



PO Box 27
BUNDABERG QLD 4670

"MAKING TRACKS WITH US"

BUNDABERG BUSHWALKING CLUB'S NEWSLETTER

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www.bundabergbushwalkers.com

NOVEMBER, 2016

2016/2017 Club Executives

<i>President</i>	<i>Shane Doyle</i>	<i>(0431 001 089)</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>
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<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>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.

A Reminder

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

President's Ponderings

Well here we are at the end of another year. We have one more meeting in December, first Tuesday of the month as usual. Don't forget our Christmas lunch at the Spotted Dog on the 10th December. Please RSVP to me ASAP on 0431 001 089.

I recently attended the Bundaberg State High School Students Awards Evening at the Moncrieff as a representative of our club. The evening went from 7:00pm to around 9:30pm and was a fantastic experience - how things have changed since I was in my school years back in the 1970's. It was over half an hour before I was able to have the School Principal in my clutches to introduce myself and thank her on behalf of all our members for the invitation (flying the flag so to speak) and to congratulate her on such a brilliant evening.

At our recent monthly meeting the issue of 'unpreparedness' of the odd walker was raised. I implore everyone to please read our Club Newsletter (back page 'Suggested Backpack Contents') and Member Handbook with regards to the minimum requirements for your backpack, in particular water, food and first-aid kit requirements. This includes any particular lotions, potions or medicines the individual may require. Other things worth mentioning are suitable attire for the grade of walk you are on - hat, sunglasses and the like. Ultimately it is up to the individual to make sure he or she has everything they need.

I very much look forward to seeing everyone at our Christmas Party.

Regards, *Shane*

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:

October 16, 2016 – Red Rock Trail, Agnes Water

Saturday kayaking -- After some wild and windy weather a couple of days earlier, the day dawned fine. Four of us drove to 1770 with three kayaks and were soon on the water, opting to go upstream against the outgoing tide. Julie and Ray had some fun getting the hang of their new K2, but were soon making good progress. We hugged close to the mangrove clad south bank of Round Hill Creek, admiring some nice yachts along the way and resisting the temptation to check out the crab pots. After some distance, Julie and Ray decided to head back while Heinz and myself explored further into Tom Creek - just more mangroves. With the water looking quite benign I suggested we head across to a nice looking sandy area on the opposite bank, backed by forest. Entering open water however the sea became quite choppy and the wind markedly stronger. The more experienced Heinz

recommended we head straight back before conditions got worse and some strong paddling soon saw us safely back on the south side from where it was an easy coast with the tide back to our cars. After lunch we decided to drive over and check out the Bustard Beach campground in Eurimbula National Park. (Refer to "Future Walks" section Nov 18-20). Upon arriving back at Workman's Beach it was a happy surprise to find Nancy and Vic from Gin Gin setting up camp and that evening the six of us enjoyed "Happy Hour" with a near full moon rising above the trees.

Sunday: Red Rock Trail – With Julie deciding to have a rest day, five of us were joined by Chris and John for the short drive to the start of the trail. This track was built and was maintained by Bush Heritage Australia and follows the coast south from Springs Beach for 3km. It alternates between sandy beaches and inlets and rocky headlands dotted with a variety of coastal flora. The rocks display an amazing array of colours ending with the vivid reds of the aptly named Red Rock where we stopped for smoko. With Ray heading back, the rest of us continued on, starting with a fairly easy scramble down to the beach where it was boots off and a long amble alongside or in the gently breaking waves. We arrived at Flat Rock just on noon and enjoyed lunch in the shade of a large sheoak. Some of us then splashed around in the ocean or took a snooze in the shade. Nancy opted to work on her tan. Refreshed, we donned our boots again, or at least most of us did, and headed back via the 4WD Deepwater National Park bush track. A side track enabled us to get back to Red Rock headland from where we retraced our steps to the cars, collecting cuttle shell and the odd coconut along the way. Those few of us who did this walk found it most enjoyable: it was just a pity that more members could not make it. - *Mary*

October 16, 2016 – Bingera National Park

On an unseasonal cool Sunday morning, six members met at Thabeban School for the drive to Bingera National Park to explore the Mahogany Creek area. Barry, as usual, there to guide us with his well researched maps and knowledge of the area. We meandered along stopping to sit and enjoy the creek three times which was full after the recent rain. Our missed photo shot of the day was an elusive goanna up a tree. He smartly moved to the other side each time he was approached with a camera. He won and we moved on. One member enjoyed trying out his new camera and setting the GPS on his phone.

A very relaxed day was enjoyed by all. Thank you again Barry. - *Elaine*

October 30, 2016 – Meadowvale Nature Reserve

Eight people had an enjoyable walk at Meadowvale Reserve on a sunny Sunday morning. There were many different coloured flowers out on the bushes and it was good to hear the birds calling out in the trees, with thanks to Murray picking out the different call signs. A new seat facing Splitters Creek was set in amongst the trees and made a good relaxing spot for some photos to be taken. Sitting under the shady trees enjoying a cuppa at the finish of the 3km circuit walk was a perfect way to finish the morning. Thank you Shane. - *Joy*

October 30, 2016 – The Giant's Staircase, Mt Walsh National Park

It was great weather for walking and even though the temperature was quickly rising 15 keen hikers set out on the Giant's Staircase walk. Starting off along a track, we then headed up Figtree Creek, a ravine which serves the south side of Mt Walsh National Park. There was evidence of huge trees having been swept down during floodwaters in the past, but only a dry creek bed today! After arriving at the top of Figtree Creek we all had a well earned rest. The creek branches out to the left where a feeder creek joins in and we took the left one up towards steep granite outcrops. We followed this up for a while before taking the right fork into the Giant's Staircase ravine or vertical

rock corridor, which is a series of steps. Some people find this easy to tackle, but on the other hand, they can also be challenging.

Forward and onward to the top where we had a bite to eat and enjoyed some fantastic views, then back down the adjacent ridge to the junction of the creeks. Here we rested again for a while before hiking out along the dry creek to the vehicles. Thank you all for such a great day! - Ian

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

November 13, 2016 – Kayak day at Riverview

Bring morning tea and lunch, water, first aid kit, sunscreen and hat. Meet at Thabeban State School at 8.00am. Contact Graham 0435 586 811.

November 18-20, 2016 – Camping weekend at Eurimbula National Park

This National Park has designated campsites which are spacious and close to the beach. Each one has its own fireplace and picnic table. Amenities include composting toilets, limited rainwater, fire rings, shelter shed and picnic tables. Suitable for tent and camper trailers – no caravans. The road into the campground should be OK for most vehicles with reasonable ground clearance, certainly for any SUV. The worst part is the few kms of corrugations when you first enter the national park. The sandy part of the track is much easier, for example, than Kinkuna. Book a site online or phone National Parks Queensland on 131304. Contact Mary 0414 190 566.

November 27, 2016 – Riverview – Easy S1a

After a morning walk or kayak, enjoy a BYO barbeque lunch. Bring water, hat and first-aid kit. Leave from Thabeban State School at 9.00am. Contact Shane 0431 001 089.

December 4, 2016 – Mount Walsh (direct route), Mt Walsh National Park – Medium S3c

This medium walk in Mount Walsh National Park is just the way to spend Sunday morning having fun with lunch at the top. Bring at least two litres of water, lunch, hat and a personal first aid kit. Leave from Brothers Club car park at 7.00am. Contact Graham 0435 586 811.

December 6, 2016 – Monthly Meeting

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

December 10, 2016 – Christmas Lunch

Christmas lunch will be at the Spotted Dog Tavern, 217 Bourbong Street. 11.30am for 12.00pm lunch. RSVP by Saturday, 26 November to Shane 0431 001 089. Remember to bring your photos along for the photo competition judging.

January 21, 2017 – Planning day for 2017

Come along and help plan the walks program for the start of 2017. Meet at the Rotunda, western end of Alexandra Park, Quay Street (opposite the croquet club) at 10.00am. Bring morning tea and a chair. Contact Shane 0431 001 089.

February 7, 2017 – Monthly Meeting

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

April 1, 2017 – Southern Highlands trip, NSW

The camping and sight-seeing trip to the Southern Highlands in 2017 will commence on April 1. We will stay at mostly free camps with maybe a caravan park or two on the way down. We will visit the Standing Stones at Glen Innes, the Burning Mountain near Scone, stay for a couple of nights at The Drips, a beautiful sandstone area north of Mudgee, spend a couple of nights at Wombeyan Caves to tour the caves and an old marble quarry before moving on to the Moss Vale area where we will base ourselves for eight days. This area, settled around 1860, is absolutely full of historic little settlements with expensive homes surrounded by deciduous trees and beautiful gardens. Morton National Park hosts numerous walking tracks and waterfalls and there are many lookouts from which to enjoy breathtaking views to sheer escarpments and deep valleys, similar to the Blue Mountains but without the crowds. The National Park campground that I was planning on staying at costs \$14 per site per night and \$20 at peak times such as Easter and school holidays.

If we can get access, a day trip to the abandoned shale-oil town of Joadja is definitely worth a visit. We will also spend time at Elysion Alpacas, the farm Dianne and I have been care-taking on, where we will get to feed and pat these gorgeous animals. With the coast only about 60 kms away, day trips down the escarpment to drive and walk the Seacliff Bridge, visit the Blowholes at Kiama and see some of the spectacular rocky headlands and sandy beaches that abound along the coast is a great option. Throw in browsing through interesting second-hand and antique shops and museums, then pop into one of many coffee shops and eateries that abound and every activity is just about covered. Oh, don't forget your camera! Participants can head off home at any time, or extend their trip to wherever, it's your choice.

I'm planning a get together on 3 or 4 December to make final arrangements. Contact Richard on 0429 888 552 before 3 December if you are interested.

FOR YOUR INFORMATION

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 'yellow'.

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.

Fraser Island Defenders Organisation (FIDO)

FIDO has been conducting week-long working bees to tackle the urban weeds of Fraser Island for more than a decade. Volunteering has progressively grown with each new event offered with many volunteers returning. FIDO provides the transport, catering and accommodation in comfortable shared houses as well as tours of World Heritage Fraser Island. Volunteers are asked to contribute 20 hours of on-the-ground work in return. For full details of the working bees available and to register your interest visit www.fido.org.au.

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)		

