

# CAPRICORNIA BUSHWALKERS INC



PO Box 1130  
Rockhampton 4700

No: 105

**NEWSLETTER**

April 2006

Labour Day W'end.....	29 Apr – 1 May .....	Combined Clubs' Campout
Saturday .....	6 May .....	Frightful Frock Frolic
Sunday.....	21 May .....	Beach Walk
Sunday.....	28 May .....	Mt Archer
Sunday.....	4 June .....	Mt Berserker
Queen's Birthday W'end.....	10 – 12 June .....	Kroombit Tops
Sunday.....	18 June .....	Tennis Day
Sunday.....	25 June .....	Belgamba
Sunday.....	2 July .....	History Walk
Sunday.....	9 July .....	Mystery Walk
<i>Monday .....</i>	<i>10 July.....</i>	<i>Week away nominations due</i>
Sunday.....	16 July .....	Mt Kilner
Saturday .....	22 July .....	Photos & Pizza
Sunday.....	30 July .....	Beach Walk
Sunday.....	6 Aug.....	General Meeting
Weekend .....	12 – 13 Aug.....	Mt Nicholson
Sunday.....	20 Aug.....	Mt Chappell
Sunday.....	27 Aug.....	Byfield
Sunday.....	27 Aug.....	Annual General Meeting
Week Away.....	9 – 17 Sept.....	Cooloola National Park

**President** Fay McBryde 4922 3820  
**Vice President** Bevan Titmarsh 4922 7482  
**Secretary** Cindi Birch 4934 4120  
**Treasurer** Barbara Howard 4928 2189  
**Publicity Officers** June Dalliston 4922 6042  
Helen Mackay 4935 6668  
**Newsletter** John Rideout 4928 8924  
**Safety & Training** Alan Rogers 4922 4935  
**Records Officer** Deborah Mylrea 4935 4029

**Committee Members** Glyn Gadsby,  
Helen Mackay  
Darryl Wright  
**Social Committee** Ros Nielsen, Dot  
Svendsen, Sharyn  
Johnston, Maxine  
Maunder, Cathy  
Pomare-Clarke

## PROGRAM DETAILS

Closing date for nominations is normally at least **5 days** prior to the walk. If you require transport it is doubly important to nominate well in advance. If travelling with someone else, it is courteous to pay your share of travel costs. Some walks may have a limit on numbers.

**Date** Labour Day W'end, 29 Apr – 1 May      **Location** Kooyalee, Rockhampton  
**Type** B/C D/W SOC      **Contact** Fay McBryde 4922 3820

The annual Combined Clubs' Campout, hosted by our club at Kooyalee, Sandringham Rd.

**Date** Saturday 6 May      **Location** Maxine's Place  
**Type** SOC      **Contact** Maxine Maunder 4928 3212

Hot pot - frightful frock frolic party & lame games' night, held at Maxine & Graham's. BYO drinks, and a hot pot to share.

**Date** Sunday 21 May      **Location** Beach Walk  
**Type** D/W M C 1, 2, 6 Alt 100      **Contact** John Sullivan 4933 7713

Good views of islands from lookouts, most walking via beach – some rock hopping may be necessary.

**Date** Sunday 28 May      **Location** Mt Archer  
**Type** D/W M A 2, 4      **Contact** Kathy Pomare-Clarke 4936 2534

Start from saddle – walk down to Black Creek. Climb ridge to Sleipner track and return to saddle via Jim Boy track.

**Date** Sunday 4 June      **Location** Mt Berserker  
**Type** D/W M B 2, 4 Alt 200      **Contact** Barbara Howard 4928 2189

A walk to Mt Berserker from the saddle on Pilbeam Drive. Area recovering nicely after fire in January. Also an opportunity for a through walk down to Black Creek, if people organise a vehicle drop-off in advance.

**Date** Queen's B'day W'end 10 – 12 June      **Location** Kroombit Tops  
**Type** B/C M B 2, 3, 4      **Contact** Alan Rogers 4922 4935

Visit the Tops during the cooler months. Contact Alan for further details.

**Date** Sunday 18 June      **Location** Woodbury Tennis Club  
**Type** SOC      **Contact** Dot Svendsen 4939 7805

Day of social tennis with some competition – you don't need to be a regular player to win. \$10 fee covers tennis, lunch and afternoon tea.

**Date** Sunday 25 June      **Location** Belgamba  
**Type** D/W M B 2, 4      **Contact** Ian Herbert 4938 1818

A walk around the Belgamba nature reserve at Struck Oil.

**Date** Sunday 2 July      **Location** Railway history walk  
**Type** D/W M B 2      **Contact** Kathy Pomare-Clarke 4936 2534

Walk a section of the former Rocky to Emu Park railway line. Start and finish points TBA.



## WALK LEGEND

<b>D/W</b>	Day Walk	<b>T/W</b>	Through Walk or Car Shuttle required		<b>O/N</b>	Overnighter	
<b>H/W</b>	Half-day Walk	<b>4WD</b>	Access by 4WD only	<b>X/T</b>	Extended Trip	<b>TRN</b>	Training
<b>B/C</b>	Base Camp	<b>N/F</b>	No Facilities – no water, showers or toilets		<b>SOC</b>	Social	

## WALK GRADING

Fitness		Distance		Terrain	
<b>E</b>	Easy, suitable for beginners	<b>A</b>	Less than 5 km	<b>1</b>	Trail/Graded Track
<b>M</b>	Moderate, good fitness required	<b>B</b>	5 to 10 km	<b>2</b>	Off-track/Cross-Country
<b>H</b>	Hard, very fit walkers only	<b>C</b>	10 to 15 km	<b>3</b>	Not pre-walked
		<b>L</b>	15 to 20 km	<b>4</b>	Minor scrub
		<b>X</b>	Over 20 km (same day)	<b>5</b>	Medium or Heavy Vegetation
<b>Total Uphill Sections</b>				<b>6</b>	Creeks / Rock Hopping
<b>ALT</b>	in metres			<b>7</b>	Steep Scrambles

## WALK REPORT

### TRAINING WALK – Saturday, 25 March 2006

This day's program was designed as a practical follow-up to the more theoretical one held on 9 October 2005 on Mt Archer.

“Belgamba” was the location and a loyal group of Capricornia Bushwalkers put into practice the application of map and compass techniques learnt previously.

The day proved most successful in the areas of consultation, teamwork and companionship; as well, all participants benefited from the enjoyment of learning and from the satisfaction of achievement. At times, we thought we could actually hear Donny Macdonald encouraging us to keep up our walking spirit.

Thank you to our Newsletter Editor, John, for his preparation, efforts and patience and to Ian and Kathy for the ‘loan’ of Belgamba.

*Barbara*

### **Please keep those Trip Reports rolling in to the Newsletter Editor!!!**

Walk leaders, get a member of the party to provide a write-up so that other members can see what happens on all our walks.

### **Missing Newsletter No 1**

The Club's “cupboard” has a set of all newsletters published over the years, with the exception of the first one (or perhaps two – difficult to tell, since the first newsletters were not numbered, and it's not clear whether “update” sheets were counted as newsletters). The first newsletter(s) would be dated either late 1978 or before March 1979. If you have any suggestions if and where a copy might be located, please contact the newsletter editor.

## FIRST AID IN THE BUSH – ADVICE FROM BILL SAROVICH

### TICKS (Australian Paralysis Tick, Shell Back or Scrub Tick)

It is only the adult female that is really dangerous! To develop eggs she has to feed for a long time - six to twenty days - and convey all sorts of toxins to her host: you! Adult males may only have one meal; which may be from the female's body while mating.

Ticks develop in three stages - Larvae - "Seed Ticks" - Scrub Itch

Nymph - "Grass Ticks"

Adult - Females and Males

*When the tick is found try not to touch or disturb it - applies to both removal methods below.*

Two suggested methods of removing ticks are in vogue.

**Australian Red Cross - First Aid (2000)** – Remove the tick by levering it out with tweezers. Slide the open blades of sharp tweezers along each side of tick and lever it outwards

**St Johns Ambulance - Staying Alive (1999)** – Kill the tick by applying insect repellent, lighter fluid or kerosene. Reapply again after one minute. Check after an hour that tick is dead - tick darkens and shrivels. Tick should brush off. If not lever out with tweezers or the open points of fine curved scissors.

My suggestion involves a variation of above methods:

If the tick is **easily** accessible, remove with sharp tweezers, loop of cotton, long finger nails **or** similar. If the tick is "dug in", which is most likely, the tick should be killed before removal otherwise the tick's stomach contents will be forced into the bite causing discomfort at the least, and prolonging the effects. Apply oil-based cream, tea tree oil or if you prefer an insect repellent cream, to cover the body of the tick. Reapply after a minute and wait for the tick's body to shrivel. Be prepared to wait for up to an hour or so!

The tick should be easy to remove. The mouthparts relax if the tick is dead. If necessary reapply as above and wait. Any allergic reaction, use pressure immobilisation and seek medical aid.

(adapted from Brisbane Bushwalkers Inc newsletter)

## BE SUNSMART – HATS

**Colour:** The colour under the brim is very important. If a hat is lined in a white fabric, this will cause a lot of reflection onto your exposed skin and your eyes. Many hats are lined with dark colours which reduce the amount of ultraviolet reflection and penetration.

**Close weave:** Like clothing fabric, the weave of the hat will determine the amount of ultraviolet radiation which is blocked. Hold the hat to the light and ensure no light can be seen; this will assist with assuring maximum protection.

Hats can provide excellent protection for the head and face. Make sure you choose one of the following styles:

**Broad brim:** choose a hat with a broad brim which protects your face, neck and ears.

**Legionnaire:** legionnaire style hats provide great protection to the face, neck and ears, but make sure the flap covers the ears.

**Wrap hats:** this unique style of hat is becoming increasingly popular for activities such as boating and other outdoor activities. It provides light weight, thorough protection which will not blow off in the wind.

**Swimming hats:** Lycra legionnaire style hats with a neck tie are widely available and popular with children for water activities. Lycra provides great sun protection and is lightweight. Surf style hats are also available for adults.

**CAPRICORNIA BUSHWALKERS INC – MEMBERSHIP**  
**APPLICATION**

Membership will be provisional, until approved at the next General Meeting of the  
Capricornia Bushwalkers Inc.

NAME(S): .....

.....

POSTAL ADDRESS: .....

.....

Number of members included in this application form: .....

E-mail: .....

Phone: (Home)..... (Work) .....

Signed: ..... Date: .....

**FEES – (12 month membership until Dec 2006, or part thereof)**

either	Single	\$25.00
or	Family	\$35.00
or	Student/Pensioner	\$15.00

\$.....

(Compulsory insurance is included in above.)

**NOTE: Membership fees are due on the 1<sup>st</sup> of January.**

Please forward to:

**The Treasurer  
Capricornia Bushwalkers Inc  
PO Box 1130  
ROCKHAMPTON Q 4700**



Our Internet page:

Our Editor's e-mail:

The Secretary's mail:

The Secretary's e-mail:

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