

THE TRUDGE

May 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 Greggery	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

Wednesday 1st May 2019 – Monday 1st July 2019

May 2019			
Sun 5 th	West of Spikes	Russell Stark 0404 235 195	XDW5D Members Only
Mon 6 th	NO CLUB MEETING		
Sun 12 th	Mountain Circuit Conondale National Park	Sam Rowe 0439 310 414	MDW4B Prospective Members Welcome
Sun 12 th	Federation of Mountain Rescue – Beginners Abseiling	Peter Rollings	For more information, email Secretary at fmrqld@gmail.com
Mon 13 th	SCBWC Club Meeting Buderim Club Cottage 7:30pm		
Wed 15 th	Coastal Path Walk Bells Creek - Currimundi	Alf Moore 0412 221 833 Co-leader Cheryl Stevens	MDW1B Prospective Members Welcome
Sun 19 th	Parklands Circuit	Russell Stark 0404 235 195	MDW3c Prospective Members Welcome
Sat 25 th – Sun 26 th	Jacks Place Larapinta Falls Lower Portals	Sam Rowe 0439 310 414	MDW6C and SDW3C Members Only Limit 10
Sun 26 th	Sunday Creek Road – Summer Falls	Alf Moore 0412 221 833	MDW3C Prospective Members Only
June 2019			
Sun 2 nd	Trachyte Circuit Glasshouse Mountains	Sam Rowe 0439 310 414	SDW3C - Council Partnered Walk Prospective Members Welcome
Sun 2 nd	World Environment Day Cotton Tree	Rod and Karen Edwards 0407 965 254 0407 965 300	SOC

CLUB ACTIVITIES (continued)

June 2019 (cont)			
Mon 3rd	SCBWC Club Meeting Buderim Craft Cottage 7:30pm		
Sat 8th – Sun 9th	Springbrook Warrie Circuit Base Camp	Russell Stark 0404 235 195	LBC4C Members Only
Thurs 13th	Mooloolah River NP Melaleuca, Aemula, Bornia, Littoralis trails	Julie Nunn 0419 534 551 Co-leader Cheryl Stevens	SDW3A Prospective Members Welcome
Sun 16th	Baroon Pocket Dam – Kondalilla Falls	Linda Gregory 0428 539 091	MDW3B – Council Partnered Walk Prospective Members Welcome
Sun 23rd	Byron Gorge (Mt Mee)	Jon Lee 0428 204 423	Members Only Limit 10
Sun 23rd	Gheerula Falls via Ubajee camp Kondalilla National Park	Ian Greggery 0427 696 606	MDW3B Prospective Members Welcome
Sun 30th	Baxter Falls	Julie Nunn 0419 534 551	MDW3C – Council Partnered Walk Prospective Members Welcome
July 2019			
Mon 1st	SCBWC Club Meeting Buderim Craft Cottage 7:30pm		



**PLEASE
NOTE:**

Since I will be overseas throughout the entire month of May and return mid June, there may not be time to create a June Trudge edition. Hence I have listed all walk activities, known at the time of publication, for May AND June.

Summer Creek Falls 24th March 2019

Ten happy little walkers gathered on a warm Sunday in March at Kenilworth Bakery in anticipation for a wet and wild walk. After a short drive to and through Charlie Moreland we parked at the junction of Sunday Creek Road and McAdam fire trail and set off. Not long after, we turned off the fire trail and headed down towards Summer Creek on a well-used



foot pad/track. Following our esteemed leader, Peter, the happy ten chirpers pushed through the scrounge that grew in Summer Creek. Eventually vegetation gave way to rocky creek walking and as the day warmed up a beautiful swimming hole enticed us in for a much-needed swim.

More rock walking brought us to the fun part of the day – a swim through and scramble up Summer Creek Falls. Before we plunged into the cooling waters of the creek, a momentous decision had to be made by each

one of us – shoes on or shoes off. I think we were split 50/50. There were a few anxious moments for a few of us as we scrambled up the falls, wet shoes or not.

A few scratches, some bumps and bruises and one sore ankle later, we arrived at Summer Creek Falls camp. A short break, some strapping for the ankle and off we headed along the Great Walk track. A short detour through the bush took us back to Sunday Creek Road. One km later and our seven-and-a-half-hour adventure ended where it had begun. Thanks to Peter for a wonderful day.



~~ Jon Lee

Mt Emu – Stumers Creek circuit via Perigian 31st March 2019



Another great Sunshine Coast day for the group of 12 who joined this walk. With the weather not playing nicely leading up to Sunday, we were greeted with a sunny day with a strong south easterly to keep us cool. After meeting up with a few thousand extra mozzie friends along Stumers Creek, we headed up to Mt Emu for morning tea and to take in the views and spot the local mountains, which is always good for orientation. We headed for a brief part of the walk along David Low Way before heading through some local streets and hitting the beach. There was a busy stretch of beach with all the dog walkers out as well to take advantage of the clear day. From Stumers we made our way back to Stumers Creek via the Coolum sports grounds to our starting point. A great walk with wide trails which allowed for great conversation while we walked.

~~ Peter Nagel

Intro to climbing – Rokit Gym

3rd April 2019

As part of the SCBWC Get Going Grant we were successful in, the club wanted members to have the opportunity to do an indoor rock climbing session at one of the local Sunshine Coast indoor climbing gyms. The basis of this training was to assist not only in the use of ropes / equipment that we use in abseiling but also to help with confidence on those walks when we do some scrambling and use our hands to help get up or down.



On a wet Wednesday evening club members – Peter N, Peter F, Loretta, Dink, Helen, Gerry, Varina, Lorna, Anne-Marie, Isle, Jon, Cheryl, Larry and Sam spent a few hours learning how to belay and climb safely, with safety checks instilled and challenge ourselves on the different wall levels. We all had a great time and I think most surprised themselves on what they could do.

Well done to all.



~~ Sam Rowe

Mt Allan from Charlie Moreland 7th April 2019

Short, sweet
and
a bit sweaty!



Our small group met up at Kenilworth Bakery at the very civilised time of 8.30. We then car-pooled out to Charlie Moreland.

The hike up Mt Allan begins almost as soon as you exit the camping

ground. It is a continuous up until you are almost at the summit. The ascent is quite open and although temperatures that day were sub 30 degrees, it was warm work as we tackled the climb. It is definitely a good heart starter and I admit to huffing and puffing from lack of fitness after nursing an injured foot for nearly four weeks. However, in true bushwalking style I kept telling myself it was doing me good.

We stopped for “smoko” at the summit. Unfortunately the tower on Mt Allan is no longer accessible so we couldn't enjoy the views as we have done in the past. After smoko we began our descent, which was a lot more pleasant, yes going down normally is, and our track was through shaded

rainforest. We detoured around a large tree that had recently fallen and its position was passed on to our great voluntary, track maintenance team.

As the day was still young our illustrious leader decided to add another small hill just to ensure we

enjoyed every minute of our outing. Back at Charlie Moreland, it was time for lunch in a sheltered space. We were entertained by a lace monitor climbing to the top of a very tall tree. (Better than TV). Thanks to fellow bushwalkers for their company on the day and to Russell for leading the hike.



~~ Linda Gregory

Coastal Walk Moffat Beach – Golden Beach 11th April 2019



It was a shame but the first mid-week walk for over a year was affected by showers so there were a few cancellations because of the weather. However, eight members and one visitor, armed with raincoats and umbrellas, began the walk from the headland at Moffat Beach along the coastal pathway at 8 a.m. on Thursday 11/4. Our destination was Golden Beach and coffee at the half-way and turnaround point at Chill Cafe 89. Both our intrepid leaders, Ursula and Dale, provided us with some historical facts about the Pa and Ma Bendall memorial at Moffat Beach and the Centaur (hospital ship torpedoed 14/5/43 from a Japanese submarine) memorial along the esplanade at Kings Beach.



The walk took us around the Caloundra area providing sights such as a lighthouse, creeks, beaches, parks and leisure areas. It was on a concrete path and not muddy; with a few hills and no mountains; no leeches or snakes but plenty of bird life; not hot as we were cooled by the rain and sea breezes; water was abundant and there were trees for shelter. And, most importantly, there were even proper clean toilets along the way. All up, a good 4 hour 12 kilometres walk in pleasant company.

~~ Cheryl Stevens

Stony Creek (near Woodford)

14th April 2019



Jon Lee (the leader) knows this area well having led many walks around the district. Leanda, Peter, Larry and Linda accompanied Jon. This creek walk was up a side gully from Stony Creek in Bellthorpe National Park not far from Woodford.

Bellthorpe National Park lies at the southern end of the Conondale Range. The terrain is quite rugged with open eucalypt forest, rainforest, waterfalls and cascades along picturesque Stony Creek and continuing up the unnamed side gully we traversed.

There was

adequate water flowing to enjoy the waterfalls, some small and others large requiring us to traverse up and down the steep side slopes of the creek. Jon led the way, side stepping the wait-a-while and odd stinging tree!

Ninety minutes into the walk Jon took an accidental tumble down a steep rocky slope when a small tree gave way. First aid was definitely necessary for what appeared to be a

broken finger and a very swollen knee, then the challenge to formulate the easiest evacuation plan.

Medically assisting Jon and the evacuation went well due to multiple factors ...

- The experience of the group
- Adequate first aid supplies
- Up to date first aid training
- Jon's local knowledge
- Paper maps
- GPS and digital mapping
- Bush navigation experience
- Group effort to deal with the many remote rescue issues
- A calm patient!
- Larry carrying Jon's pack



An off track bush route was navigated from the creek to a 4wd track high up in the surrounding rain forest. This track lead us directly back to the car with a 30 minute walk rather than probably 2 or more hours down the creek.

Jon was at Sunshine Coast Hospital within 3 hours and was treated within 30 minutes. A severely dislocated and slight break of a finger was the diagnosis.



Mt Seawah 14th April 2019

Leader: Brian Manuel

On a sparkling Sunday morning 20, or hang on, was that 19 adventurers headed off to Mt Seawah from the Tewantin Ferry. We drove to the beach access point and hiked north from there. We alternated between beach walking and the Cooloola Great Walk. The beach was busier with 4 WD's but had a lovely breeze. The inland route was well shaded and surprisingly dry underfoot after all the recent rain. The sandy soil drains quickly. We got to try a few berries along the way with the Midyim and Dianella berries. We came across many other hikers. They were very well behaved walking in perfect single file. No toilet breaks for them, no slacking off at the back or flying off in front. Brian was a little envious I think of those processionary caterpillars.



We took 6.5 hours to do the 19 km stopping for snacks and a lunch break. A most enjoyable way to spend a Sunday.



~~ Caralyn Dean

Adventure Sunshine Coast Sunshine Coast Council Activities April 2019



The new Sunshine Coast Council website “Adventure Sunshine Coast” showcases more than 150 free, self guided walking, cycling, mountain biking , canoeing and horse riding activities on the Sunshine Coast. It is an easy to navigate, and very informative for all to enjoy. It also has a \$500 prize currently for anyone using the site and posting a review.

As part of the successful launch of the Sunshine Coast Council “Adventure Sunshine Coast” website in April 2019, the Sunshine Coast Bushwalkers offered to assist leading three activities for the general public to join us on.

Russell Stark and Larry Hohenhaus lead a group of walkers from Beerburrum through the Glasshouse Mountain trails to the final destination of the new Day Use Area at Mt Tibrogargan, on Wednesday, whilst Sunday morning Malcolm and Jenni



Rodley, Julie Nunn and I lead another two groups along one of our clubs’ favourite walks Baroon Pocket Dam to Kondalilla Falls. All walks were fortunate to have nice sunny weather on the day and each of the walks had a good mix of walkers wanting to enjoy and experience the outdoors within the Sunshine Coast.



Thanks to Kurt Martin and the Sunshine Coast Council for inviting the Sunshine Coast Bushwalking Club to be involved again with council activities and for the very yummy morning tea. Thanks also to Russell, Larry, Jenni, Malcolm and Julie for offering to help out and be involved with leading and promoting our club on the day.

~~ Sam Rowe

Jacks Place Easter 19-22 April 2019



After claiming our beds for the weekend and a quick lunch, our merry band of hikers headed off to the base of Mt Maroon for the climb to Maroon Cave. It has been some time since I've done this hike and it was great to share it with the new members of our club. They took it all in their stride or should I say scramble as it does become a slightly exposed rock scramble close to accessing the cave.

Of course the stunning, panoramic views have not changed nor the sense of peace and beauty that the distant mountains provide, especially as we could see lots of rain squalls scattered across the landscape. A less strenuous but off track descent had us back at our cars in good



time and then down to Jacks Place with us all anticipating another two days of adventure and fun.

~~ Linda Gregory



KEEN Targhee II Mid WP Boots

Size US 9, EU 39.5, UK 6.5, 26cm

\$125 ono

- Waterproof Nubuck Leather Upper
- Keen DRY Waterproof Breathable Membrane
- Hydrophobic Mesh Lining
- Contoured Heel Lock
- Non Marking Rubber Outsole
- 4mm Multi-Directional Lug Outsole
- Dual-Density Compression Molded EVA Midsole
- Removable Metatomical Dual-Density EVA Footbed
- Torsion Stability ESS Shank
- Cleansport NXT™ for Natural Odor Control
- Patented Toe Guard Protection



Have only been worn for a couple of half day walks and are in near new condition. They are too big for me. If interested contact: **Chris Bourke on 0499 989 879**



A new addition to the club library "First Aid Emergency Handbook"

An excellent remote first aid resource authored by Remote/Wilderness First Aid Trainers. Remote is considered to be more than 1 hour from a permanent medical facility.

This reference book has been purchased through the Get Going club's grant.



~~ Peter Fowler



After last month's meeting, an email was sent out to all current members on how to join the Sunshine Coast Bushwalking Club's closed Facebook group. At time of publishing, we now have 36 members who have joined the group. This is terrific! There have been a few curve balls in confirming who a person may be due to their nicknames but those few individuals now know that we are quite careful of who we accept into the group.

Please feel welcome to make your own posts to our group and add photos. These will go through the same approval by the administrators. Thank you to Janette Asche for posting photos from the club's 20th anniversary at the Buderim Hotel in April 1995. I know more photos will be coming onto the page in the future.

If you think you might be attending the World Environment Day Festival, just click the ***Interested** button on the post that Karen Edwards posted to our group. This will show us that other club members are planning to attend and you might want to drop by our stall and say 'hi'.

~~ Julie Nunn

HAPPY WALKING

And don't forget.....

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

