

# THE TRUDGE

March 2021

Club meetings are on the first Monday of each month (excluding January)

**7:30pm**

**Buderim Men's Shed**  
**38 Advance Road, Kuluin**

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

Scheduled activities are on <https://www.scbwc.com/activities>

## Committee Members 2020-2021

President:	Julie Nunn	<a href="mailto:pres@scbwc.com">pres@scbwc.com</a>
Vice President:	Clare Staines	<a href="mailto:vp@scbwc.com">vp@scbwc.com</a>
Secretary:	Stephen Hunter	<a href="mailto:sec@scbwc.com">sec@scbwc.com</a>
Treasurer:	Pam Sanders	<a href="mailto:treas@scbwc.com">treas@scbwc.com</a>
Walks Coordinator:	Rod Edwards	<a href="mailto:walk@scbwc.com">walk@scbwc.com</a>
New Member Officer:	Karen Edwards	<a href="mailto:enquiry@scbwc.com">enquiry@scbwc.com</a>
Hire Equipment Officer:	Joe Kirkpatrick	<a href="mailto:equip@scbwc.com">equip@scbwc.com</a>
Grants Officer:	Peter Fowler	<a href="mailto:grants@scbwc.com">grants@scbwc.com</a>
Librarian:	Gerard Gallop	<a href="mailto:cooroora35@gmail.com">cooroora35@gmail.com</a>

## Non Committee Positions

Trudge Editor:	Stephen Hunter	<a href="mailto:trudge@scbwc.com">trudge@scbwc.com</a>
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OH&S Officer	Malcolm Rodley	
Assistant Secretary	Anne Miller	
Abseiling Coordinator	Peter Fowler	
Refreshments Coordinator	Lindy Kenniwell	

Email [enquiry@scbwc.com](mailto:enquiry@scbwc.com) if you are unsure of whom to contact. They will forward your query to the appropriate individual.

Please send walk reports and photographs to [trudge@scbwc.com](mailto:trudge@scbwc.com)

Members should email [media@scbwc.com](mailto:media@scbwc.com) if they are not receiving general email communications from the SCBWC.

If you are a SCBWC member, join our closed Facebook group.



# Dularcha National Park

Sunday 28 February 2021



Dularcha National Park lies between Mooloolah and Landsborough and is bisected by the North Coast railway line. It covers an area of 4.64km<sup>2</sup>.

Our group of 18, led by Russell Stark, started at the carpark at the Dorson Drive end of the park at about 8:00a.m. We walked through shady bush alongside the railway line to the tunnel. It was built in 1891 and is curved and dark and 93.5m long. It provides a protected site for the seasonal roosting of small bats. This flat section of the walk was quite muddy and we needed torches in the tunnel. Luckily some of the group brought them.

The park is home to eucalypt forests, flooded gums, cabbage tree palms and rainforest plants as well as much birdlife. After the tunnel we turned onto a connection track to Roses circuit. The trails are shared with horses and mountain bikes and are mostly vehicle width. We climbed a long steep rocky section onto a large flat spot where we stopped for morning tea.

We then continued on the circuit, going down a steep gravel covered section which brought us back to the railway line and the tunnel. One unusual find was a tree with fruit that looked like red apples with a golf ball size seed inside.

Everyone enjoyed themselves, coped well and chatted easily in rows of 2 or 3 along the wide track. This walk is easy to find and mostly shady but no real views through the thick bush. We finished at 11:45am, so some went to a café in Mooloolah or stopped at the lovely park in the town for lunch.

Fay Islip

## Mary Cairncross Scenic Reserve

Thursday 4 March 2021

Raincoats out and umbrellas up, we strolled along the pathway lead by Marilyn and Charne beneath the rainforest canopy exploring a diverse plant and animal life that was a delight to all. Plenty of bird calls were identified and some were seen.

A highlight was the discovery of the home to several trap door spiders, as this particular species was only identified in 2019. There were plenty of nests spotted along the way of the giant earth worm homes which can be identified by their gathering of leaves and a twig sticking up in the centre. We also spotted several shy Paddy Melon wallabies foraging the rainforest floor for food.

The zig zag vine provided us with a path filled with its large orange peanut like fruit. A wonderful morning of exploring and learning topped off with a hot cuppa at the café.

Highly recommend this walk.

Julie Nunn

# Clean Up Australia Day

Sunday 7 March 2021

Thanks to the lovely bushwalkers who turned up at Lady Musgrave Drive to do their bit for Clean Up Australia Day.

The weather was kind with a bright sunny day, and we were joined by Glenfield locals, Marian and her 9 year old grandson. The 18 of us managed to pick up a good pile of rubbish which was very promptly whisked away to the tip.

It was generally agreed that there was overall less rubbish than in previous years but we still managed to find a few shoes, thongs, part of a guitar, a mop and lounge suite. Renee from council rang to check all was completed and I passed on the feedback that the covid sign-on with its survey and additional questions as part of the process was unnecessary.

Hopefully, next year all that will be behind us.

After the rubbish was removed and all the participants accounted for, we sat in the shade for a long chat and morning tea.

As promised. Here's a recipe for the imaginatively named 'Quick Slice'.

**Mix 1.5 cups of spelt flour + 3 tsp baking powder (or use S.R flour) +1.5 cups soft brown sugar + ¼ tsp salt.**

**Add + ¾ cup shredded coconut + 2.5 cups of mixed dried fruit, nuts and seeds.**

**My favourite is a mix of chopped prunes, sultanas, sunflower seeds and walnuts.**

**Melt 160g of butter and stir into the mix with 2 eggs.**

**Turn the batter into a 23cm square slice tin and bake at 170°C for 25-30 mins till golden brown on top.**

Thanks again to everyone who turned up.

Clare Staines

## Tuchekoi Trails

Friday, 19 March 2021



*Photo by Michelle Freeman*

Michelle had scheduled this walk for 29th March, it was oversubscribed but she generously offered to lead the same walk twice to cater for the waiting list.

Meeting at Cooroora Mountain Park six members one visitor (two no shows )were briefed by our leader and proceeded to enjoy a four hours eighteen minutes,13.5klm walk which included several hills (total elevation 305m) which proved to be a little challenging due to the heat and humidity.

Several highlights of the day included the bird life, interesting eucalyptus forest with several trunks having scratches and bleeding copious amounts of amber coloured sap, views of various aspects of Mt Cooroora and Mt Cooran through the forest.

We were privileged to enjoy Michelle’s carefully researched and professionally presented history of the area from the gold miners from 1870 to the dance halls of the 1920’s while enjoying morning tea beside a tranquil lake.

Clive Browne

## Noosa Trail #4 Circuit

### Sunday, 14 March 2021



If I had to give the Noosa Trail 4 circuit another name, I’d call it the ‘Secret trail’ because it would be very hard to find, for the untrained or the inexperienced hiker. Luckily Julie Nunn, our trail leader, had done a go through the previous day, and thanks to her organised planning and great sense of direction (and a little help from technology), we did very well.

16 of us gathered at 7.45am on the 14th of March at the Stan Toppers Park in Pomona. By 8 am, we piled into four cars that took us to the start of Trail 4 – a big thank you to those of you who volunteered your cars in the very wet, high risk of getting dirty-situation!

It was just as well that we took just four cars, because the 10-minute drive took us was off the beaten track, and ‘parking’ involved squeezing the cars along the side of the dirt ‘road’ near the very inconspicuous start of Trail 4. The trail started with an easy walk past a macadamia farm, and after about 20 minutes, we came to the gradient. It was wet and squelchy as we merrily walked by signs that said ‘do not attempt in wet weather’.

Walking mostly in a single file to avoid slipping on the wet stones, we came across and learnt about some very interesting flora and fauna. It is probably commonplace to the more experienced bushwalker, but this just being my second walk, I benefited hugely from the collective experience and knowledge from my fellow bushwalkers.

I got introduced to ‘Wait a while’ - Calamus australis, also known as lawyer cane or hairy mary thanks to its long whip like tendrils with sharp hooks that can catch you and give you some nasty cuts – the more you struggle, the harder the tendrils grip you. To make it lose its grip, you wait a while. Pretty straightforward,

now that you think of it! Thank you to Ruth and Len who gallantly held the tendrils back with their walking sticks the 3-4 times we encountered the sneaky plant lying in wait for us. And a bigger thank you to Julie and my other alert fellow walkers, who spotted it every time!

We stopped for morning tea around 10am, where I got initiated into the world of bushwalking when a leech decided I was morning tea. I should have taken a picture of my first leech, but went into a panic instead, with an apparently entertaining 'leech dance'. That is, until Cheryl Ryan, who had spotted the leech, just as calmly plucked it off. It had just started on me, apparently, so no harm done – thank you Cheryl, the blood bank says thank you too!!

It was here that I also learnt that ticks are more dangerous than leeches – you can pick these up in long grasses depending on where you're walking; and how you must be sure to twist the head completely out, if you ever find a tick has latched itself on you. Thank you, but I'd much rather stay in the centre of the path and avoid them altogether!

While I was busy tackling leeches, Julie told us about some very unusual rocks a little further down, which turned out to be a visit from the Easter bunny (aka Julie)! Happily loaded with some chocolate, we set off again, climbing up and scrambling down the circuit, past beautiful tall eucalyptus trees and fascinating strangling figs.

Our final encounter was a beautiful green tree snake who posed for us and then vanished. Back past the macadamia farm, ready to be driven back to our starting point and head back home, in exactly 4 hours, as predicted.

Was it an easy walk? It had its ups and downs, literally and figuratively.

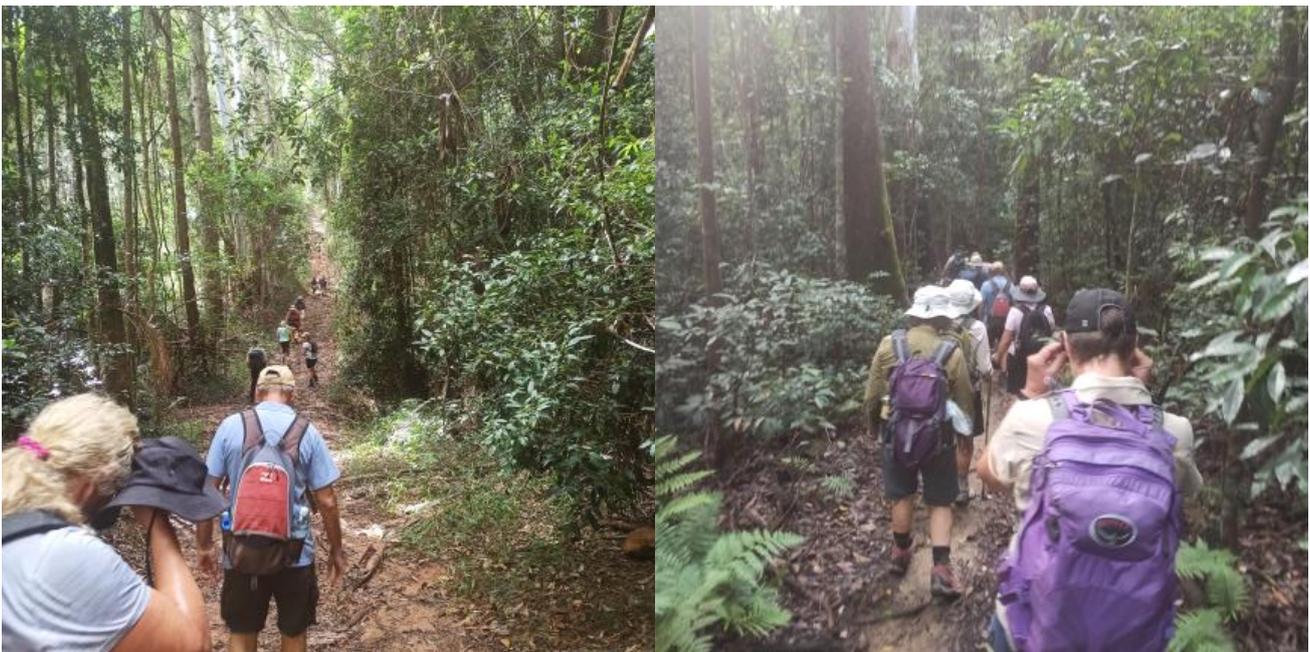
Was it good? You bet it was, with great conversation, easy banter and informative chats.

Would I do it again? Absolutely, just with proper walking shoes next time.

Thank you, Julie, for this amazing experience, for all your planning and preparation, and for the 'unusual rock formation'! 📷

Sangita Ghodke





An early edition due to Easter, the other March walks will be included next month. See you then.

**Stephen**

**HAPPY TRAILS** 