



PO Box 27
BUNDABERG QLD 4670

"MAKING TRACKS WITH US"

BUNDABERG BUSHWALKING CLUB'S NEWSLETTER

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

OCTOBER, 2016

2016/2017 Club Executives

<i>President</i>	<i>Shane</i>	<i>(0431 001 089)</i>
<i>Vice Presidents</i>	<i>Allison & Darryl</i>	<i>(4155 2875) (4152 8882)</i>
<i>Minutes 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>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

Greetings fellow bushwalkers.

As per the Vale in this newsletter, we mourn the passing of Fred, one of our valued members. Our thoughts are with Fred's family and of course Verlie. I'm sure we will all rally around Verlie and support her after her sad loss.

Well here we are coming toward the end of the year and Christmas is almost upon us yet again. Our Christmas party is at the Spotted Dog on Saturday 10th December 11:30, please RSVP to me 0431 001 089 by 26th November. I very much look forward to seeing everyone there.

As the hot Bundaberg weather is also upon us, there are specific safety concerns related to the summer. One must ensure that we carry sufficient water with us in our backpack, this is very important. As snakes are on the move please ensure your First Aid kit is up to date. Everyone needs to carry at least two large broad bandages in case of a bite. Heaven help us this will never happen of course! We do need to keep a very close eye on the ground in front of and around us at all times however. I intend to place a strong emphasis on safety on an ongoing basis. This applies to First Aid kits, carrying sufficient water, general 'common sense' bushwalking rules, communication etc, just to name a few. I encourage anyone who has thoughts or ideas on safety to raise these at a meeting. If you have no experience in two way radio operation please approach myself or a senior club member for some coaching, I encourage our senior members to continue to make sure newer members/beginners feel very welcome and well informed at all times. This camaraderie and friendship is what our club is built on, and we should all be very proud indeed of our club and its success. I am only too happy to hear from anyone if you have any questions, suggestions, issues or comments. Never hesitate to give me a call, would love to hear from you.

Regards, *Shane*

Vale

Our club sadly announces the passing of one of our valued members.
Frederick "Fred" Dredge Born Sydney 1934. Passed away Brisbane 30/09/2016.

Our thoughts are with Fred's family and of course Verlie as well.
Our deepest thoughts and condolences. Fred will be very sadly missed.

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).

A message from Allison

Dear Members

I missed having my report included in the last newsletter so here it is for those who weren't able to attend the AGM. In addition I would like to express my thanks to you all for your support and friendship during the years I was President. There was always help and advice when needed and for that I was very grateful. Remember it is your club and many decisions and walk plans are made at meetings so if you want to influence the club's direction it is important for you to attend the meetings. I wish the new committee all the best as the year unfolds and I look forward to taking a back seat and enjoying the fellowship on walks and catching up.

Regards, *Allison*

2015-2016 PRESIDENT'S REPORT

Once again I present an annual report; however in looking back over the year I can't really identify any standout items to comment on. This is not necessarily a bad thing as it means the club is ticking over and all is well. I do have to apologise that my goal of having the constitution reviewed hasn't occurred.

The club has seen a surge of new members and the challenge continues to be to retain the members and provide a varied walk schedule. As I continually acknowledge the club wouldn't be a club without walk leaders and those members who willingly take on the role are owed a great deal of gratitude. This leads to the next challenge the club faces and that is developing new walk leaders.

The new project to map the tracks using the GPS for future members should be a good resource. Maybe we need to get a drone as well and it could go on ahead to find the allusive destinations (like caves) that get lost amongst the undergrowth!

Our effort to form a partnership with National Parks to develop tracks has not eventuated despite attempts to make contact. The club will have to keep at this project. One partnership that has been successful is getting to know Rays and we appreciate the support the store gives us and the information night they ran. Club members helped out at two information days to attract members and whilst that may not have had the desired outcome it does put the club's name in the public eye.

To finish I'd like to express my sincere thanks to the walk leaders, the committee, all those that undertake various roles to keep the club going and of course the members who turn up; without your support the club would cease to exist.

Allison Webb
President

WALK REPORTS:

September 18, 2016 – Coongara Rock secret location and cave, Mt Walsh National Park

Sunday morning broke with drizzle and a forecast of more rain for the day. Six walkers met at Brothers and decided even if we did get some rain a day outing/drive would still be enjoyable. We travelled onto Biggenden to meet up with the other six walkers for our walk and then onwards to our starting point. On arrival light rain was falling and out came the raincoats and backpack covers and for some breakfast. The group decision was to head to the 'Secret Garden' first with the first part of the walk following a track being easy to negotiate then taking a left turn heading to the thicker scrub area down to the garden. It was helpful that leader Darryl and Peter had been out six weeks earlier and had made a bit of a path. A bit of a scramble down to the garden and then some rock scrambling through the garden to the end for a morning cuppa. The garden was quite damp and very beautiful, healthy, vibrant stag horns and birds nest ferns surrounded us. We headed back up the hill and over to the cave with the light rain easing and again not an overhard walk. The cave was a great place for a lunch break, sounds of white cockatoos to be heard and views out to Coalstoun Lakes. A lovely walk was enjoyed by all and the light rain just enhanced the experience. - *Rae*

September 18, 2016 – Cordalba State Forest

A small group of eight walkers turned up for the Cordalba State Forest walk. The weather was overcast and later (on the walk) sent down some very light drizzle. It was good to see Pippa back with us (she was with the club quite some years ago). It was actually good walking weather and we completed the little over 6 km walk and were back at the cars in time for lunch (which was also taken sitting in the light drizzle). At one stage of the walk Chris Day broke open a lovely pink broly. It made quite a picture walking along the forest road and Emma picked up an old bridge spike from the railway line as a souvenir of the walk. I think that all enjoyed the day. - *Barry*

October 1-3, 2016 – Kilkivan Bush Camp, Kilkivan

11 people rendezvoused at the Kilkivan Bush Retreat for the October long weekend. To get the weekend started happy hour on the Friday night included much debate on 'what animal was that' spotted in a paddock near Biggenden enroute to the campsite. Sitting around the camp fire late into the night was not a favoured option as it was much colder than most expected and fortunately the ever resourceful Barry had a spare blanket to loan the member that left the sleeping bag at home. Saturday the walkers departed for Kinbombi Falls near Goomeri where we were delighted to find a trickle going over the falls. The more energetic took the trek to the bottom where Ken inadvertently tried out his new boots to make sure they were waterproof -- he was pleased with the result. The youngest member wouldn't oblige running back down the steps to count how many there were so let's just say there were LOTS. The easier option was to follow the top of the gorge to various viewing points. As members were still recovering from the camp's free pancake breakfast we then headed to Mudlo Gap near Kilkivan for lunch. We were bewildered there were no walks from the picnic spot at the 'gap' itself and found the walk at the bottom near a creek. Those walking set off on the 1.2km track that was going quite well until a side track offered a 1.4 km return climb to a lookout. Those feeling fit (or stupid as it turned out) headed for the lookout but by the end of the 262 steps (counted this time) and the distance in between we were all convinced the 700m went straight up. Coming down was much faster and it was good to get back to the cars. Most campers that night enjoyed the three course dinner offered by the camp ground and again in bed early as too cold to do anything else. Sunday was a lazy day with some heading into the markets, window shopping or exploring the cemetery. A picnic lunch was packed and we headed to the Mt Clara chimney. A short stroll was had and we were put off going further into the State Forest following the reports from the 4WD club that

turned up. We back tracked to a side road and had lunch along a creek with visits by rainbow lorikeets and a king parrot to the water hole. Sunday night the temperature swung the other way as cloud cover moved in but the brief shower early morning did not prevent a dry pack up Monday morning with most ready to head home and beat the traffic. Thank you to those who attended and participated in an enjoyable and relaxing weekend. Hope the badminton champion recovers from his over ambitious return volley. - *Allison*

October 2, 2016 – Coonar Beach Walk

What a beautiful spring day for a walk at Coonar Beach when 11 people walked down the road into the back of the park following the tracks into the bush. The way was shaded with the tall trees shredding their paperbark. We walked up and down sand dunes and around she-oaks and over fallen logs and branches. At one stage a small group were separated when they got off the track but we soon met up again as we were assured 'you can't get lost'. Three people stayed under a shady tree while the others walked on to sand banks further up near Elliott River mouth. The walk along the beach was very enjoyable with a slight breeze behind us. The cool water had some of us taking off shoes and socks and leaving footprints in the sand. The sand dunes along the banks of the beach were a startling red colour in the sunlight. The walk finished with a pleasant relaxing lunch at the carpark. Thank you Ian for a very enjoyable day. - *Joy*

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

October 7-9, 2016 – Harry Frauca Memorial Hike, Mt Walsh National Park

2016 marks the 30th anniversary of the death of Harry Frauca. To commemorate this auspicious event you are invited to a three day wilderness hike in Mt Walsh National Park led by Moira Thompson. This hike will include a traverse of five mountains all very special to the Frauca family. For further details email Moira at: experience.altitude@gmail.com or phone 0458 365 051.

October 14-16, 2016 – Camping weekend at Workman's Beach Campground, Agnes Water

Arrive Friday and set up camp at Workman's Beach Campground. Cost is \$7.00 per person/per night and is on a 'first come, first served' basis as no bookings are allowed. Saturday will be spent kayaking on Round Hill Creek. An easy walk on Sunday will follow the Red Rock Track which is 3kms each way and can be extended a further 5 kms each way to Flat Rock if desired. Contact Mary 0414 190 566.

or for Day Trippers

October 16, 2016 – Red Rock Track and beyond, Agnes Water – Medium/Hard options

There are two walk options today - the easy walk will follow the Red Rock Track which is 3kms each way and the hard walkers can extend this walk to Flat Rock which is a further 5 kms each way. Meet at North State School at 7.30am or at Captain Cook Lions Park opposite the campground, Spring Road, Agnes Water at 9.00am. Contact Mary 0414 190 566.

October 16, 2016 – Bingera National Park – Easy S1a

This easy walk will explore the Mahogany Creek area. Bring water, lunch and a first-aid kit. Leave from Thabeban State School at 8.00am. Contact Barry 4151 2438.

October 30, 2016 – Meadowvale Nature Reserve – Easy S1a

Spend the morning walking in the Meadowvale Nature Reserve. Bring morning tea, lunch, water, a personal first-aid kit and chair. Leave from North State School at 9.00am. Contact Shane 0431 001 089.

October 30, 2016 – The Giant's Staircase, Mt Walsh National Park – Hard M3c

This hard walk in Mt Walsh National Park is suitable for fit, serious walkers only. The walk will take 5-6 hours to complete. Bring at least 2 litres of water, hat and a personal first-aid kit. Conventional vehicle access. Leave from Brothers Club car park at 7.00am. Contact Ian 0488 588 917.

November 1, 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.

November 13, 2016 – Kayak day at Riverview

Meet at Thabeban State School at 8.00am. Contact Graham 0435 586 811.

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

As this National Park has designated campsites, you must book online. Amenities include composting toilets, limited rainwater, fire rings, shelter shed and picnic tables. Access by high clearance 4WD vehicles only. Suitable for tent and camper trailers – no caravans. 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 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. Contact Shane 0431 001 089.

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 caves and an old marble quarry before moving on to the Moss Vale area where we will base ourselves for a couple of weeks. This area, settled around 1860, is absolutely full of historic little settlements with expensive homes surrounded by deciduous trees & 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.

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. If you are interested please contact Richard on 0429 888 552.

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.

The Bushwalker is a free bushwalking magazine available on the internet. All the NSW quarterly editions are free if anyone is interested. Walks cover all areas of Australia.

<http://www.bushwalkingnsw.org.au/bushwalker-archives/>

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)		

