

OCTOBER 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 .....**

I have just returned from the clubs planning meeting this morning at Foote Sanctuary in Buderim. Wonderful to have members (including four life members) attend with suggestions and proposed walks to fill the clubs activity calendar until the end of April. Thanks to Kate Russo for organising our pre meeting BBQ breakfast and the meeting itself and the cooks – Joe, Garry and Rob.

Please ensure you have a look at the calendar on the website in the coming weeks, as the activities include the Christmas Party, Clean Up Australia Day and in 2025 the start of our celebration of the club turning 50 years of age. Lots of dates to put into your diary so you can be involved.

The club committee had a meeting on 16 September to discuss and tidy up the year's activities. Some items to report to you include:

New Active Clubs Grant expenditure funds will be directed to:

1. First aid training. Leaders will be fully subsidised for their training and members will continue to have the 50% subsidy.
2. Two hour session at the Rock It Indoor Climbing Gym in Warana to allow members to gain confidence in heights and three points of contact in a safe environment. This is also a lot of fun. This training will be held in February 2025 (on a weeknight).

50<sup>th</sup> Birthday Celebration:

The sub-committee gave a report on proposed venues for the 50 Birthday Lunch which will be held on Saturday 5 April 2025. The details of this activity will be released later, but please do a date claimer for a fun day of memories and catch up. Walks celebrating the 50th year are also being placed on the activity calendar and there will be some promotional items to order / purchase for 50 years.

Committee Positions – 2025

Reminder that committee positions are vacated at the AGM on 4 November. The club has been notified that the current president and secretary will not be renominating, so we do need new people to join the committee in these roles. We have a brief outline of those roles in this edition of the Trudge.

All members should have received their invoices for renewal. Thanks to Karen and Maree for setting up this new reminder system. Please contact the treasurer if you did not receive a renewal notice via your nominated email address.

I look forward to seeing as many members as we can at the October Club Meeting on Sunday 13 October. This is at the lovely Maroochydore Botanical Gardens at Tanawha so there is the chance to take a walk in the Sculpture Garden or around the lagoon after the meeting. Meeting starts at 9am and morning tea will be provided after the meeting. BYO mug and hot water.

Sam Rowe  
President – SCBWC

## Date Claimers .....

Tuesday 1 October	Membership fees due – for those yet to pay (more information below)
<b>Sunday 13 October</b>	October club meeting – Maroochy Botanical Gardens
Monday 4 November	Club AGM – Buderim Craft Cottage
Saturday 7 December	Christmas Party – Valdora Hall
Saturday 5 April 25	50 <sup>th</sup> Birthday Lunch Party Celebration



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## SCBWC Committee Position Roles

The SCBWC at the AGM on 4 November will be voting for a new president and secretary for the 2025 year. So what do these two positions do on the management committee? Below is a brief outline.

### President

- Ensure that the running of the SCBWC is safe, legal and efficient.
- Support the Secretary role with meetings and business conducted at the meetings.
- Assist the Secretary with the yearly insurance declaration we supply to the Brokers and BWQ.
- Chair the monthly club meetings or organise a replacement if unable to attend.
- Chair the committee meetings. There are two of these held each year.
- Signatory for the club's accounts with Bendigo Bank.
- Work with the webmaster.
- Attend where possible the BWQ President Meeting (bi monthly via Teams).

### Secretary

- Call, attend and take minutes of club, committee and annual general meetings.
- Record all meeting minutes, store and distribute them to members.
- Club meeting register book holder.
- Collect any mail via email or PO Box and distribute when required.
- Complete the Fair Training Annual Report.
- Signatory for the club account with Bendigo Bank.
- Custodian of the club records (in drop box and hard drive).

For both roles, there is support and members that can fill in to assist with club meetings if the committee member is unable to attend. You would have noted during 2024, due to work commitments, illness or travel, Sam and Neralie did miss a few meetings, but the support was there from others.

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## Membership Fees

Thanks to those who have already paid. You should have received an invoice via email. \$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.

## SCBWC 50<sup>th</sup> Birthday Party Celebrations

To be held on Saturday 5<sup>th</sup> April for a lunch with an afternoon of reminiscing about the good old days and enjoying the company of good friends. Details will follow in due course.

### **VOLUNTEER/S REQUIRED:**

A volunteer or volunteers are required that have the knowhow &/or motivation to help in some way to produce a digital slideshow of photos highlighting the history of the club, the people & the places. It would involve collating digital and material photos, some researching where/who/what/when if not already known & then producing the digital slideshow. It could be a team of people to share the load but probably at least one with digital experience to pull the project together. It would be nice to have this slideshow ready for our Birthday Party in April so 6 months from now. This slideshow will be iconic with historical significance for current & future members to enjoy.

Any suggestions in this space would be welcomed. Please email any enquiries or expressions of interest to Rod Edwards [rodledwards@bigpond.com](mailto:rodledwards@bigpond.com)

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## Kirbys Road Environmental Reserve

Another great set of stairs hand built by the track team.

Look out for the Escarpment Walk in November where we will explore the new walking track built by club volunteers, to the top of the escarpment.

Great views over the Obi Obi valley and beyond.



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## Bushwalking Manual

The club recommends all members, prospective members and leaders if you have a chance to read the Bushwalking Manual – Information and guidelines for safe and enjoyable bushwalking in Australia. Published by Bushwalking Victoria [www.bushwalkingmanual.org.au](http://www.bushwalkingmanual.org.au)

This manual provides guidelines and information for safe and enjoyable community-based bushwalking across Australia. It has good information on all states in Australia and bushwalking conditions you may encounter. It includes details on assistance with trip preparation, leadership, useful respective state websites, emergencies etc.

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## Bushwalking Queensland Pilgrimage History

Nancy Hodge the Pilgrimage Historian is still looking for photos of past Pilgrimages that have been held since 1970 by the various clubs.

Any members that may have photos of past pilgrimages the SCBWC attended if they could be sent to [nbhodge@bigpond.com](mailto:nbhodge@bigpond.com)

## Ticks are out – BEWARE!

Yes, it is that season again, and ticks are out in the bush where we are hiking or enjoying ourselves. There is a fact sheet from the Australian Government Management of tick bites in Australia ([health.gov.au](http://health.gov.au)) and I encourage you all to read it, but some points to note are:

Australia has specific challenges, particularly around allergies, anaphylaxis, and mammalian meat allergy from bites from one particular tick (the Australian paralysis tick), and therefore has different recommendations for the safe management and removal of ticks than the rest of the world.

### **DO NOT** scratch or disturb a tick

- Do not scratch anything that itches until you have had a look at it, or scratch anything you can't see if you live, work, volunteer or play in a tick-endemic area.
- Do not disturb a tick, squeeze, agitate, jerk, or twist a tick, as this will make it more likely that the tick will inject its saliva into the person.
- Do not use irritant chemicals such as methylated spirits, kerosene, petroleum jelly, nail polish, oil, or alcohol; or use a lighted match; as these do not work and may cause the tick to burrow deeper into the skin.

### **DO NOT** try pulling the tick out with household tweezers or fingernails

- Do not try 'picking' a tick out of the skin with household tweezers, fingernails, or other tick removal gadgets.
- It is unsafe to insert fine tweezers between the skin and the tick mouthpiece and lever the tick out without killing the tick first. This does not prevent tick allergy or anaphylaxis, and therefore this method is not advised.

### **DO** kill the tick where it is

For ticks that can be seen (adult ticks), freeze the tick to kill it where it is.

It is vital that anyone with a known tick allergy summon urgent medical attention as soon as they are aware of an attached tick and not attempt to remove it without medical help. For patients with known tick allergies, managing and removing the tick must occur in a hospital or emergency department in the event of anaphylaxis occurring when the tick is removed. There are several bushwalkers in the last 12 months in different clubs that have developed mammalian meat allergy from their tick bites, a serious and inconvenient condition. There are others that are allergic to the tick bite, so it is up to us all to be vigilant.

It is recommended that all members when out on a hike at the moment have in their first aid kit an ether spray like "Tick Off" (purchased in pharmacies) to treat onsite. Also members should be bringing changes of clothes to change into at the end of the walk (before getting into any car) to remove ticks from clothing.

## September Activities

<i>6<sup>th</sup> – 8<sup>th</sup></i>	<i>Bushwalking Qld Pilgrimage 2024 – Kenilworth Showgrounds (Redland Bushwalking Club)</i>	<i>20<sup>th</sup></i>	<i>Bird Walk Mary Cairncross Scenic Reserve (Marilyn Shrapnel)</i>
<i>14<sup>th</sup></i>	<i>Witta Country Lanes, Streets and Gardens (Helen Bernard)</i>	<i>22<sup>nd</sup></i>	<i>Activities Calendar Planning Meeting (Kate Russo)</i>
<i>15<sup>th</sup></i>	<i>Gheerulla Circuit from Sam Kelly Road (Clare Staines)</i>	<i>29<sup>th</sup></i>	<i>Noosa NP Coastal Loop (Rod Edwards)</i>
<i>15<sup>th</sup></i>	<i>Navigate with map and compass training (Peter Fowler)</i>	<i>29<sup>th</sup></i>	<i>Mt Cooran Hike (Jeff Langton)</i>

## Main Range NP Scenic Rim Trail (29<sup>th</sup> August – 1<sup>st</sup> September)

After two fellow walkers succumbed to lurgies (Katherine and Sam, our leader) Peter, Chris, Jon and myself (David) set off on the 4 day, 50km Scenic Rim Trail. The weather forecast was for unseasonably warm days, but fortunately the elevation kept a lid on the heat and it was comfortable walking conditions and thankfully no rain.

### Day 1 - Thornton View Trailhead to Mount Mistake Camp

Sam became unwell overnight and was unable to join us. Sam farewelled us at the trailhead as we set off on the long and steady 600m climb up to the ridge capturing big views. Despite the haze from local hazard reduction burns, we were still able to make out the Brisbane skyline and many of the peaks to the north and east. We paused for a while at the Spicers Retreat happy hour lookout taking advantage of their log seating to take in the afternoon light over the valley. Strangely there was no wine and cheese waiting for us so we continued on to the very pleasant Mount Mistake campground and star gazing and satellite spotting.



### Day 2 – To Castle View Camp

Today we mainly followed the management trail on the ridge walking through the shade of the rainforest. Remnants of the past logging activities provided interesting moments of reflection and how the forest has rebounded. We arrived at a compact camp site, with big views to the east. Again plenty of opportunities for stargazing and more satellite spotting.



### Day 3 – To Banshee Camp

A beautiful sunrise started the day. Keeping to the rainforest we deviated from the management trail and began a day of intermittent obstacle courses along a narrow track winding its way through the vines and fallen trees. More fantastic views lured us out of the rainforest. We then descended into the valley to Dalrymple Creek and Cascade Creek for lunch and of course back up again. Just what we needed after a long day, another ascent. The camp site was amongst fir trees with a dense closed canopy, so we had to shift to the main walking track for the evening's star gazing and made it our mission to find a satellite before retiring for the night.



### Day 4 – To Cunninghams Gap

The final day took us back on narrow trails and another obstacle course, sadly with more fallen trees. Plenty of up and downs through the rainforest and then emerged to the big views at Bare Rock. We then began our descent past Mount Cordeaux meeting Sam midway on track (now looking much better) and we walked back to Cunninghams Gap before Sam drove us back to the trailhead to collect Jon's car.



A fantastic walk and great company. Thanks to Sam for organising the walk, and such a shame that you could not enjoy it with us.

*David Kettle*



### Baxter Falls (31<sup>st</sup> August)



10 enthusiastic walkers set out along the Baxter Falls trail on a rather hot August morning. However, this walk is very shaded. The group discovered the remains of tree lopping and some lovely orchids out in flower. All had a walk across the little foot bridge for photos before going up to the falls for morning tea. The walk finished 11.30 and a lovely coffee was enjoyed in Mapleton.

*Helen Bernard*



### Bushwalking Qld Pilgrimage 2024



The Redlands Bushwalking Club hosted the 2024 BWQ Pilgrimage at Kenilworth Showgrounds. As we know, the area is rich in walking activities and the showgrounds is a great venue for a celebration. 107 people attended this year's Pilgrimage and next year the Gold Coast Bushwalking Club will be the hosts. The first pilgrimage was held at Girraween National Park in 1970. The last time the SCBWC hosted the Pilgrimage was in 2011 at the Kenilworth Showgrounds and we were assisted by Glasshouse Mtns Club. In 2019 the SCBWC was to assist the Glasshouse Mtns with hosting the event but withdrew as our club had concerns with the venue (Jimna) and the chosen date.

The SCBWC assisted the Redlands Bushwalking Club for the 2024 Pilgrimage by leading several of the walks on the program. Big thanks to Rod and Karen Edwards, June Hughes, Helen Bernhard and Jon Lee who gave up their Saturday along with their tail end charlies to show off our area. Below are some of the reports from their activities.

#### **Baxter Falls – Helen Bernhard / Linda Gregory**

Meeting up at Kenilworth, 7 enthusiastic walkers made their way to Baxter Falls. The Walk is 7kms return and the weather was lovely and sunny. After making our way down to the falls the group explored the suspension bridge and rock hopping to have a better view of the falls. An unusual orchid in flower was spotted down near the creek. After our return to the car, we made our way to Mapleton Cafe for lunch.



### **Kenilworth Bluff – Sam Rowe**

We all know this little gem, but the 14 walkers from the variety of clubs that signed up had never been out to this area which was great. The stairs didn't disappoint, with everyone getting to the picnic table a little out of breath. The walk to the base of the cliffs then up to the bluff was enjoyed by all. The Pink Rock Orchids were still in flower, so it was great to show them off along with the views out to the Obi Obi Valley and Mary Valley.

### **Upper Summer Creek – Jon Lee**

Eight walkers (3 from Gold Coast, 3 from Bushies and one each from Redlands and Sunny Coast Clubs) enthusiastically tackled the 12km Upper Summer Creek adventure. Fine cool dry weather ensured the hour or so we spent on the first stage of the walk on part of the Conondale Great Walk track was a pleasant stroll in beautiful rainforest. After crossing Summer Creek where the water level was pretty low into an unnamed watercourse, it was a surprise to find water flowing more than one had predicted. However, it was fantastic that we could all scramble up the five waterfalls without the risk of slipping and sliding. Such was the fitness of the other walkers that the uphill bush bashing to 620m elevation and then navigating down to Summer Creek seemed to take no time at all with very little effort. Once in the creek it was decided to rock hop back down Summer Creek rather than return via the Great Walk. I'm glad we did. Sculptured rock formations delighted us all and ensured a great spot for lunch including a very cold swim for a few. We hopped out of the creek at the big waterhole at the big bend of the creek so the brave few could take another dip at the top of Summer Creek Falls. In all it took us six hours and 44 minutes to ascend/descend 868m. A very enjoyable time was had by all.

### **Artists Cascades – Rod and Karen Edwards.**

Karen & I led the Pilgrimage walk up to Artist Cascades, including the customary detours along the way to see the old Gold Mine & the Strangler Cairn. We were joined by Margaret from Bushwalking Adventures QLD, Doug from Toowoomba Bushwalking Club, Greg from Brisbane Catholic Bushwalking Club & Selvin from Redlands Bushwalkers. Everyone really enjoyed the walk as it was either new territory for them or they had not ventured this way for decades. When we sat for morning tea next to Artist Cascade, Margaret braved the cold waters to sit at the base of the waterfall while the rest of us explored around the top of the falls. We ended up returning to the car with plenty of time to make it back to our camp at Kenilworth Showgrounds for a nana nap & happy hour before the night's festivities of dinner and bush dancing.

### **Witta Country Lanes, Streets and Gardens**

Leaving from the Sports Ground, eleven eager walkers headed toward Berganns Lane. After viewing the old Bergann historic Cemetery, the group made their way through the various streets, enjoying the gardens up to the Obi Obi Lookout where we had morning tea. We then headed along Shultz Road and through private property to make our way back to the sports fields. The camels along Shultz Road were missing but further toward home one great spotter found them happily laying in a paddock enjoying the flat, grassy area. Witta is an amazing little town with lots to explore. All the walkers then headed toward the little cafe for a well earned coffee.

*Helen Bernard*

## Gheerulla Circuit from Sam Kelly Road



The walk covered the northern section of the Sunshine Coast Hinterland Great Walk. Judy, Shona and Ian headed off just after 8am and began a 5 km steep winding climb up the mountain before arriving at Thilba Thalba Walkers Camp for morning tea. The next section was undulating along the ridgeline in proximity to Delicia Road; the scenic track wound its way through the bush before descending to

Gheerulla Falls where we enjoyed lunch. The final section followed Gheerulla Creek along an up and down firetrail on the right hand side, before switching into a long undulating footpad on the left hand side all the way back to the trailhead. We covered 23.5 km in total and completed the circuit in approximately 7hrs. An endurance test and an enjoyable adventure in Mapleton National Park.



*Ian*

## Bird Walk – Mary Cairncross Scenic Reserve

An early start was the order of the day and our keen group was rewarded with the early morning bird sightings and calls within beautiful Mary Cairncross Reserve. Our walk was led by Marilyn with the assistance of her lovely friend Charne. Between them, they hold a vast knowledge not only of the endemic bird life but many of the plants, trees and fungi found along the trail.



So what was all the excitement about? Here is a summary of what we saw and what we heard: Pale yellow robin, Pale faced rosella, Satin bower birds, White throated tree creeper, Rufus fantail, Grey fantail, Wompoo fruit dove, Brown cuckoo dove, Rose crowned pigeon, White headed pigeon, Catbird, Eastern Whipbird, Golden Whistler, Black faced Monarch, Shiny bronze cuckoo, Logrunner, Large billed scrub wren, Yellow throated scrub wren, King parrot, Brown gerygone, as well as several pademelons and a bearded dragon. All this within a very small radius!!



Of course, we found ourselves at the cafe afterwards and some of us also enjoyed the botanical art exhibition on display upstairs from the cafe. So, all in all, an enjoyable and very educational morning out in nature. Thanks to Marilyn for leading this activity.

*Linda Gregory*

## Mount Cooran Hike



Cooran local and club member, arrange the appropriate permission to tackle this mountain. Twelve of us headed up the rough track firstly through grasslands, then areas of native



*Neralie Carr*

I thought 9 was my lucky number. But it appears this is not the case as calling out the number '9' today meant I had snagged the job of writing the trip's report. Mt Cooran, at 275m, is one of the lesser known peaks of the Sunshine Coast. The name 'Cooran' comes from the local indigenous Kabi Kabi tribe and means tall. Experts say this might refer to Mt Cooran or the tall trees that grow in the area including the Moreton Bay Ash.

The track up to the peak crosses private property so we were lucky to have Jeff, a bushland with considerable numbers of Xanthorrhoea and then finally the rockier habitats.

The track surface was varied – at times it was pretty steep and loose whilst some sections involved scrambling up rock faces. Although the walk is short, the rewards are high with the summit offering 360 degree views of the Sunshine Coast including the Blackall Range, Mt Cooroora, Mt Pinbarren, Mt Tinbeerwah and east to the coast.

Morning tea in the local park with fresh coffee was a great way to finish off the trip. Thank you to Jeff for organising and leading this walk. It was a lovely morning.



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