

MARCH 2024



The Trudge

Sunshine Coast Bushwalking Club
Est. 1975



CLUB MEETINGS

First Monday of the month (excl Jan.)

Time:

7:00pm – walk sign on opens

7:30pm – meeting commences with refreshments following

Where:

Buderim Craft Cottage
5 Main St, Buderim

Please note, when the first Monday falls on a public holiday the meeting will be held on the 2nd Monday

Committee Members 2022-2023

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

Activities Coordinator:

Kate Russo

activities@scbwc.com

New Member Officer:

Maree Bell

enquiry@scbwc.com

Grants Officer:

Peter Fowler

grants@scbwc.com

Non-Committee Positions

Hire Equipment Officer:

Garry Carr

guznez6@gmail.com

Trudge Editor:

Chris Vieraitis

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.

PRESIDENT'S UPDATE



Welcome to a new calendar year of bushwalking. Our summer on the Sunshine Coast has been difficult for activities with lots of rain filling our creeks or very hot days to take on the tracks. We still have managed to have some great walks where water is involved and our club was once again involved with our community activity of Clean Up Australia Day on 3 March.

Congratulations to our lucky door prize winners at the February club meeting. I was one of the lucky ones and did enjoy the movie "Force of Nature". The movie was filmed in the Victorian bush where I grew up and enjoyed the trails. I definitely would not want to go bushwalking with that group of people.

We should now begin to see some cooler days and increased bushwalking activities, and our program up to September will be planned at the SCBWC Planning meeting on 17 March at Foote Sanctuary.

The SCBWC committee had a meeting on 19 February and below is a summary of items discussed:

1. The club will utilise Xero to create invoices for membership renewals in October 2024. These will be sent out to members.
2. The club has applied for an Active Clubs grant to assist with training. We will keep you updated if we are successful.
3. Office of Fair Trade has advised Incorporated Clubs that a Grievance Policy is required to be included in the club constitution. Whilst this update will be done by Sam Rowe (President) and Neralie Carr (Secretary), we will also review the current club constitution. All details and changes will be presented to a special meeting at the July club monthly meeting. This is to ensure all proposed changes are endorsed by the Office of Fair Trade before October 2024.
4. We will be updating the website password again. The updated password will be sent out to members at the time of change in March.
5. The club is introducing a reimbursement claim form for any members needing to claim funds to be transferred into their account. Please see Karen Hirst (Treasurer) if you require a form. This is required to be used for any reimbursement along with the tax receipt.
6. The SCBWC in 2025 is turning 50. To help organise the celebrations, we are looking for members to join a sub-committee and come up with proposals. Please see Sam or Neralie if you would like to be involved. It will be fun and a great way to meet other members.
7. If anyone would like to update, educate or just chat to us at the monthly club meetings, we are always looking for speakers. We all enjoyed Malcolm Rodley's chat about their adventure recently at the Waiheke Walking Festival in February.

Finally, the SCBWC will require a new president to stand at our November 2024 elections, as I will not be continuing on the committee after 2 years as President. Please think about being involved with this wonderful club and group of people. It is very rewarding.

Have a great time exploring tracks, hills, cliffs, rivers and cycleways over the next few months and hopefully I will see you out on the track.

Sam Rowe -President

REMINDERS

Please bring some cash change along to the walks to provide to drivers when carpooling to an activity is done. Contribution to the fuel and the car running costs is strongly encouraged.

The April club meeting will be held on **Sunday 7th April at 9 am** at the Maroochydore Botanical Gardens. We hope members that cannot attend the Monday evening club meetings due to night driving, work commitments etc can join us all for a monthly meeting and morning tea after. The meeting will be in the picnic shelter on the left of the carpark, looking over the lagoon.

February Activities

11th *Summer Creek Falls (Sam Rowe)*

11th *Obi Obi Swim Through (Peter Fowler)*

16th *Cool Coolum stroll (June Hughes)*

24th *"Full Moon" Walk – Caloundra Coastal Pathway (Clare Staines)*

25th *Archer Adventure (Jon Lee)*

25th *Palmview Cycle Paths (Malcolm Rodley)*

25th *Kinana Track (Sarah James)*

MARCH

3rd *Clean Up Australia Day (Sam Rowe)*

Conondale National Park – Summer Creek Falls

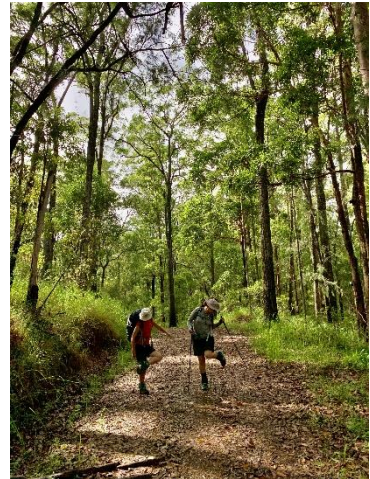
After heavy rain the night before, it was decided the morning of the walk to avoid creek crossings to be on the safe side. So the day's walking was diverted from Booloumba Creek to Summer Creek Falls. With Sam leading, Clare, Carolyn, Jen, Sarah and David set off from the cross-over of the Great Walk and Summer Creek Road. On the drive up we surprised 2 deer on the road, who stared at us as much as we stared at them for a short while before melting back into the bush. Their coats had dark patches on the russet coat which matched the orange bark of the surrounding eucalypts – brilliant camouflage.



The pluses with the rain meant that virtually no-one was around and we had the pathways and creek to ourselves. And there were lots of wildflowers out – all making good use of the recent wet weather. And the 'grey' gums were shining with their orange trunks. The minuses were leeches. Lots of leeches. So we made quick progress through the denser bush, only lingering in open areas and by the creek with frequent checks for the little buggers. The rain held off and we walked the lower Great Walk track above Summer Creek to the Falls where we stopped for morning tea and a swim in

the pool above the main waterfall. By that time the sun was out and the creek was flowing nicely so it was a pleasure to take a dip in the cool water.

It was still too wet and slippery to contemplate rock hopping up the creek, so after morning tea we continued in a clockwise direction and rejoined the Great Walk, this time taking the higher track with a steady uphill back to Summer Creek Road. On the way back we almost stood on two pythons lying on the track – luckily Jen’s sharp eyes picked them out in time. Sam pointed out orchids on the trees – showing that they grow on the south side of the trunks, and we thought it would be good to return during their flowering season. Lunch was eaten back down at Charlie Moreland Day use area where we did another leech check. Somehow I still managed to get one on the back of my leg but I think we did well with only 1 bloodied bite between the 6 of us. All up I think we did around 11km with an elevation loss and gain of 271m.

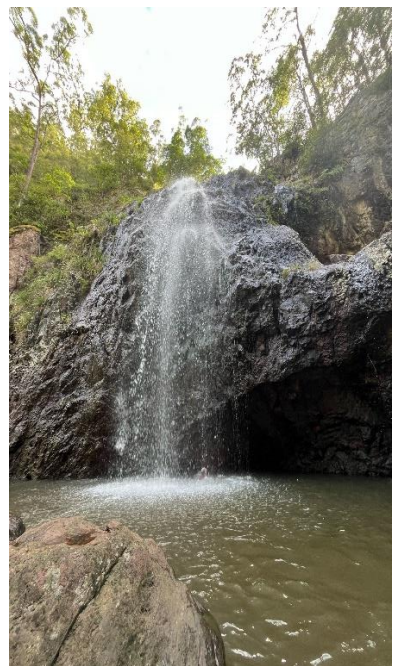
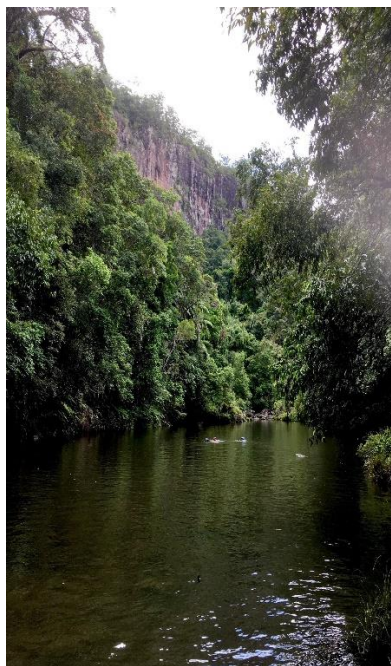


Thanks to Sam for leading. There was some discussion about getting some longer walks into the program as the original 18km was going to be a fitness test for some of us. So watch out for some ‘testing’ walks in the future!

Clare Staines

Obi Obi Swim Through

A group of 6 keen bush walkers (and swimmers!), including leader Peter Fowler, headed off from the Narrows Road car park entrance to the Great Walk just after 7.30am. We walked a short distance before making our way on the rocks along the creek edge of the Obi Obi. The rocks were extremely slippery following the rain of the day prior, but we did not encounter any moisture (from the sky at least!) for the duration of the walk. There were some slips (and leeches) but no injuries. We were all pleased to enter the water for a swim after what seemed like several hundred metres of rock climbing (but was likely less than that!).



The water was reasonably warm but refreshing and it did not take us long to work out how to float our backpacks. We reached a highlight by 8.30am: a beautiful waterfall that we swam under and received head massages from the force of the water.

Later in the walk we crossed the creek that the water leading to that fall flowed from and walked off the main track, 200m, to the top of that waterfall. After long sections of swimming, we found a peaceful spot on the side of the river, with some sun to warm us, for morning tea. We made our way through the last swim section before we rejoined the Great Walk track and made our way up to the lookout to look down on the creek we had just been floating along.

This was a wonderful walk with lots of enjoyable parts and not anything too difficult provided one can swim ... as one walker (swimmer) rightly claimed "it's a walk with so much reward for the effort required". Thanks to Peter for taking us on this wonderful morning out.

Jo Bragg

Cool Coolum Stroll

*"The rain is raining all around
It falls on field and tree
It rains on the umbrellas here
And all the ships at sea "*



This is a very short poem by Robert Louis Stevenson for a very short walk!

The forecast was for showers on the Friday walk at the Coolum Eco Industrial Park. It was the first time the SCBWC had walked in this hidden away area, and 10 curious walkers took a chance with the weather. However, the rain began right at the starting time, became heavier and heavier, the track became muddier and water flooded the track. Despite raincoats, umbrellas and hats, everyone was soaked. A vote was taken to shorten the walk and dry out at The German Bakery. It was a good decision for coffee, cake and conversation.

*"Do not be angry with the rain;
It simply does not know how to
Fall upwards "*

Vladimir Nabokov

Thanks to everyone who kept walking, kept their sense of humour, shared walking experiences and made prospective members welcome.

Just remember....

*Rain is divine..
Permission
To stay inside
And watch a movie.*

June Hughes

Full Moon Walk - Caloundra Coastal Pathway



A big group of nine members, Clare, Melissa, Jan, Martha & Miles, David & Sarah, Kate and Karen plus eight cheery prospective members, Bonnie, Tania, Sindy & Richard, Richard, Michele and (yes a third!) Richard, and Ian met at the back of the Events Centre in Caloundra to walk the coastal pathway south along the edge of the Pumicestone Passage of Golden Beach.

The plan was to enjoy the sun setting and then the full moon reflecting off the still water of the Passage in the late afternoon and early evening. Ha! So much for our little plans...the rain gods had *other* plans for us.



So umbrellas and rain coats were the order of the day. We set off with Kate acting as tail-end Charlie and walked the concrete path, passing the coast guards station, Powerboat club and over the Lamerough Creek bridge, past Military Jetty to Diamond Head to pause for a short while to enjoy imagining the moon hanging in the vast sky. Luckily the rain eased off and although we didn't see the moon, even for a split second, we did enjoy the 'city lights' reflecting in the water of the return journey back to the start.

A second blow to the evening's plans was the fish and chip shop having run out of fish just as we arrived back! Still the visitors seemed to take it in their stride and well done us for walking about 9km at a good pace.

Clare Staines



Clean up Australia Day



When we were driving into the carpark at Ewan Maddock Dam day use area near Mooloolah, there were cars parked everywhere. Oh dear are they all here for our Clean Up Australia Day? Luckily it was for a trail running event also happening in the area, so our 20 members and prospective members found a parking area off to the side to sign on, get into our groups, collect our gloves and rubbish bags and head out to ensure this area close to our drinking water was kept clean.

Our groups' effort did collect a lot of rubbish, but a comment made since the containers for cash has come in, our recycling bags are now smaller than our general rubbish bags. In a few hours the clean up in the day use area and surrounding area was completed and we all enjoyed morning tea under the tree canopy. Some had a well earned and refreshing swim in Ewan Maddock Dam too. After the event, Peter and Sam visited the tip to drop off the waste which the council was appreciative of.

Organising this activity is very rewarding and the Clean Up Australia council do a lot of the work for us all (delivering gloves/ bags / information sheets). We are looking for a new leader to take this on for 2025 and choose your adventure (well venue anyway). Big thanks to all that came out for the morning's activity.



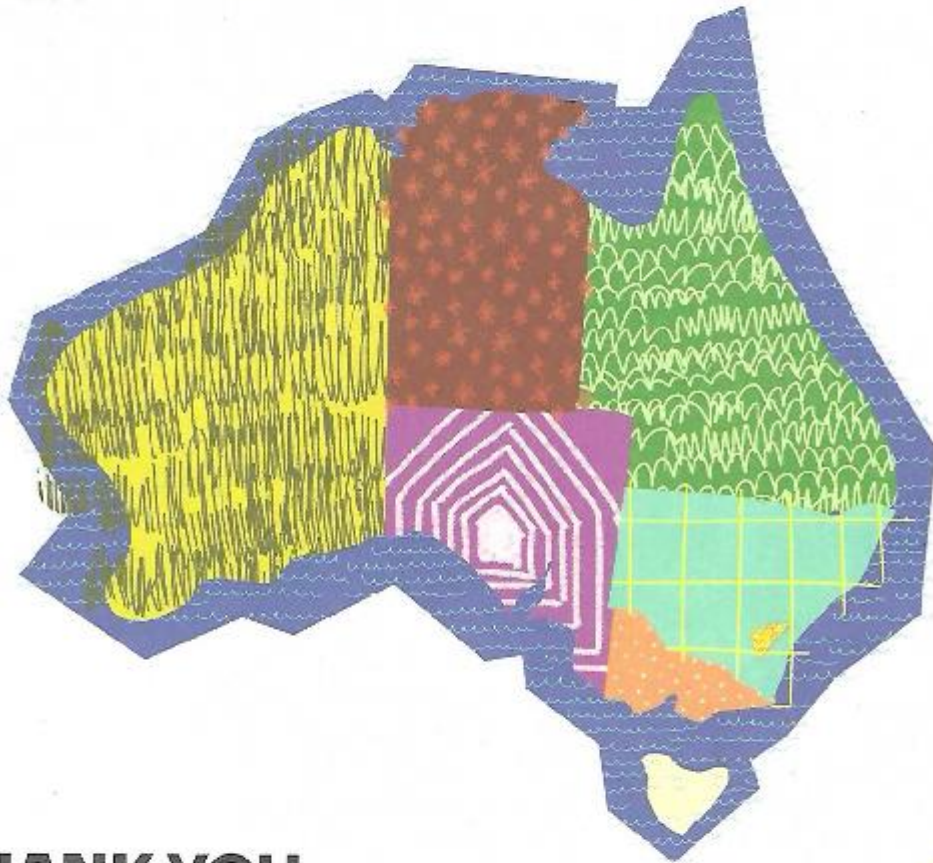
PS group photo is missing Jenni and Malcolm Rodley who also participated in the clean up.

Sam Rowe

STEP UP TO

2024

UNITE



THANK YOU

Sunshine Coast Bushwalking Club

FOR JOINING CLEAN UP AUSTRALIA



CLEANUP.ORG.AU

Pip Kierman
Pip Kierman, Chair

Sold Partner
coles Drumstick

Sold Partner
amazon CLEANAWAY sodastream

Executive Partner Funding Partner
Uber M

Printed on 100% recycled paper manufactured carbon neutral without chlorine bleaching

UNTIL NEXT MONTH..... HAPPY TRAILS