

AUGUST 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 2<sup>nd</sup> Monday

## Committee Members 2023-2024

President:

Sam Rowe

[pres@scbwc.com](mailto:pres@scbwc.com)

Vice President:

June Hughes

[vp@scbwc.com](mailto:vp@scbwc.com)

Secretary:

Neralie Carr

[sec@scbwc.com](mailto:sec@scbwc.com)

Treasurer:

Karen McNamara

[treas@scbwc.com](mailto:treas@scbwc.com)

Activities Coordinator:

Kate Russo

[activities@scbwc.com](mailto:activities@scbwc.com)

New Member Officer:

Maree Bell

[enquiry@scbwc.com](mailto:enquiry@scbwc.com)

Grants Officer:

Peter Fowler

[grants@scbwc.com](mailto:grants@scbwc.com)

## Non-Committee Positions

Hire Equipment Officer:

Garry Carr

[guznez6@gmail.com](mailto:guznez6@gmail.com)

Trudge Editor:

Chris Vieraitis

[trudge@scbwc.com](mailto:trudge@scbwc.com)

Abseiling Coordinator

Peter Fowler

[grants@scbwc.com](mailto:grants@scbwc.com)

Librarian:

Gerard Gallop

[cooroora35@gmail.com](mailto:cooroora35@gmail.com)

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

## **PRESIDENT'S UPDATE – JULY 2024 .....**

Thank you to all members who attended and voted at the Special Club meeting on 1 July for the amendments to the club's constitution. I would like to acknowledge Neralie Carr (Secretary) for her work on updating the club's constitution so that it is compliant for the Office of Fair Trade and also updated for our own needs.

The month of June had our club participate in the Healthy Sunshine Coast bushwalks that the club does for the Sunshine Coast Council each year. Thanks to Clare Staines and Karen Edwards for co-ordinating the walks and to our leaders that volunteered. The bushwalks were successful with great interest from the participants.

The SCBWC celebrates its 50<sup>th</sup> year in 2025 and thanks to Rod Edwards, Glen Duckworth, June Hughes and Sarah James (sub-committee) for commencing on ideas on how to celebrate the year and retell and enjoy the club's history. They'd love to hear from members on suggestions or even details of the club's life over the last 50 years. Please get involved with ideas and volunteering.

The club's life over the 49 years has had many members volunteering for not only leading activities, but also taking on committee positions to ensure we do have a bushwalking club that we can go out, explore and enjoy the great outdoors safely with. At the AGM in November this year, the club will be voting in a new President and Secretary and we do need you all to consider getting involved.

Some members that have been involved with the club over many years in committee positions include but not limited to - Neralie Carr (Secretary, Treasurer), Linda Gregory (President, New Members' Officer, Activities Co-ordinator), Russell Stark (President, Vice President, Activities Co-ordinator), Joe Kirkpatrick (Equipment Officer, Volunteers Co-ordinator), Peter Fowler (Grants Officer), Rod Edwards (President, New Members' Officer, Activities Co-ordinator), Karen Edwards (New Members' Officer), Ian Greggery (Vice President, Secretary), Sam Rowe (President, Vice President, Activities Co-ordinator) and Chris Vieraitis (President, Vice President, New Members' Officer, Trudge Editor).

As you can see there is longevity with some members taking on numerous roles for greater than 5 years and the club does need different members to get involved where possible. It is great fun and the committee work and support each other in the roles. Once again please consider getting involved.

We have a calendar full of activities to participate in and I look forward to seeing you on the track.

*Sam Rowe*

## **DATE CLAIMERS .....**

6-8 September	Pilgrimage – Kenilworth (more information below)
22 September	Planning Meeting – Foote Sanctuary
1 October	Membership fees due (more information below)
13 October (Sunday)	October club meeting – Maroochy Botanical Gardens
4 November	Club AGM – Buderim Craft Cottage



## WE NEED YOUR HELP .....

Maree (our illustrious New Member Officer) will be away for 3 weeks during September and we need a volunteer cover the enquiries to the club's email address. The usual volunteers that cover will not be available. Emails would be forwarded to your inbox during that period. See Maree Bell or Sam Rowe if you can assist.

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## REMINDER .....

Special guests at the club meeting on Monday, 5 August at 7.30pm.  
Miles and Martha de Lacy will present on the topic of "Hiking in Vietnam and Taiwan".

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## MEMBERSHIP FEES .....

\$35.00 per member are due 1 October 2024. Fees may be paid as follows:

- Direct deposit into the club's Bendigo bank account  
BSB: 633 000 Account No: 142347657  
Reference: Your name

Remember that only financial members are eligible to vote at the AGM on 4 November 2024, so please ensure your membership is current.

Also please note that payment of the renewal subscription is deemed to be full acceptance and understanding of the Club's *Acknowledgement and Indemnity Agreement* found on the club's website.

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## GRANT APPLICATION SUCCESSFUL .....



The club's grant application to the Department of Tourism and Sport for the Active Clubs program was successful. The Queensland Government provided \$2,500 to the Sunshine Coast Bushwalking Club to educate and train volunteers to enable Queenslanders to participate in sport and recreation activities.

The Active Clubs program provides funding to local and regional sport and active recreation organisations to support volunteers and provide flexible and safe physical activity opportunities to increase sport and active recreation participation.

Previous club training programs have included first aid, remote area first aid, navigation by map and compass, abseil guide, vertical mobility self rescue and vertical rescue, treetop challenge.



Peter Fowler  
Grants Officer

## BUSHWALKING QLD PILGRIMAGE - Friday 6<sup>th</sup> – Sunday 8<sup>th</sup> SEPTEMBER KENILWORTH SHOWGROUNDS

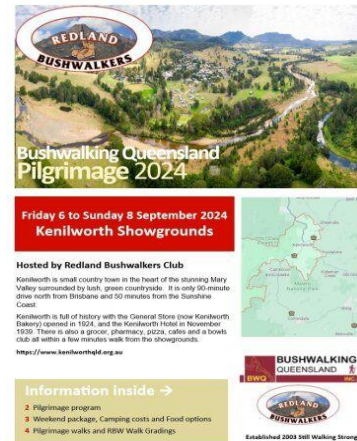
Hosted by Redland Bushwalking Club

Here's your chance to walk with members from other clubs. There will be a BBQ dinner on Saturday night and a bush dance, with a large selection of walking activities during the day.

Limit of 150 people, so get in quickly. You can arrive any time after 12 noon on the Friday and check out time is 12 noon on Sunday. To book extra days, contact the Kenilworth Showgrounds directly.

To register: <https://form.jotform.com/240398810517863>

Registration closes Saturday 3 August 2024.



You can also register for the walks through this link. More detailed information about the walks will be available at the camp on Friday night from 4:30pm.

Website: <https://redlandbushwalkers.org.au/pilgrimage-2024/>

To view the program:

[https://1drv.ms/b/c/382f7423a7d01ade/EZb7p58DlyVPvkuZUZhpi0Bd08ylqMsSXAx0DU5\\_0kh1w?e=zRvzSq](https://1drv.ms/b/c/382f7423a7d01ade/EZb7p58DlyVPvkuZUZhpi0Bd08ylqMsSXAx0DU5_0kh1w?e=zRvzSq)

More information and any queries contact 0459 466 049.

IT'S OFFICIAL .....



All those who know Russell Stark, one of our Life Members, have always regarded him "as one of our own" and a good mate to one and all.

On Friday 5 July, all of the above was officially confirmed when Russell, after a fair amount of preliminary work, took the final step, taking the oath at the Citizenship Ceremony held at the Sunshine Coast University.

**Congratulations Russell**, from all your hiking buddies in the bushwalking club!!



## July Activities

7<sup>th</sup> Mt Boulder, Mothar Mountains  
(Diana Korving) – Postponed  
14<sup>th</sup> Emu Mountain (Min Haeusler)  
14<sup>th</sup> Mary Smokes Creek (Jon Lee)  
14<sup>th</sup> Cycle – Bokarina Beach to Sippy Downs  
return (Phil Pratt)  
19<sup>th</sup> Lake Weyba Foreshore Walk  
(June Hughes)

21<sup>st</sup> Mount Seawah – Noosa North Shore  
(Sarah James)  
21<sup>st</sup> Mt Beerwah North West (Peter Fowler)  
26<sup>th</sup> Kirby Road Base Camp  
to (Joe Kirkpatrick)  
29<sup>th</sup>

### Coolum Beach to Mudjimba Beach Coastal Walk (30<sup>th</sup> June)

11 eager walkers met at Coolum Beach for our coastal walk including 4 prospective members. A small group of 6 had carpooled from Mudjimba Beach to Coolum, where parking at that hour was much easier than it was later at the completion of our walk – thanks to Clive for taking us back in his people mover. We couldn't have asked for a better day with very light winds and temperatures leading up to the day's forecast of 25 degrees.



The tracks were well marked with just a few short ascents and the clean, clear waves were enticing enough to dive in (almost!). Whales could be seen breaching in the distance from up on the cliffs and, as we gazed out to sea, a white breasted sea eagle swooped down towards the water.



Carolyn showed us the view from the top of what she has nicknamed the 'stairway to heaven' leading to a secluded beach way down below. It was decided not to venture there - I suspect the climb back up would be challenging!



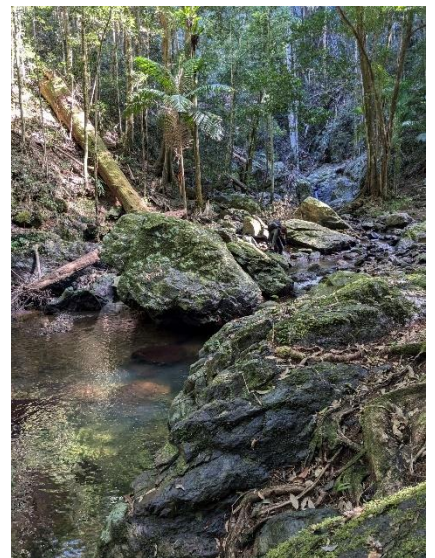
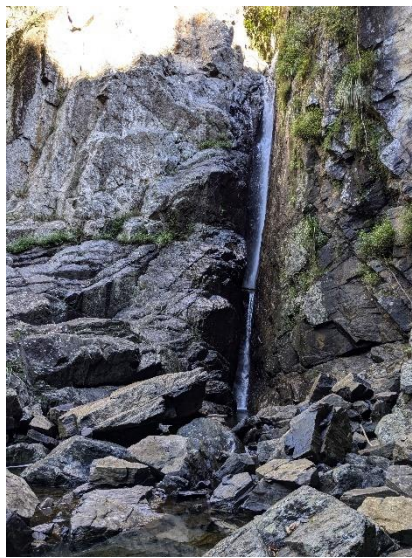
Throughout the trek the lovely songs of the Brown Honeyeater could be heard and swooping Rainbow Bee-eaters could be seen at one point from the path. A small green tree snake wound its way lazily in the sun across the boardwalk leading down to the lifesaver's tower. It wasn't fazed by our presence at all. We enjoyed our morning tea with refreshments purchased from a buzzing café at Marcoola Beach before completing the final stage of our journey. Thanks to Carolyn for taking us on this comfortable picturesque walk of 12.6 kms.

*Maree Bell*

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## Love Creek Walk (30<sup>th</sup> June)

There are NO words for this walk!!





## Mary Smokes Creek



Jon Lee led Karin & Richard, Maureen, John, Chris, Alex and me (Clare) on a hike down into and then along and up Mary Smokes Creek, near Woodford. We started with a bit of a car shuffle – leaving 2 cars at the top of Montford Road roughly where we would be ending our hike, and then starting 5 km back down the road. It was a bit of a scramble and steep decent along what was once probably a timber-getting track, but now overgrown, to get to the creek itself. Mary Smokes Creek was shallow with a nice and wide rocky creek bed, pretty easy going at the start. Apparently the creek got its name from an indigenous woman called Mary who used to go for a smoke near (presumably) the lower reaches of the creek. It would be nice to know

more, but a google search didn't throw up any more information.

After morning tea, we continued up the creek and it gradually got steeper and the rocks bigger. We passed numerous lovely water-holes and started to understand why the hike is classed as a '6' with little rocky ledges, creek crossings and larger and larger rocks and cascades to negotiate. Such a pretty creek with a mix of rainforest and open eucalypt vegetation and, as always, I marvel at having such untouched places in our own backyard.



There were a few cuts and bruises along the way with the most dramatic being the dislodgement of quite a large rock just as Jon was climbing. Luckily there was no harm done, but it was a good lesson in not climbing too close behind people. The waterfalls got bigger and the creek sides steeper the higher we climbed. Finally, at about 2pm we climbed up and out through a primeval landscape of huge ancient zamias to find our cars, do a shuffle back to Woodford, stop for a pitstop at CJ's for coffee and

milkshakes and then home as the news of Trump surviving an assassination attempt blanketed the news. Thanks Jon for leading a very special off-track hike. Depending on whose app you believe it was somewhere between nearly 7km to 8.8km with elevations gains of 300 odd to 450m and loss of somewhere between 130-70m.

*Clare Staines*



## Bokarina Beach to Sippy Downs and Return cycle



At 07.45am on a sunny but cool Sunday morning, ten of us gathered at Longboard Pde Bokarina for a 22km bike ride along largely flat and easy bike paths. Height gain / loss was only 65 meters over the distance – flat!! We were 10 “seasoned” bush-walkers (Seasoned = “not youngsters”). There was Denis and Lori, Rod and Mimie, Malcolm and Jenny, Maree and Glen and our trip leaders Phil and Louise.

Our easy route took us along the east shore of Lake Kawana, along the bike-way beside Sunshine Motorway and beside many of the waterways and Park/environmental reserves on that part of the coast. Almost entirely tree lined or waterside bike-ways with no busy roads at all. Coffee at Double Bay Beach on the Mooloolah River Parreara, then a little more of the relaxed riding back to our vehicles at Bokarina.



Thanks to Phil & Louise for a well led, safe and very picturesque ride. Thanks to Denis & Lori for the “tail end Charlie” duties. Not one lost rider!

*Mimie*



## Mount Seawah - Noosa North Shore



lush, and the track intermittently shaded.

Seven participants: Sarah, David, Carolyn, Lutz, Clive, Peter and Michelle. We met at the car ferry on the Noosa River and car pooled across the river to North Shore. The walk commenced near the end of the road that leads to the vehicle beach access and we set off on the Cooloola Great Walk track heading north. The weather was perfect and it was not long before jumpers came off.

The track is a sand track through the coastal dune scrub that follows the coastline. Thanks to the amount of rain this year the bush is green and





A large kangaroo was using the track ahead of us for a while soon after we began the walk. We were frequently at a slightly elevated point displaying views of the stunning, azure ocean. The banksias have lots of new yellow flowers and added a pop of colour along the entire track. The track is undulating, nothing more than low ridges and easy walking. There is a shaded clearing about 1.5 hours in that was perfect for a morning tea break, with glimpses across the dune to the ocean.



As we were about to leave that spot, a flock of about 30 pelicans flew over in low formation, maybe on their way to the lake behind us. The gentle climb up to the top of Mt Seawah is not too taxing, and the view spectacular. East and south over the bay to Noosa and west over Lake Cootharaba. We were rewarded with a stunning blue ocean

view and a quick glimpse of a breaching whale. Looking west over the lake we can see Boreen Point and Elanda Point and Mt Cooroora at Pomona on the horizon. The walk returns from Mt Seawah on the same track. There was a good, shaded clearing for our lunch break which was on the rear of the beach dune. Over the dune the wide low-tide beach and sparkling ocean was stunning.

On the return walk we spotted birds such as wattle birds and a cheeky rufus fantail twittering along the track in front of us, plus a couple of very large sand monitors. The walk is around 20km long, and we completed it in 6 hours of comfortable walking and good conversation. Thanks to Sarah for offering this beautiful day out.

*Carolyn Farrington*

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## Mt Beerwah North West



Under a brilliant blue winter's sky, six walkers thought it would be a great idea to tackle the NW route up Mt Beerwah rather than have a Sunday sleep in or go to church. After following a track to the west of the tourist track, we came to the start of our adventure. Our leader, Peter, was heard to say, "There is a tricky bit to start with". It certainly was. More tricky bits and hard scrambles followed for most of the way up. Gloves were handy as we gripped rock and hauled ourselves up and over



seemingly impossible rock faces. A chilly wind meant we didn't pause long to take in the gorgeous views until the morning tea spot.



From here we spied in the distance other walkers heading up the tourist track. Their way up was nothing compared to our fantastic adventure. Then came the 'hole in the wall'. Tackling this south west side of the walk was a little bit nerve racking at times. Peter made it look easy, which engendered confidence in the rest of us. Sort of!

Linking up with the tourist route we detoured to the 'bat cave' to inspect its size and inhabitants before carefully walking and sliding down the main track.

Thank you to Peter for his navigation skills and patience in a wonderful wander up Mt

Beerwah. Like me, I'm sure Sam, Cheryl, Neralie and John had a great feeling of accomplishment as we ate our lunch back at the table at the day use area while we looked up at this majestic mountain.

*Jon Lee*



**UNTIL NEXT MONTH..... HAPPY TRAILS**