



THE TRUDGE

June 2022

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

7:00pm Refreshments for 7:30pm Meeting

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 2021-2022

President:	Rod Edwards	pres@scbwc.com
Vice President:	Sam Rowe	vp@scbwc.com
Secretary:	Stephen Hunter	sec@scbwc.com
Treasurer:	Pam Sanders	treas@scbwc.com
Walks Coordinator:	Linda Gregory	walk@scbwc.com
Membership Officer:	Lorri Carrol	enquiry@scbwc.com
Grants Officer:	Peter Fowler	grants@scbwc.com

Non Committee Positions

Hire Equipment Officer:	Garry Carr	guznez6@gmail.com
Trudge Editor:	Stephen Hunter	trudge@scbwc.com
Abseiling Coordinator	Peter Fowler	grants@scbwc.com
Librarian:	Gerard Gallop	cooroora35@gmail.com

Email 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

Members should email enquiry@scbwc.com if they are not receiving general email communications from the SCBWC.

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



Mid-Year President's Message

Well, here we are mid-year already. Time seems to have flown by so quickly since my last report earlier in the year. I want to ensure you are up to date with some recent changes made around the operation of the club plus put a spotlight on safety awareness & the monthly meeting. I have broken it up into segments for your convenience as follows:

Activities popularity:

We have seen lots of activities on the calendar keenly attended by members & visitors alike. It's great to see our members enjoying the activities organised by our volunteer leaders along with the social aspect it presents to make new friends & catch up with old friends. Most activities quickly fill as registrations open each month. While this is encouraging, it suggests to me that we would benefit from having more activities of varying levels & types to cover the demand on spaces available.

It's up to all of us to support meeting this high level of interest in the club's activities through new ideas, leading, co-leading, producing reports &/or offering support by any means no matter how small. I think sharing the responsibilities of activity logistics is the key to ensuring a good mix of activities for all members to enjoy. For further discussion at our next planning meeting in September

Take Care of each other but don't forget yourself:

Peter Fowler recently organised our remote 1st Aid training as part of a range of 1st aid training opportunities & Sam Rowe provided a comprehensive report for this Trudge. I'd like to add some comments around this subject of 1st Aid & safety that relates to all members while out on the track whether you are 1st Aid trained or not. Remember it is everyone's responsibility to maintain awareness for the wellbeing of others but also to take measures to ensure your own safety. For anyone to receive 1st Aid when they need it, first the group needs to be able to locate them & it needs to be known that that the person is in distress otherwise 1st Aid will not be forthcoming.

Therefore, please consider the following measures when next out on the track to ensure the person in need's location is known & to be aware when someone needs help at the earliest possible time:

- Stay in touch with those behind you. It's easy to get heavily involved in conversation & forget those behind you.
- Stay in touch with those in front of you. Call out to those in front if feeling vulnerable.
- Wait for others should you come to an intersection, turning off the track or unclear of route.
- Let the "tail end Charlie" know if you are taking a toilet stop
- Speak up if you are suffering
- Ask others how they are travelling or feeling. Ask a different way if they respond positively but look terrible. Keep an eye on them.
- Keep an eye out for people that are not drinking enough or eating especially visitors
- Leaders should not be shy or reluctant to use the club's specialist communication & location devices e.g. Walkie Talkies are fun to use when you have large groups & PLB's are a must when on multi-day walks in in remote off-track areas
- Leaders, please ensure you conduct a toolbox meeting before you head off to make everyone known to each other, ensure visitors understand the basic safety rules, everyone has sufficient water, personal 1st aid kits etc & highlight any unique hazards on the walk e.g. mountain bikes, cliffs, slippery rocks etc. Ask if anyone has an injury or medical condition.
- It's an apt time to be wary of those coming back from an illness, injury, or a long break. Keep an eye out for those overextending themselves to keep up but too proud to voice it
- Download the App "Emergency Plus".

- Always carry your own personal current 1st aid kit – you can find a suggested basic 1st aid kit for bushwalking on our website under the tab “Gear Lists”.
- I can keep talking about this, but you get the idea. Stay alert to the group’s overall wellbeing.

Another reason we need to maintain good safety awareness when out on the track to ensure the safety of Prospective Members & to start them off with good habits. So far this year we have had 15 new members join the club & 3 more applicants awaiting approval at the next meeting so our safety awareness & education in relation to this group is super important.

Our Monthly Club Meeting needs you!

COVID broke some BAD HABITS which is good but unfortunately it also broken some GOOD HABITS which is not so good. Right?

Since COVID restrictions entered our world causing our club to cancel several meetings earlier year before last, probably for the first time in the club’s history, & moving the venue from a place we had a long association with, our monthly meeting member’s attendance has been well down on what used to be normal. Although in saying that, visitors & new member attendances have been high.

Pre-COVID numbers were good & I’d love to see the return to the numbers of old. Our meetings are a great opportunity to socialise with other members & talk with leaders about the many upcoming activities. I’m calling on all members to consider attending the monthly meeting whenever you can. I understand that some can only come infrequently or some not at all depending on your personal circumstances & that’s OK. If you can’t get there due to having no means of transport then maybe link up with a member local to where you live.

Please consider coming back to our monthly club meetings starting next week Monday 4th July.

The following reasons may sway you:

- Restrictions have been lifted. Masks are no longer mandatory, you can sit next to each other, chairs are closer to the front so you can hear, no QR code entry etc.
- Supper has returned to nice treats & sometimes home-made slices/cakes. You can even serve yourself. Supper is now served prior to the meeting from 7am to allow time to chat.
- Activity Registration Sheets are now set out on tables before the meeting at approx. 7pm rather than having to rush after the meeting to get your name down for a walk you’re interested in. This also allows you to get away straight after the meeting if you wish.
- Get the latest news & have your say in matters discussed
- Books for hire & maps to loan to plan for you next adventure
- Help us chat with inquisitive visitors coming to have a look at what we are all about.
- Multi-day walk Equipment Exhibition - this meeting Mon July 4th where some members will be setting up their favourite possessions to show meeting attendees from approx. 6.30 up to the meeting start at 7.30pm

New Membership Management System & Online Calendar:

We have had a couple of IT upgrades this year that involved a lot of work behind the scenes to set up but will now be an invaluable resource to the club. We have a small team of dedicated members making it all possible. Our Membership Management System & new Calendar is fully operational both with a lot of functionality & flexibility to grow with the needs of the club for decades to come.

I always welcome any feedback you may have about anything, good or bad.

Thank you for reading & look forward to seeing you on the track sometime soon.

Rod Edwards

SCBWC President

Kureelipa Falls

Thursday 16 June 2022

We met at Mapleton Day Use Area at 8 am for our walk to Kureelipa Falls.

A little cool this morning but we were soon warmed by the sun filtering through the trees.

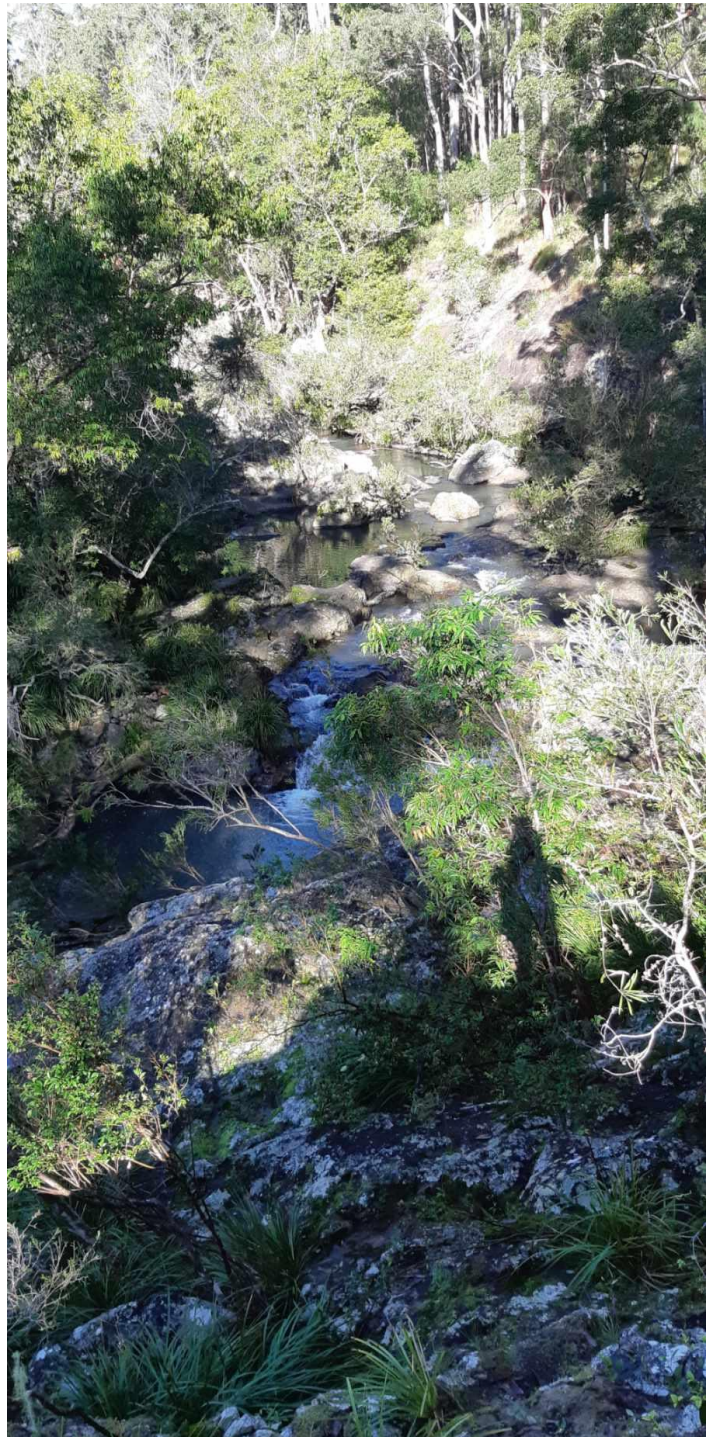
Five on our walk today and was thoroughly enjoyed by all.

Morning tea by the waterfall.

A special thanks to Diana Korving, our fearless leader.

We look forward to our next walk with Diana next month.

Sharon Pritchard



Remote First Aid Training

Saturday & Sunday 18-19 June 2022

Part of a recent grant funding received for the SCBWC was used over a weekend in June to update or learn new remote First Aid Training techniques.

President Rod along with Neralie, Richard, Karin, Judy, Cheryl, Tracey, and Sam did a day of theory on First Aid including a CPR assessment, then day two headed out into the field for some “real” first aid treatment in remote locations.

The training reinforced points to us all on how we can improve our first aid kits and awareness to be ready for ourselves or fellow walkers if an incident does occur. Some of these points that could also be used by all our members include:



1. Importance of having one person take the lead and allocate tasks when an accident or emergency incident occurs.
2. Engage as many people as needed to assist with tasks, and ensure the group are quiet and listen to instructions or information being provided
3. Keep the patient calm and also confident in what you are doing. Communicate with them and obtain their consent for any treatment you may be providing.
4. Observation of the patient for any changes over the time.
5. Have a member record details to assist when speaking with emergency services.
6. Ensure our members have the Emergency Plus App on their phones and how it can be used.
7. Ensure our personal first aid kits are well stocked (see recommended list on website)
8. Use of soluble aspirin for a cardiac event (so in our first aid kit)
9. We all need to print and carry a club incident report (not just the leader) and also ensure you have your emergency contact details on you.
10. Pen and paper are in our packs

There are other members that are obtaining their First Aid Certificate through the grant the club received with other providers. For those members that would like to do a First Aid Certificate, the club financially supports this with a 50% subsidy. Any members that do have a current first aid certificate if they could please let me or Lorri, our Membership Officer know for our records. (First Aid certificates are valid for 3 years and the CPR is renewed yearly)

The SCBWC does have safety equipment that members can use including two way radios, PLB's, base camp first aid kits, permanent first aid kit at Jacks Place (Cotswold). Please speak with Garry, our Equipment Officer on the equipment. The Vice President is also the SCBWC safety officer to co-ordinate incidents if they occur and follow up with members that have sustained an injury on the track.

We all want to enjoy our time out in the bush, but accidents do occur and ensuring members are trained in basic first aid and able to take a lead during these time is essential. We ask that we all play our part and not attend activities if unwell and if you do have a condition please ensure the activity leader is aware.

Thanks to Peter Fowler for organising the Remote First Aid training. It was a shame due to illness he was unable to attend.

Sam Rowe

D'Aguilar NP – Somerset Trail Walk

Sunday 19 June 2022

Kate, Nick, Karen, Sarah, David, visitor Jo and I set out from 'the Gantry' day use area at D'Aguilar National Park on a lovely sunny day.

The gantry is an enormous structure and pretty much all that is left to show there was once a huge timber industry in the area. But the loss of the timber industry is our gain, with extensive natural areas to now enjoy.

I'm embarrassed to admit that I took the group on a picturesque scenic detour around the Piccabeen Circuit before working out where the Somerset Trail actually started, but hey, life's an adventure and it gave Kate an opportunity to bump into an acquaintance, of which there seemed to be quite a few around that day.

The Brisbane bushwalkers were doing some light track work in return for staying in some National Park accommodation nearby. It seemed like a good arrangement and we bumped into a few of them over the course of the morning. The vegetation was nicely cut back, but in many places the track had been clearly been damaged by heavy stormwater run-off.

The Somerset Trail wends its way through some delightful country – first rainforest and then opening out to spotted and scribbly gums with grass tree understory. At the loop junction we decided to take the trail clockwise, stopping for morning tea at Blue Creek, which was true to its name.

The trail crosses dirt roads numerous times and we were fortunate that there were only a handful of dirt-bike riders out and about, otherwise it might have been a bit noisy. The bike riders were disappointed that the tracks were too dry - they were chasing mud.

The views from Somerset Lookout are spectacular - stretching from Somerset Dam south to Wivenhoe. We could also look across to Mt Archer, and Nick pointed out where Jon had led his adventure walk. The trail runs for a while along the edge of the escarpment giving lots of opportunities to enjoy the views.

After the very important group selfie (attached L-R Kate, Karen, Clare, Jo, Nick, Sarah, David) Kate spotted a fabulous little white orchid (also attached). Then we headed back through eucalypt woodland and banksias in flower through a hoop pine plantation and into the rainforest.

After 14km, about 325m gain and loss and crossing a few crystal clear creeks we arrived back at the Gantry and the very well maintained picnic area for lunch before heading home to the coast.

Thanks to Kate for being the official photographer and everyone for their cheery companionship.



Claire Staines

Gheerulla Falls & Ubajee Walkers Camp

Sunday 26 June 2022

The plan was to hike from Leafy Lane Trail Head car park to Gheerulla Falls and back.

There are many routes to consider so Ian and Sam were in deep discussion and I'm pleased that they decided to walk down the steep track and back up the switchbacks to Ubajee and out.

Our group of myself, Peter, Clare, Sam, Marilyn, Joanne and leader Ian were very keen to start walking to warm up!

As we approached the start of the steep down hill we reminisced about when we used to hike up it and Russell would be waiting in his chair looking quite comfortable by the time we staggered to the top!

Morning tea (thanks for the freddo frogs Ian) was enjoyed beside the Falls and we encountered lots of day trippers and through hikers.



Our next highlight was Ubajee lookout and after a pitstop at the walker's camp back to the cars.

We all decided we were definitely coming back in Spring to see the many orchids we passed in flower.

Thanks Ian for an enjoyable hike and for sharing your knowledge of native plants.

Leanda



Crows Nest Pilgrimage (Upcoming)

Friday to Sunday 19-21 August 2022

Members would have received the notice for the 2022 Pilgrimage sent to you all by the club secretary.

The annual Pilgrimage of the bushwalking clubs of SE Queensland is a chance to get together with other clubs for a fun weekend of walking and social activities.

This year the Pilgrimage is being hosted by the Toowoomba Bushwalkers. Details are available at

<https://toowoombabushwalkers.au/>

Register for the Pilgrimage on this site.

Events will commence from the evening of Friday 19th August, and run through until Sunday 21st Aug 2022. A range of activities are planned, including bushwalks, kayaking/canoeing, and a bush dance.

Camping is included in your registration fee and will be at the Crow's Nest Showgrounds, which includes toilets and showers, and has unpowered and powered sites suitable for tents, camper trailers, and caravans. For those who would like to have some comforts, there are Hotels and Motels in Crows Nest to stay at, but you will need to book those early.

The SCBWC went to Crows Nest National Park in 2015 for a long weekend and had a great time. Some of the walks we did are on the program and I recommend if you can to come to this lovely area to experience good walks and a fun time. Please register yourselves with the link from Toowoomba Bushwalkers, and put your name on our activity sheet so I can work with the Toowoomba club on organising camping in an area together at the showgrounds.

Sam Rowe



Be Safe

Every Day



As Sam mentioned in her report, a number of our members have recently completed first aid training courses and they would like to let all members know of a useful app in case of any emergencies while hiking.

The **Emergency+ app** is a free app developed by Australia's emergency services and their Government and industry partners.

The app uses GPS functionality built into smart phones to help a Triple Zero (000) caller provide critical location details required to mobilise emergency services.

The app is free to download on both the Apple App Store and Google Play.

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Plenty happening this month, but... unfortunately, not a lot of reports coming in, so the Trudge is a bit shorter than normal. Hopefully we'll be able to catch up in July. Thanks to all those who took the time to contribute.

Cheers,

Stephen

HAPPY TRAILS

