



PO Box 27
BUNDABERG QLD 4670

“MAKING TRACKS WITH US”

BUNDABERG BUSHWALKING CLUB’S NEWSLETTER

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

SEPTEMBER, 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>
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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) (4153 5595)</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. 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
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:

August 7, 2016 – Burnett River Ramble

The morning was overcast with a cool wind but 13 people were ready to start walking from the Hope Street entrance at Queens Park. We followed the road along the bank of the river and watched some paddlers in training. To avoid the busy road we walked through thick long grass under the Tallon Bridge. Under the bridge we found an old tree branch to pull ourselves up the side of the bank. Some of us were helped by the bridge 'resident' who said his name was Tom. He kindly gave a helping hand. From there it was easy going to the Zoo where we watched some of the beautiful birds and animals having breakfast. The tiny monkeys were fun to watch as they ran around across ropes, jumping about and showing off. On the walkway we saw wallabies, dingoes and emus. A very interesting zoo. On the new part of the old marina we saw the flood gauges showing the heights of the floods. Some of us bought coffee and cake at the Riverside Cafe and we stopped for morning tea near the walkway leading to the cafe. After the break five members walked further to Baldwin Wetlands and the rest of us returned. We crossed the road at Tallon Bridge so we did not disturb the 'resident' there.

A big thank you to Verlie who reported that the five harder walkers enjoyed an interesting break when Graham took them to see the kayaks at The Rowers Club. They proceeded to Baldwin Wetlands and followed the walkways to Lake Ellen, past the playgrounds and to the Shelter Shed before returning along the river walk to their vehicles, a good 4 km added to the walk. Thank you to Allison for an enjoyable walk and a pleasant easy day. - *Joy*

August 13, 2016 – Social outing at Riverview

It was a perfect morning for walking and kayaking when eight people arrived at Riverview after leaving Thabeban School. The five members who strolled along the banks watching three of the group paddling their kayaks on the outgoing tide enjoyed the sunshine and views of the sea. The 3 km walk was through the shady trees which were showing new leaves. We walked on the sandy creek bed looking for crabs and reading signs of bird prints. The BBQ was lit on our return for lunch and the aroma of steak, sausages and onions soon filled the air. The three kayakers joined us for lunch and later four of us enjoyed a relaxing time with coffee at Elliott Heads Kiosk. Thank you Barry for a very pleasant Saturday morning. - *Joy*

Kayaking at Riverview: In perfect weather three paddlers set off upstream against the outgoing tide. After passing some fisherpeople on the southside of the estuary, we sighted a large sea eagle nest which appeared to be occupied and also kept under strict observation by a vigilant parent nearby. Malcolm soon decided to relax a little and throw in his fishing line while Allison and myself zig-zagged around seeking a passage through the sandbars. The exposed banks were occupied by thousands of colourful soldier crabs as well as an array of shore birds - I managed to identify Eastern Curlews and Red-Capped Plovers among several different species. After an hour or so we turned around - just as the tide also turned! This provided an excellent workout for the paddle back and assured a good appetite for lunch, although next time I may pay closer attention to tide times. - *Mary*

August 21, 2016 – The Mystery of the Mystery Cave, Sheep Station Creek, Littabella National Park

A group of 11 walkers took on the challenge of an off-track walk through Littabella National Park in an attempt to locate a mystery cave. A cave marked only by a small black dot on Leader Peter's trusty GPS. Leaving our vehicles parked at the end of the road, we began our hike along the banks of Sheep Station Creek. "What's hard about this?" I wondered. A pleasant walk through the grass winding through trees with a couple of dry creek crossings as a kookaburra chorus laughed from the tree tops. Perhaps they had read my thoughts and were really laughing at what was ahead of us. After a refreshing cuppa stop on the creek rocks we began to climb. Following the trusty GPS we dodged from one animal trail to the next, steadily climbing up the hill-face. Undaunted by the occasional slip on hidden rocks and tumbles induced by ankle hugging vines, we eventually reached a large rock face. By this time our first-time hiker Emma, was wondering what mad adventure she was being lead into.

With the trusty GPS still leading onwards, Peter and a small group explored ahead while the rest of the group enjoyed the scenery and had time to take a few photos. Rest time was over when the radio crackled to life instructing us to sidle along the top of the rock face then drop down to a lower level. After walking along some more trails we caught up to the rest of the group in time for a welcome lunch-break on an old rock slide while Peter searched for the elusive cave. The trusty GPS had indicated it was nearby. But where?

Peter returned and explained he'd walked all over the area the GPS said the cave should be, but he couldn't find it. After lunch the decision was made to head downwards to the creek below, rather than retrace our steps. Down we went, some more literally than others as tired legs stumbled down the steep terrain. Frequent stops kept the group together and we all made the creek with only a few showing the red tell-tale signs of encounters with sharp rocks and branches. On our downward jaunt a frightened echidna tried to hide by thrusting its head under a rock as we trundled past. A photo opportunity too cute to miss. And again a short distance later when a small dirt hole was located with another echidna frantically digging itself deeper into the hill.

Following the creek we hiked back towards our vehicles, stopping for a final cuppa stop at the same rocky outcrop as in the morning. As we neared the vehicles, the trusty GPS had one more surprise for us. Taking a short cut, we ended up beside a pretty little lagoon with a good covering of water plants. Was really a man-made dam but such an unexpected surprise amid the dry bush.

Thanks Peter for leading this walk. You had warned us it was going to be off-track and hard. The mystery cave will remain a mystery for us, but we had a challenging and enjoyable day out. A special 'well-done' to Emma Sauvage for tackling this walk and we hope to see you out with the Club again on our next hike. - *Bev*

August 21, 2016 – Littabella National Park

After a showery Saturday night, Sunday was bright, fresh and sunny. Barry, along with three other cars, enjoyed a pleasant drive to Littabella National Park. After the usual coffee, six of us set off on the easy walk, meandering and catching up on news of each other as we went.

After following the old road for some distance we took the left track along to the dam. There was a nice patch of waterlillies but still too cool for any flowers. After returning to the cars, we made radio contact with the Sheep Station Creek group as to their position and then drove up to the top of Double Sloping Hummock for lunch.

The road to the top had seriously deteriorated so care was needed. After lunch and further radio contact with the other group, we left and made our way back at the main road where we all turned left and headed to the Tiny Tea House at Rosedale for coffee and cake. After much round table banter on many subjects, the discussion ended with 'we may now need to walk off our indulgences'.

A very enjoyable day for us all. Thank you Barry. Happy walking. - *Elaine*

September 3, 2016 – The Giant’s Staircase, Mt Walsh National Park

Unfortunately this walk was cancelled due to wet weather but has been rescheduled for 30 October.

September 4, 2016 – Wildflowers at Kinkuna National Park

We had 17 walkers turn up for this outing – the day turning out lovely after a threatening Saturday. It was good to see Gloria and Ken back with us. Access to the start of the walk required a 4wd but we had plenty on offer. It has been some time since this track has been walked and in some places the growth provided a challenge but I think that all managed very well. There were some wild flowers out and those with cameras were seen to be snapping away happily. An early lunch was taken sitting on the beach front at The Palms before returning to the cars by a different walking track. The start of this track also provided us with obstacles – mostly from branches etc. blown down during storm activity. I think though, that all had an enjoyable day. - Barry

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

September 11, 2016 (Sunday) – Social event – Ten Pin Bowling at Bundy Bowl

Meet at Bundy Bowl, Lester Street at 3.00pm for some ten pin bowling fun. Contact Heinz 0408 892 745.

September 18, 2016 – Coongara Rock secret location and cave, Mt Walsh National Park – Hard S3c

This hard walk, some offtrack, will be in the vicinity of Coongara Rock. As some of the country is very thick bush, it is recommended that you wear long pants and a long sleeved shirt along with gloves and gaiters. Bring at least 2 litres of water, a hat and a personal first aid kit. Leave from Brothers Club car park at 7.00am. Contact Darryl 4152 8882.

September 18, 2016 – Cordalba State Forest – Easy S1a

This easy circuit walk will follow a section of the disused railway line and will be on forest roads. Bring at least 2 litres of water, a hat and a personal first aid kit. Leave from Brothers Club car park at 8.00am. Contact Barry 4151 2438.

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

Spend the long weekend camping at the Kilkivan Bush Camp. Powered sites are \$25 per couple per night and unpowered sites are \$20 per couple per night. There is a fully equipped camp kitchen and campfires are permitted (bring your own firewood or purchase for \$15 a box). Saturday morning there is a free pancake breakfast and on Saturday night a 3 course camp oven roast dinner is available for \$25 per adult. Log on to the website at www.bushcamping.com.au for more information on the amenities and things to do in the area. Please contact the park direct to book and state that you are with the Bundaberg Bushwalking Club. Phone 5484 1340 or email kilkivan@bushcamping.com.au.

Banking details are:- Kilkivan Bush Camping BSB 014585 Account 214111654

October 2, 2016 – Coonar Beach Walk – Easy S1a

This walk will be along an old track at the rear of the beach where the vegetation is mainly banksias, she oaks and low coastal scrub. The return walk is back along the beach from the Elliott River mouth.

Sea Eagles have been spotted on this walk. Conventional vehicle access. Toilets at carpark. Bring a personal first-aid kit, 2 litres water, hat and a light lunch. Meet at Thabeban State School at 8.00am. Contact Ian 0488 588 917.

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 4153 5595.

or for Day Trippers

October 16, 2016 – Red Rock Track and beyond, Agnes Water – Easy and 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 4153 5595.

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. Bring at least 2 litres of water, hat and a personal first aid kit. Leave from Brothers Club car park at 7.00am. Contact Ian 0488 588 917.

November 13, 2016 – To be advised

November 27, 2016 – Riverview social day

After a morning walk or kayak, enjoy a BYO barbeque lunch. Leave from Thabeban State School at 9.00am. Contact Shane 0431 001 089.

December 10, 2016 – Christmas Lunch

Christmas lunch will be at the Spotted Dog Tavern, 217 Bourbong Street. 11.30am for 12.00pm lunch. More details to follow. Contact Shane 0431 001 089.

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.

Expressions of Interest

A 2-3 week long camping trip to the Southern Highlands of New South Wales is proposed for April, 2017. If you are interested please contact Richard on 0429 888 552.

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)