



THE TRUDGE

February 2023

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

Refreshments and walk sign on available from: 7:00pm

Meeting commences: 7:30pm

Buderim Craft Cottage

5 Main St, Buderim

(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:	Sam Rowe	pres@scbwc.com
Vice President:	June Hughes	vp@scbwc.com
Secretary:	Neralie Carr	sec@scbwc.com
Treasurer:	Karen McNamara	treas@scbwc.com
Walks Coordinator:	Linda Gregory	walk@scbwc.com
New Member 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:	Katherine Galligan	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.



President's Report

Welcome to a new year of fun and challenging activities for us all to experience.

I would like to thank Rod Edwards for his leadership during 2022 as President, Stephen Hunter (Secretary and Trudge Editor) and Pam Sanders (Treasurer) for their work on the SCBWC committee over the last few years.

We welcome the new committee for 2023 with Karen McNamara taking on the Treasurer role, Neralie Carr returns to the committee in the Secretary role, and we now have June Hughes joining the committee in the vacant VP position. In non-committee positions, Katherine Galligan has taken on The Trudge editor role. All the committee positions are now filled and I know all members will support the committee during 2023.

The committee held a meeting at the start of February where we discussed the following:

- Club insurance and what members understand the insurance covers. This was highlighted in the last Trudge but the insurance is for the activity of the member during a club activity. It doesn't cover flights, transport on multiday trips but please read the FAQ's we have in the Trudge.
- National Park Permit requirements for activities.
- SCBWC Risk Management Plan and opportunities with this.
- Current membership renewals.
- Security on membership details including a change in password to access the website.
- Monthly club meetings and requesting speakers to attend our meetings on relevant topics.



We really want 2023 to continue "returning to normal" with members attending our monthly club meetings, activities across all our scope (hiking, cycling, kayaking, abseiling) and the Trudge to have more content than just walk reports.

March for our club is a month that sets up the next 6 months for our activities. Linda Gregory has sent out emails to have members be involved in attending the Planning Meeting and also lead an activity. Sunday 19th March is the date so please support the club and come along.

March also has Clean Up Australia Day and we participate each year, helping to clean areas that we get to enjoy. This year is at the Maroochy North Shore in the sand dunes and along the river. It has been a busy area over Christmas so we expect to be busy for the 2 hours. Clean Up Australia provide gloves and bags and we will provide morning tea eats (byo mug, coffee / tea and hot water), so we just need you to give up 2 hours of your time on Sunday 5 th March to help keep our waterway and beaches clean.

I look forward to seeing you out on the track in the coming weeks with the autumn walking weather starting.

Sam Rowe - President

SCBWC and Social Media

We all enjoy our activities with the club and take photos and want to share our fun with family and friends. With regards to social media we ask our members and visitors to be aware of:

- Please always have permission from those you are including in the photo, and inform them they will be posted on your personal social media feed
- Use the SCBWC Facebook page to share the activity with fellow members

We do request members and prospective members to not post photos or share activity tracks from SCBWC activities they participate on with other commercial groups or other bushwalking clubs.

Focus on Flora – Slender Hyacinth Orchid



From [Wikipedia](#)

Dipodium variegatum, commonly known as the **slender hyacinth-orchid**,^[2] or **blotched hyacinth-orchid**,^[3] is a leafless [mycoheterotrophic orchid](#) that is endemic to south-eastern Australia. It forms mycorrhizal relationships with fungi of the genus [Russula](#). *Dipodium variegatum* is a leafless, mycoheterotrophic orchid. For most of the year, it lies dormant and has no above-ground presence; its tubers grow fleshy roots and form shoots consisting of leaf-like, sharply pointed, overlapping [bracts](#), sometimes

protruding above the ground, from which inflorescences emerge. The plant blooms in December-February, and the unbranched flowering stem, 15–60 cm (6–20 in) tall, carries 2-50 flowers. The blossoms are fleshy and cream-coloured to light pink with [maroon](#) blotches.

Dipodium variegatum occurs in eastern parts of [Queensland](#) as far north as the Mount Windsor Tableland west of [Daintree National Park](#) and in [New South Wales](#) as far west as [Temora](#). In [Victoria](#) it is only found in the far east. It grows in a wide range of habitats from heath to wet forests.^[4]



App of the Month - Emergency+



This is a really useful app that was 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 by emergency services. It's FREE and all members and prospective members are encouraged to download it.

Note: the icon used to be red so if you haven't updated it, now is the time.

NOOSA RIVER PADDLE

5 February 2023

Sunday 5/2/23 was a wonderful day for a kayak outing.... and was appreciated by a group of very attractive handsome individuals.

We paddled from Noosa Yacht and Rowing Club... turning into the Canals at Munna Point and around Kayser Island, had morning tea at Lions Park just off Noosa Pde. Entered the River again via Noosa Sound.



We tried to go over to North Shore but the tide and wind made it difficult... three hour paddle. Pretty much the original plan... but sand bars got the better of us.

Back at launch site with boats washed by midday.

Malcolm Rodley

Gear Review: Garmin inReach

I recently completed the Great South West Walk in Portland, Victoria. As this is not an overly popular walk I was expecting to be in camp on my own so for safety and communication reasons I borrowed the club's Garmin inReach. I do normally carry a PLB but that does not offer the ability to send messages, which the Garmin does. I was able to send a pre-selected text to my husband each day letting him know when I left camp and when I arrived at the next camp and my GPS coordinates were sent with each message to him as well. On two occasions I was able to send a text informing of changes to my planned route through the Garmin app I had installed on my phone. There is the option to text via the Garmin but it's much easier to type a text using your phone. Using the Garmin was easy to navigate and gave my husband and I such peace of mind while I was hiking. We are grateful to have been able to borrow it from the club, Thanks SCBWC.

Regina



If you'd like to know more about the InReach you can find all the info on the [Garmin website](#). The Mini has recently been superseded by the Mini 2 however the communication capabilities remain the same. The Mini 2 has additional tracking and app connection options.

Here's a summary of the features:

- Two way global messaging via Iridium network. It uses the Garmin Messenger App that is downloaded to your phone
- SOS messaging and response capability via the Garmin International Emergency Response Coordination Centre
- Share your location with people (you can choose who you share with)
- Get weather reports
- It does require an annual fee and ongoing subscription to function

Club Equipment can be borrowed by contacting Garry Carr. Some of the available items include:

- lightweight chairs
- walking poles
- backpacks
- tents
- sleeping mats

Bridges of Brisbane

5 February 2023



A change of scene and activity for a warm Sunday outing.

After securing a parking spot at Kangaroo Point, our group of 7 set off to cross 6 very different bridges that span the Brisbane River. Sam was our leader for the morning and managed to keep us together in spite of some constant stopping by some (including me) who just had to take a photo of the great architectural shapes and street art that we saw along the way.



*A FUN and SOCIAL
morning and a great
way to explore a
small part of
Brisbane*



Thanks Sam for undertaking the pre walk recce and leading our group on the day.
The bridges we crossed in order were:

- 1 Story Bridge
- 2 Goodwill Bridge
- 3 Victoria Bridge
- 4 Kurilpa Bridge
- 5 William Jolly Bridge
- 6 Go Between Bridge

Mount Beerwah – NW route + Shell Rock

12 February 2023



On a gorgeous morning of what was predicted to be a scorcher, three of us headed up Mount Beerwah. We skirted around the base before ascending via the NW route. Seemingly more vertical than the tourist route it had us looking for hand and foot holds in the grippy [trachyte](#) rock. We took our time and enjoyed the views and the cool shade. On reaching our mini summit we umm'ed and ahh'ed and scouted around for the footpad that would take us down to Shell Rock. We missed - ended up above it! So we continued around and down until we knew we were in the right spot. At this point we thought it prudent to send Peter across with a rope (thanks Abseiling

Coordinator) so we could harness up and attach to a safety line for our traverse and descent to Shell Rock. Wow, what a view and an amazingly shaped 'rock'.

On return, we made our way across toward the lower peak and then up to Little Shell Rock. A few obligatory photos of us looking like we were standing on top of the world before scrambling up to the summit of the lower peak. From there it was an easy walk on a footpad to the tourist route. Stopping to have a look at a previously



unknown cave (and one cute sleeping bat), we made our hasty descent in 39deg heat down the tourist track to the car park. Thanks Peter for the lead and expertise.



Summer Creek

19 February 2023

Three of us, Clare, Linda and Diana, drove up the pitted and rocky Sunday Creek Road to a parking spot next to a maintenance track that leads down to the Great Walk. About 500m or so down the track we joined the Great Walk track heading north towards Sunday Creek walker's campground. The eucalypts were in full 'peel' shedding swathes of bark to reveal their magnificent smooth orange trunks underneath with an understory of gingers almost coming into flower. The weather was a little overcast so not as hot as anticipated, so it was an easy walk down to the campground where we stopped for morning tea. There was evidence of heavy rain a few days before and the waterfall was still falling, but it needs a bit more of a flush out to be pleasant for swimming – lots of algal growth in the water.



We then scrambled down to the creek bed and began to wend our way south up the creek. The creek is pretty clear from the floods early in 2022 so the rock hopping and log balancing is fairly straight-forward but fun. We didn't spot any orchid flowers this time, but lots of 'love' flowers and we saw a top knot pigeon high up in a tree with its bright red beak and eye with a wacky haircut which was a pretty cool. The waterhole where we were planning to stop for lunch was already 'taken' by another couple enjoying a day out so we stopped up by the causeway, cooled our feet in the water, and ate lunch there instead. No snakes seen all day. Possibly due to the chatting? A very pleasant day and a first for Diana in that part of Conondale National Park.

Training Walks

Tuesday afternoons

A great way to keep fit over summer and have a bit of mid-week bush time.



Lower York Creek Yandina

19 February 2023



One of the best times to begin bushwalking in creeks is during the current dry time. Low rainfalls means little water flow in a creek. Warm days and high sun means the rocks are all dry and great for rock hopping. Creeks in rainforests are nice and cool on the warmer days that we have in February. Lower York Creek is a lovely creek to experience with a few waterfalls to climb up with plenty of foot and hand holds to use and the remainder of the walk in the dry creek bed or walking around a rock pool on the side.

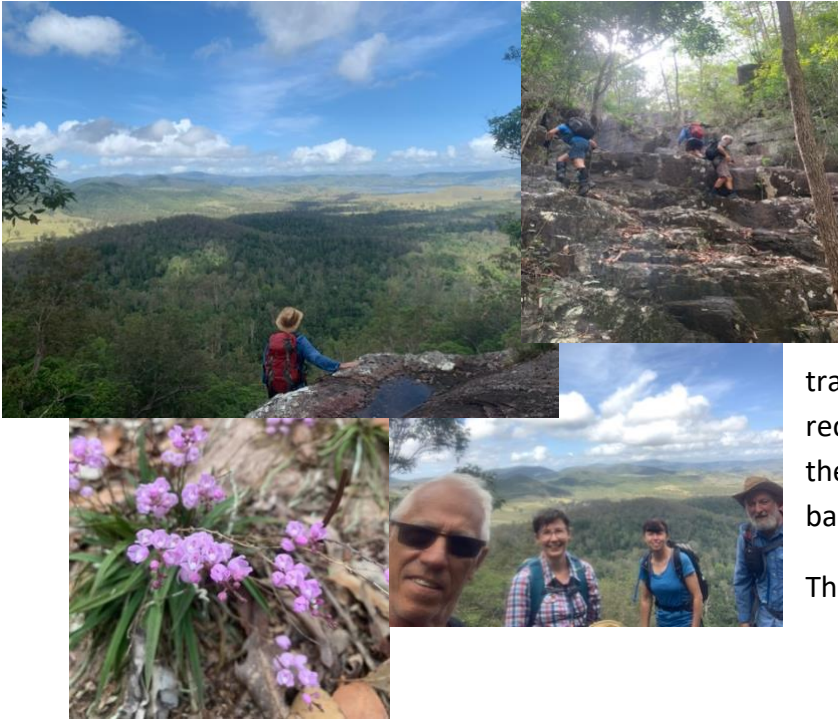
Try it and you will love it.

Sam



Waterfalls on Archer

26 February 2023



Jon led us down this track, and that creek (to a great view) and then back up, down another track, and then another and another (to another great view). We summited Mt Archer in the blink of an eye (another for the peak baggers) and lunched in an abandoned hut. This part of D'Aguilar National Park has many tracks which aren't on the maps. They'd been recently slashed so it was an easy walk but the weather was warm so we were glad to be back at the cars in the early afternoon.

Thanks Jon.

Did you know?

You should always be prepared for any outdoor activity you undertake.
Always take a bit extra!

Extracted from the April 1986 Trudge ...

"Jack Marshall featured in the Sunshine Coast Daily on the 2nd of April due to his misadventure in New Zealand near Fox Glacier.

Jack had climbed a cliff and was hauling his pack up by rope when it broke.

With only shorts, shirt and raincoat Jack spent 4 hours walking to a hut where he spent 4 days without food, before airlifted out after a deer hunter found him"

Jack Marshall was a founding club member in 1975 becoming a Life Member in 1986.

Jack always had that bit extra in his pack if you forgot yours!

Sadly, Jack passed away on the 11th of September 1989.

Jack was interred at Maroon Cemetery in the foothills of Mt Maroon surrounded by the mountains.

Research by Peter Fowler

Adventure April

The theme for April will be to encourage you to get out and extend yourself.
Activities to ignite your inner explorer.

"it's not the mountain we conquer but ourselves" Sir Edmund Hillary

"Until you step into the unknown you don't know what you are made of" Roy Bennett

"Adventures fill your soul" Jaimi Lyn

"A mind that is stretched by a new experience can never go back to old dimensions" Oliver Wendell Holmes

"Adventure is worthwhile" Aesop

"Getting lost is not a waste of time" Pierre Bernard

Peter Fowler

Abseil Co-ordinator

What's your adventure going to be?

You're invited: Clean Up Australia Day



Sunday 5th March – 7.30am to 9.30am

North Shore Road – Twin Waters

Please wear – protective footwear, hat, sunglasses and apply plenty of sunscreen

Please bring – water, gloves (gloves will also be provided), cup and hot water

Maroochydhore River is available for swimming after the work has been done.

Morning Tea treats will be provided

Contact Sam 0417065441 to be involved in the morning.