's combined camp will be hosted by the Gladstone District Bushwalkers and held at the Magpies Football Grounds, Larson Street, Miriam Vale from Friday afternoon to Monday morning and is open to financial members of affiliated bushwalking clubs. Cost: \$40 or \$50 per person depending on how long you stay. This includes a substantial supper on Saturday night. Registration: payable by bank transfer, cheque or money order. Enquiries: Mark 0419780959 or gladbw@gmail.com. The official invitation will be emailed to members.

May 2, 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.

May 14, 2017 – Wongi State Forest (Kullogum Section) - Easy S2b

This walk can be used for navigational practice – either with GPS or compass and map. The club has an ample supply of both GPS and compasses for those who do not own their own.

Requirements – 2 litres of water, food, hat, sunscreen and a personal first aid kit.

Leave from the Brothers Club car park at 8.00am. Contact Barry (4151 2438) to register.

May 28, 2017 – Coongarra Rock to the waterfall – Medium S3d

This walk will involve a car shuffle. The walk will be from Coongarra Rock, down Smith Creek and then up Coongarra Creek to the waterfall. Leave from Brothers Club car park at 7.00am.

Contact Richard (0429 888 552) to register.

June 1 – 4, 2017 – Bunya Mountains (Bundaberg Show Weekend)

Come and spend three days with us in the beautiful Bunya Mountains. Accommodation will be in individual houses/chalets, very well appointed with all mod-cons. Final cost per person will depend upon how the available accommodation can be used, but a rough guide will be \$110 per person for 3 nights accommodation, plus food (byo) and transport there and back. Car pooling is a possibility.

Distance from Bundaberg is approximately 336 klms. To secure accommodation, a definite booking needs to be made by Monday, 13 March. Contact Barry (4151 2438).

June 6, 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.

June 11, 2017 – Cassillus Creek, (near Granite Creek Rest Area)

Contact Richard (0429 888 552) for more details.

June 24/25 , 2017 – Eurimbula National Park, Agnes Water

Contact Barry (4151 2438) for more details.

July/August, 2017 – Central and north-west Queensland road trip

It is envisioned that departure will be in the third week of July and the full trip will take approx. six weeks. This trip will include visits to various places of natural beauty, historical interest and some touristy things; bush walks where possible, free camping where possible and plenty of kayaking. The route will go west via Theodore, Fairbairn Dam (Emerald), Longreach, loop thru Isisford, Stonehenge and Lark's Quarry to Winton; on to Mt Isa, Lawn Hill, Normanton and then east to Lynd Junction, Hughenden (via Porcupine Gorge), Charters Towers, Clermont and finally Cania Gorge. Most stops will be two to three nights with four nights at Lawn Hill. The itinerary can be flexible to some extent but due to the need to book some places (especially Lawn Hill) well in advance there can't be a lot of discretion. If interested in all or part of this trip please contact Mary on 0414 190 566.

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.

Walking buddies needed!!

In August and September this year, club member Jill Keyser will be walking the Camino de Santiago (856 km through France and Spain). She will be walking around 10-12 km per day in preparation, and would like to do a couple of walks a week between 15-25 km. If there are any members, male or female, who would like to join her on these longer walks, not necessarily through bush, and hopefully with a few reasonable hills thrown in, then she would love to hear from you.

She would be happy to walk anywhere within 100km of Bundaberg, any day and would be happy to contribute to any expenses, share travel etc.

If you are interested please contact Jill direct on 4156 1075 or email jkinsouciance@gmail.com.

If any members have done this walk and would like to give her some pointers, advice etc., or any "must see's" or "must avoids," she would be glad to hear from you.

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 and membership card will be mailed to you by the Treasurer.

Walk Recci 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 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 & personal medication	
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)		

