

THE TRUDGE

March 2019

SUNSHINE COAST BUSHWALKERS INC.

PO Box 287 Buderim QLD 4556

www.sunshinecoastbushwalkingclub.com

Meetings are monthly on the first Monday (*excluding January*)

7:30pm at Buderim Craft Cottage

corner Main St and Church St, behind Buderim War Memorial Hall

Please check <http://sunshinecoastbushwalkingclub.com/walks.htm> for any changes.

(If the first Monday falls on a holiday or long weekend the meeting is held the following Monday)

Committee Members 2018-2019

President:	Samantha Rowe	0439 310 414
Vice President:	Ian Gregger	0427 696 606
Secretary:	Loretta Taylor	0419 743 339
Treasurer:	Cheryl Stevens	0429 154 133
Walks Secretary:	Peter Nagel	0409 754 202
New Member Officer:	Rod Edwards	0407 965 254
	Karen Edwards	0407 965 300
Hire Equipment Officer:	Joe Kirkpatrick	0412 754 333
Librarian:	Rowan Bradley	0400 383 154
Trudge Editor:	Julie Nunn	0419 534 551

Non Committee Positions

Webmaster:	John Hall	5450 1024
Grants Officer:	Peter Fowler	0407 715 249
Assistant Secretary	Ann Marie Ford	0438 421 759
Refreshments Co-ordinator	Lorna Hegarty	0412 319 197

Please send walk reports and photographs to:

trudge@sunshinecoastbushwalkingclub.com

Members will be emailed each month when the Trudge is available on the website.

Members should email the editor on above address if they are not receiving these emails.

CLUB ACTIVITIES

Sunday 3rd March 2019 – Monday 1st April 2019

March 2019			
Sun 3 rd	Cleanup Australia Day Meet on side road – Cnr Bundilla Blvd and Cootamundra Drive	Malcolm and Jenni Rodley 5443 1739 0408 071 797	SOC
Mon 4 th	SCBWC Club Meeting Buderim Craft Cottage 7:30pm		
Sun 10 th	Walks Program Planning Foote Sanctuary 9am	Peter Nagel 0409 754 202	SOC
Sun 17 th	Half Lobster Creek	Russell Stark 0404 235 195	MDW6C Members Only
Sun 24 th	Summer Creek Falls	Peter Fowler 0407 715 249 Leanda Lane 0417 782 769	LDW7C Members Only
Sun 31 st	Kippa Ring Cycle Circuit	Malcolm and Jenni Rodley 5443 1739 0408 071 797	CYC
April 2019			
Mon 1 st	SCBWC Club Meeting Buderim Craft Cottage 7:30pm		



Welcome all to another year of exploring and enjoying our wonderful natural environment through great activities and sharing it with good company.

The club has started 2019 with a very healthy membership of 109 members and our first monthly meeting in February had a wonderful attendance

of 51. I hope you all enjoyed seeing a little of what the world can offer with our guest speakers. We have also been successful with the *Get Going Clubs Grant* with regards to continuing with abseiling as a club activity. The grant allows training and certification with Top Rope and Vertical Rescue Courses, members activities at the Rock Climbing Gym, more abseiling equipment where required to be purchased and further extensive first aid training.

The club committee had a meeting in early February to discuss club items for the coming year.

1. The committee agreed for the club and members to be involved in activities at the Sunshine Coast Council Environmental Reserve Kirby Road, and apply for a grant to assist with the work needed at the site.
2. The club would continue to support the Conondale Track Maintenance group with equipment purchase and safety items where needed.
3. The club will work with the Sunshine Coast Council to enter a Memorandum of Understanding for activities being undertaken by the SCBWC with the council on their Healthy Sunshine Coast program for an agreed monetary value.
4. The club will not submit a response regarding the Mt Coolum Strategic Draft Management proposal. A link to the proposal has been sent to all members to review and comment personally instead.

Congratulations to all those involved with *Clean Up Australia Day* and our clubs' cleaning activity in Mountain Creek. I am unable to participate this year as I'm on a flight returning from NZ, but it is a great community event that the club is always eager to participate in. Well done to all.

The Planning Meeting is scheduled for early March and we encourage all members to consider how they can be involved with our activities either on weekends or perhaps a weekday walk. Our leaders are all volunteers wanting to share their experience with others but the pool of 10-15 leaders to provide activities for 109 members plus prospective members does need to increase. So how can you get involved? Come along to the planning meeting, chat about the walks, paddles, cycles and perhaps offer to put one on the program that you do with other friends, family or solo. The club has maps and book resources that are there for your use.

I am looking forward to sharing a great year of activities with you all.

Sam Rowe
President

Mt Tibrogargon Multi Pitch Abseil

2nd December 2018



This activity was postponed due to wet weather from the 18th of November to the 2nd of December.



An early start to beat the heat of the day for Peter, Sam, Tami, Russell and Ian.

We traversed up the west side of Tibro and over the summit in the early morning shade.



A short climbing descent down the east

side brought us to the first pitch but so much for beating the heat of the day. It was hot descending the eastern side off Tibro.

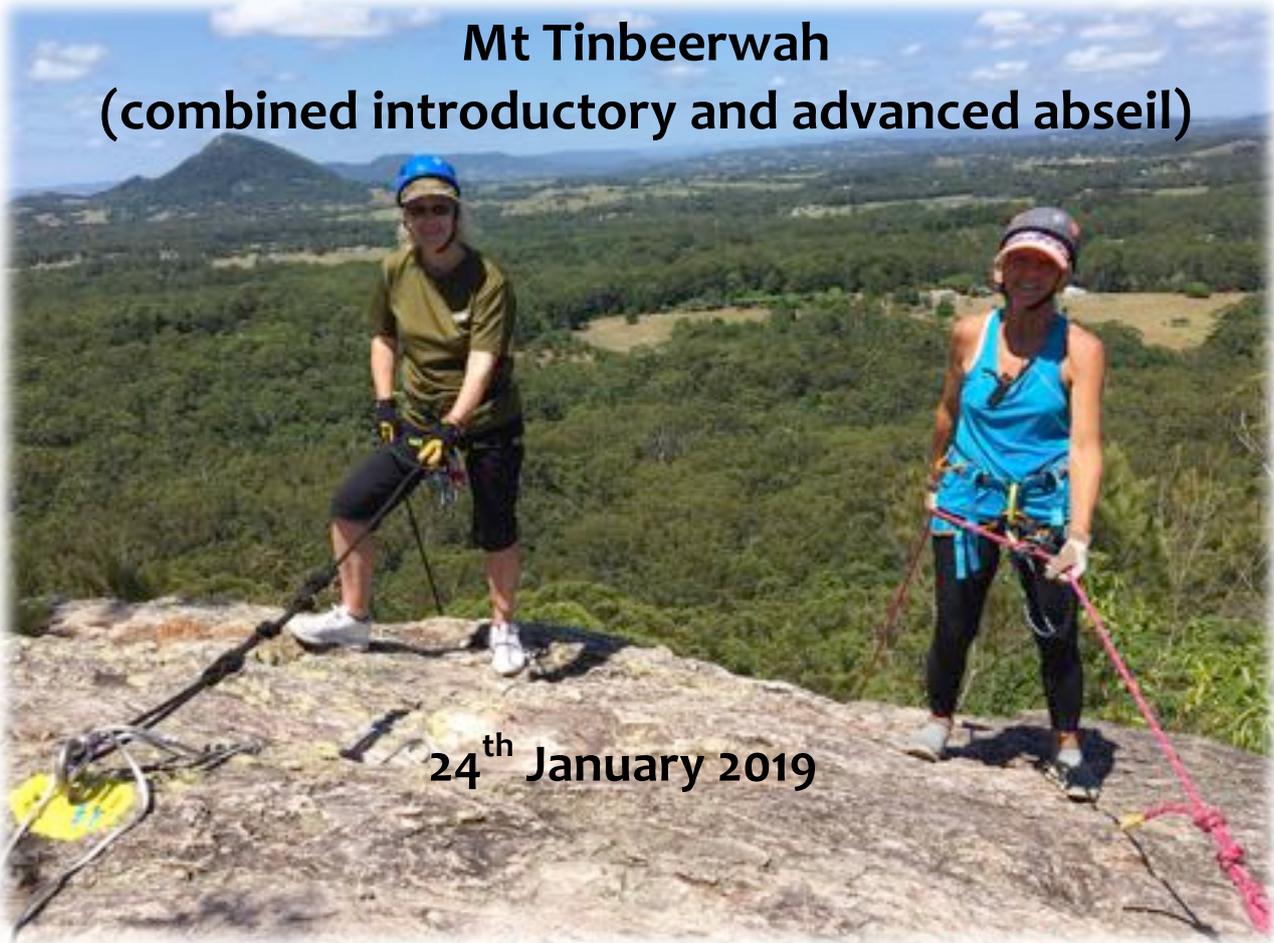
This abseil has 5 pitches, each about 30 metres with some short easy climbing descents between each pitch. A few caves to explore along the way with shade gave us reprieve from the sun. One pitch required a drop into a cave.

The first 3 pitches were completed individually, the 4th pitch was completed with one person on each side of the double rope. Due to the heat of the day it was decided to get off the mountain so we climbed down the final pitch.



~~ Peter Fowler

Mt Tinbeerwah (combined introductory and advanced abseil)



A fine clear day on the Tinbeerwah abseil pitches for Peter, Cheryl, Taylor and June.

We had all the pitches to ourselves, a wide choice.

The Tinbeerwah abseil anchors can get quite busy on the weekends with groups.

Safety is always paramount and time is spent learning to check equipment and safe abseiling techniques.

~~ Peter Fowler



Lake Manchester Walk

10th February 2019

The club's first longer outing for the year and it was a warm one out west. Lake Manchester is a SEQ water catchment situated in SW corner of D'Aguiar National Park, so it was a drive down to the day use area at Lake Manchester.

Eight club members – Leanda, Linda, Peter, Rod, Karen, Malcolm, Jenny and yours truly were joined by Peter and Sue as prospective members for a day walking a 17km circuit trail that none of us had done in the past, so it was a recce.

The overnight temperature had been steamy and the forecast of 35 degrees meant plenty of water packed to start and also be back waiting back at the car would be needed. The walk is a lovely circuit that goes around the Lake and all its little arms. It has 50km's of multiuse trails in the area, but on our day out we only shared the track with three horses. The track at times was beside the lake and others we were on ridges looking down on it. Whilst it was a very warm day, and we had water beside us, to get to it meant walking through a shore wetland full of water lilies so a quick dip was agreed not an option.



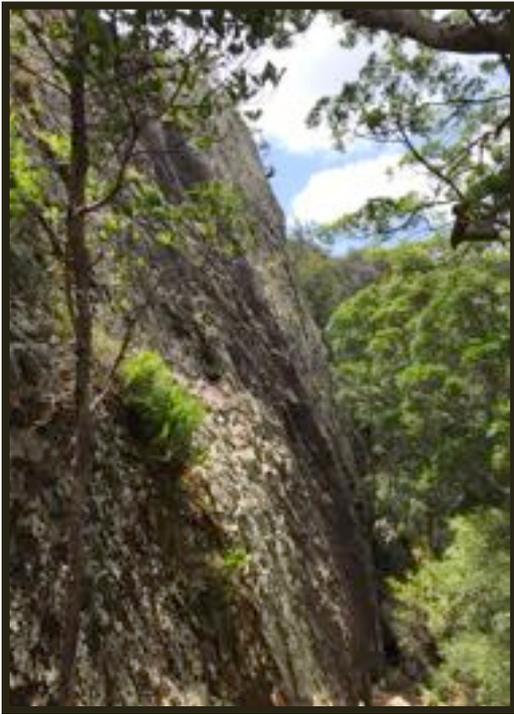
We had morning tea at a lovely spot overlooking the lake with a log cabin as part of the scenery and lunch was at a welcome campground. The walk took around 5 hours to complete and it definitely was undulating with some climbs that had the cardio working but the creeks crossings were all dry.

The area has many trails linking in and out and they can be used to further explore this national park very close to Brisbane.

Thanks to my fellow walkers and drivers on the day.

~~ Sam Rowe





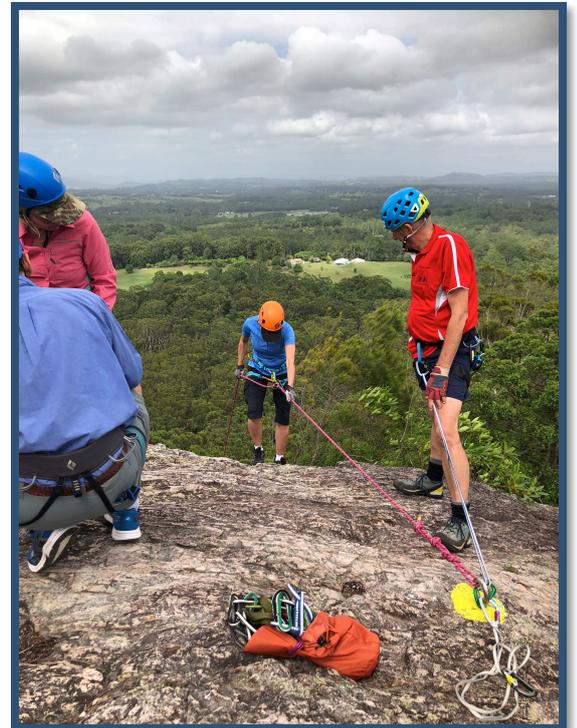
Mt Tinbeerwah Abseil 15th February 2019

As I'm writing this report I can't help but smile at the fact that thanks to the Sunshine Coast Bushwalking Club and Peter Fowler, I've managed to turn a dream into a reality.

Abseiling is something I've always wanted to do but put off for fear of hurting myself and the incredible expense that would need to be

incurred to get to a proficient level. So when the opportunity to abseil off Mt Tinbeerwah presented itself, I thought its now or never!

Preparing for the mornings adventure we "kitted up" in the car park before setting off on a short walk to our starting point. As an absolute novice I'm I looked the part of an experienced abseiler in the clubs new gear. I loved that we were a small group, I never felt rushed and really took my time checking and double checking, and then for good measure checking again before slowly stepping back, trusting the process and the equipment.



For the first abseil of the day all I saw was one meter above me and one below. I was so caught up in the moment, concentrating on where to place my feet and getting comfortable with the ropes that I'd forgotten to take in my surroundings and was rather disappointed to reach the ground. High on adrenalin the climb back up to the starting point was effortless.

On my next descent I was determined to go even slower, to stop and take it all in. To look around, to look up and to look down, and to take a moment to appreciate my surroundings and absorb the enormity of what I was doing. Finally I was living my dream!!! And for musical effect the words to one of my favourite songs kept playing in my head, "I'm on top of the world, 'ey'....." "You can have it all but not til you move it"

(Imagine Dragons - On Top Of The World)

*I've had the highest mountains
I've had the deepest rivers
You can have it all but not til you move it*

Now take it in but don't look down

*'Cause I'm on top of the world, 'ey
I'm on top of the world, 'ey
Waiting on this for a while now
Paying my dues to the dirt
I've been waiting to smile, 'ey
Been holding it in for a while, 'ey
Take it with me if I can
Been dreaming of this since a child
And I know it's hard when you're falling down
And it's a long way up when you hit the
ground
Get up now, get up, get up now*



A huge thanks to Peter for his expert instruction, absolute focus on safety and for setting a slow and unhurried pace of the morning. And to fellow abseilers Sue, Larry and June for making the morning even more enjoyable.

~~ Sue Meligonis

Baxter Falls Walk 17th February 2019

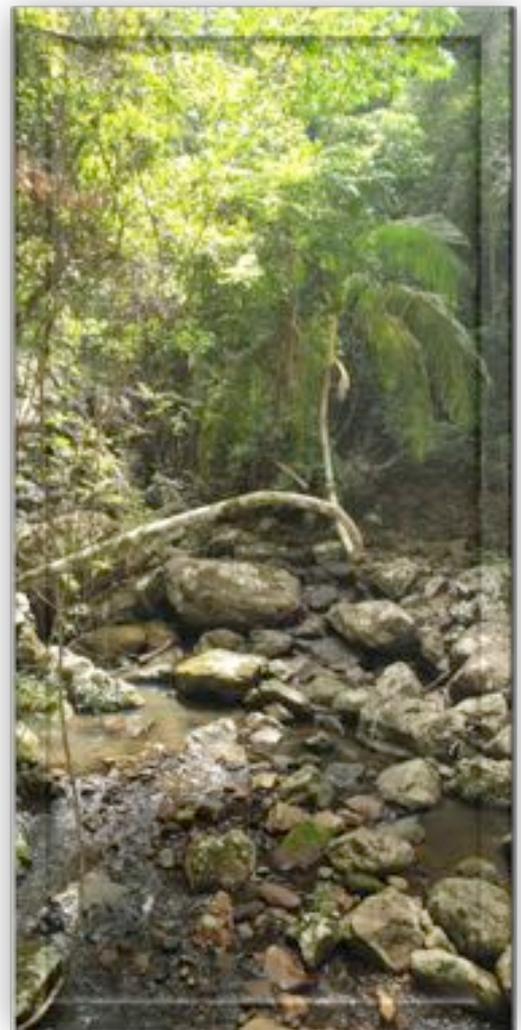


16 people decided they wanted to get an 11km cardio workout this morning while admiring the lovely open eucalypt forest and rainforest. We were fortunate to have the temperatures sitting around 28 degrees versus the 30+ degree days that others have endured on other walks.

We started off from the Flaxton Mill Road carpark, a quick stop at the Flaxton Walkers Camp, down to Baxter Creek and continued up the other side towards Suses Pocket Road. A short water break then back down the trail we went, back over the suspension bridge to have morning tea at Baxter Falls. After admiring the waterfall, it was time to head back to the cars.

It was nice to know there were a few individuals who hadn't been on this walk before. Thank you all for coming along and great conversations.

~~ Julie Nunn



Buderim Walk

24th February 2019



On arriving at Kondalilla Falls, we discovered that the park was closed, despite no notice on the web site. After some discussion it was decided to do a walk around Buderim. Joe with Dick (visitor) took us on an interesting tour of places I did not know existed. Starting at Foote Sanctuary, we made our way along Wises Road through Buderim Forest Park to Serenity Falls and then back to Foote Sanctuary for lunch.



Despite the change, our 11.2km walk proved an interesting alternative for the 14 walkers.

~~ Alf Moore

If you've ever wondered what we get up to at a club meeting....



In the February meeting, we had guest speakers, John and Lyn Daly from Take A Walk Adventures presenting.



Left to right
Peter Nagel – Walks Secretary
Sam Rowe – President
Loretta Taylor – Secretary
Cheryl Stevens – Treasurer



This is one of the main reasons to come to a meeting, to hear about the upcoming walks for the month and adding your name to the sign up sheets.



Members and visitors giving their undivided attention to our presenter.



Last but not least, we always have a light supper after the meeting. Come join us for a coffee or a cup of tea.

HAPPY WALKING

And don't forget.....

You're not lost if you don't care where you are.

