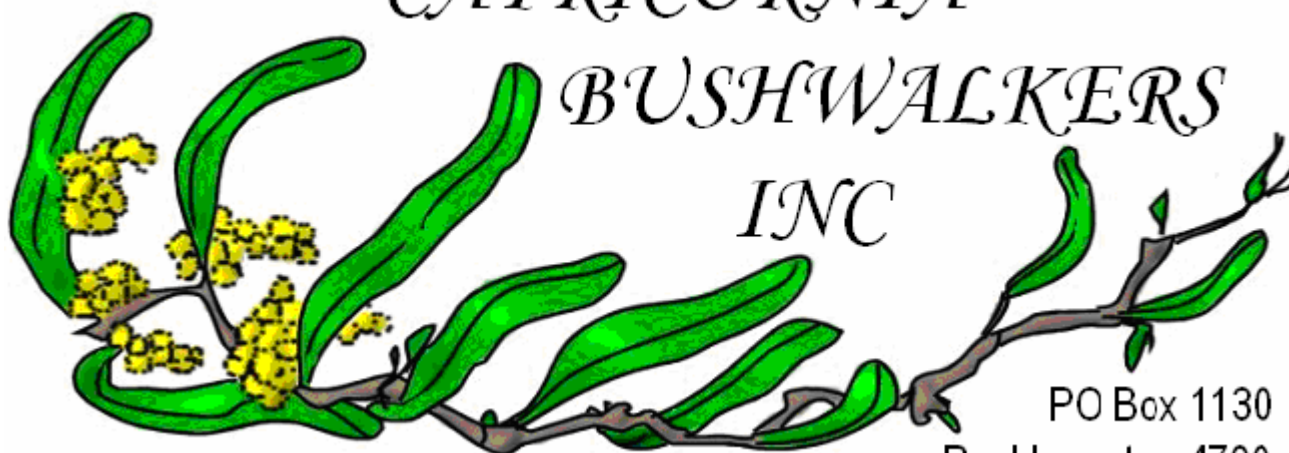


CAPRICORNIA

BUSHWALKERS

INC



PO Box 1130
Rockhampton 4700

No: 108

NEWSLETTER

April 2007

Sunday	1 April.....	Beach walk
Easter.....	6 - 9 April.....	Kooyalee with Bundaberg Club
***Sunday.....	15 April... ..	<i>Nominations close for May Day</i>
Sunday.....	15 April.....	Bouldercombe Falls
***Sunday.....	22 April... ..	<i>Expressions of interest close for September week</i>
Sunday.....	22 April.....	Berserkers
*** Sunday	29 April.....	<i>Nominations close for Cania Gorge</i>
Sunday.....	29 April	Canoeing
May Day W'end.....	5-7 May	Combined Clubs - Maryborough
Sunday.....	13 May.....	Beach BBQ
Sunday.....	20 May.....	Mystery Walk
Sunday.....	27 May.....	Mt Larcom
Sunday.....	3 June.....	Planning meeting
Queen's Birthday W/end.....	9/10/11 June.....	Cania Gorge
Sunday.....	17 June.....	Mystery Walk
Saturday.....	23 June.....	Social night
Sunday.....	1 July.....	Social walk- Cawarral
W'end.....	7-8 July.....	Castle Tower/Mt Stanley
Sunday.....	15 July.....	Canoonia Wattle

President
Vice President
Secretary
Treasurer
Publicity Officer
Newsletter
Safety & Training

Fay McBryde 49223820
Bevan Titmarsh 49227482
Cheryl Gargan 49387375
Pauline Toop 49261131
June Dalliston 49226042
Helen Mackay 49971725
Viv Murphy 49280904

Committee Members

Glyn Gadsby, Alan
Rogers, Helen Mackay,
Cathy Pomare-Clarke
Social Committee
Ros Nielsen,
Dot Svendsen,
Maxine Maunder,
Sharyn Johnston

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.

Please note that organisers for Socials need advance nominations as well!

Date Sunday 1 April

Location Beach walk

Type H/W E B 1,6

Contact Cheryl Gargan 49387375

A picturesque ramble along the foreshores of Emu Park and Zilzie region. Picnic lunch/BBQ in Bell Park afterwards. Car shuttle required.

Date Easter 6-9 April

Location Kooyalee- Parkhurst

Type BC various walks/canoeing

Contact Fay McBryde 49223820

Join the Bundaberg Club for a weekend of walking and socialising. They have advised they will plan the weekend when they arrive on Good Friday. So if you are able to lead a walk, let Fay know which day suits you, or if you just intend camping with them for all/part of the weekend.

Date Sunday 15 April

Location Bouldercombe Falls

Type DW M B 2,6

Contact Maxine Maunder 49 283212

A ramble along the creek which, hopefully, will be full with recent storm rains. Drinks after at Bouldy Pub.

Date Sunday 22 April

Location Berserkers

Type HW M B 2,6

Contact Glyn Gadsby 49275972

A non track walk in the Berserkers with some good views of the city. Some rock hopping required. Please call the leader 1 week before walk.

Date Sunday 29 April

Location Fitzroy River

Type Social - Canoeing

Contact Alan Rogers 49224935

An easy paddle on the Fitzroy and adjoining creeks in canoes from the Fitzroy Canoe Club or BYO. No experience necessary.

Date 5-7 May Labour Day

Location Mt Walsh Nat Park

Type BC DW

Contact Fay 49223820

Combined Bushwalkers Camp with Maryborough Club as host. See pg 8 for more details. **Expressions of interest close on 15 April.** Spaces are limited.

Date Sunday 13 May

Location Kemp Beach

Type HW Soc E

Contact Graeme Dredge 49282942

An easy walk along Kemp Beach. Explore the remains of the Blowhole and Double Head National Park and enjoy a BBQ by the sea.

Date Sunday 20 May

Location Mystery

Type ????

Contact Alan Rogers 49224935

All will be revealed closer to the date. Call the leader for more information at least 1 week beforehand.

Date Sunday 27 May

Location Mt Larcom

Type DW M B 1,7

Contact Kathy Pomare- Clark 49362534
dolly@cqnet.com.au

The cooler months are a good time for climbing a mountain. Great views from the top of a mountain we've not been to for some time.

Date Sunday 3 June **Location** CCC Hut- Livermore St
Type Planning meeting **Contact** Fay 49223820
 Please come and have some input into the club's activities for the next few months. There's always a need for ideas as well as for walk leaders.

Date 9-11 June Queen's Birthday **Location** Cania Gorge
Type O/N, BC, DW, **Contact** Kathy Pomare-Clarke 49362534
dolly@cqnet.com.au

Spend the last long weekend of the year exploring this spectacular area near Monto. *Nominations close 30 April* as we expect it to be a popular place this time of the year.

Date Sunday 17 June **Location** Mystery
Type ??? **Contact** Dot 49397805
 Give the leader a call closer to the date to find out where you'll be walking

Date Sunday 24 June **Location** Woodbury
Type Soc - Tennis **Contact** Dot 49397805
 Join the friendly folk at Woodbury to serve a few aces. Let Dot know if you'll be playing- or just watching.

Date Sunday 1 July **Location** The Oaks- Cawarral
Type HW, E, TW SOC **Contact** Cindi Birch 49344120
cindibirch@bigpond.com
 Walk beside the old Yeppoon – Rockhampton railway line to Serpentine St, Cawarral. The walk passes Mt Wheeler. BBQ after at the leader's home.

Date Weekend 7-8 July **Location** Castle Tower/Mt Sanley
Type BC,M+, O/N, NF, B, 2 **Contact** Alan Rogers 49224935
 A couple of peaks to be climbed in the Awonga Dam area. Recent fires should have cleared the area of undergrowth to make it fairly easy walking on rough granite.

Date Sunday 15 July **Location** Canoona
Type H/W, E, A, 1 **Contact** Pauline Toop 49261131

A gentle walk surrounded by wattle which will, hopefully, be flowering.

WALK LEGEND

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

WALK GRADING

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

From the editor:

- ☺ This newsletter may be the last you receive if you have not renewed your membership for 2007. There were a lot of memberships outstanding at this month's meeting. Is that you?? Membership form is attached. Hope to see your name on the membership list for our next newsletter.
- ☺ This, and the previous newsletter, have kindly been printed free of charge by the office of Kirsten Livermore MP - Capricornia. We are grateful for this service and hope it will continue.
- ☺ In the techno age we live in, you may prefer to receive your newsletter by email rather than snail mail. If this is the case, email me at h.mackay@optusnet.com and I will arrange this for the next newsletter, or fill in the details on the membership renewal form.
- ☺ Please send *trip* reports or anything else you may have that would be interesting for the next newsletter to me as an attachment at the same address. If you don't have email access, please send trip reports to me **C/ State School, Moura 4718** rather than the club's PO Box, so I can put them in the next newsletter.
- ☺ Not to be confused with *leaders'* reports which should go to the PO Box for our Records Officer.
- ☺ Cut off date for contributions to newsletters is **one** week after each planning meeting.
- ☺ You will notice also that email addresses have been included for some leaders of walks. For many of us, this is a more effective and cheaper means of communication.
- ☺ From the treasurer.....Please **PRINT** clearly on membership forms and mark your envelope to **TREASURER** at PO Box for ease of mail sorting.
- ☺ As discussed at our last meeting, we have thankyou cards available for walk leaders to use as they feel appropriate- access to land or whatever. Give me a call if you need one for your walk.
- ☺ September week away- The trip is to Dorrigo and surrounding National Parks in Northern NSW from 22-30 Sept. We have made a tentative booking at Dangar Lodge just outside Dorrigo which can sleep 12. Camping option also available at the lodge. Expressions of interest close on **22 April**. No money required at this stage- just interest- so we can sort costs and other details. It should be a good week of walking in some spectacular forest in a number of National Parks within easy access of Dorrigo . There will be a max of 12 people on the trip and several of those spaces are already filled so if you want to find out more, call Cheryl 49387375.
- ☺ Those of you who have been in the club for some time may remember Jeff & Anne Hughes, life members of the club. Shirley has their Christmas letter with their recent news. If you are interested in reading of their lives in Victoria, contact her on 49261702.
- ☺ Central Queensland Koala Volunteers have several items of merchandise for sale, including Uglies shirts, Macadamia chocolates and koala orphans. Check out their website www.cqkoala.org.au for more details of both their merchandise and how you can become involved in helping with the conservation of koalas.
- ☺ As several of those among us feel a few aching joints from time to time, I felt an article about the pros and cons of using walking poles that I found on the net may provide interesting reading. I know I still have this block that poles are things that **OLD** people use but have found broken branches useful on several walks- especially loose downhills. Decorated local timber poles bought at the start of the Inca Trail were certainly very useful with hundreds of steps and a lot of wet tracks. So when I found some poles in a hiking store in China for round \$ 9 or \$10, I was persuaded they'd be handy- even if only to keep for my OLD age! Hope you find it interesting.

WALK REPORTS

Causeway Lake to Cooee Bay Walk Sunday 25th February 2007

Seven walkers from Rocky headed down to the coast on a beautiful cool Sunday morning. Margaret and I were a bit apprehensive about this walk as we are new members to the club and this seemed quite a walk for two eager novices. The plan was well thought out by trip leader Fay who led us to Cooee Bay where a couple of cars were left behind while we made our way to the Causeway in the remaining vehicles to meet a further three walkers who reside at the coast. As we were driving along towards the Causeway a thought crossed my mind "Gee! What have we got ourselves into here?" It seemed like a long way in the car and we were going to walk it all back! The three coastal walkers were ready and awaiting our arrival so after dealing with some formalities, exchanging pleasantries and a quick catch up, we prepared ourselves for the walk. A visit to the toilet, slip, slop, slap and then we were ready to don the backpacks.

As all ten walkers strung out along Mulambin Beach, we were in awe at the large numbers of Soldier crabs that we disturbed as they were looking for a meal on the outgoing tide causing them to run towards the sea away from us. To the North of Mulambin Beach is a hill that we scrambled up in search of a bitumen track that we found after climbing through Lantana and long grass. The search proved to be a challenge for us near novices but as we climbed higher the scenery kept us going. The track made an easy walk around to our first stop at Bluff Point look-out facing the sea. "What a view!" There was a unanimous vote to have smoko to enable us to soak up the scenery a little. After smoko we headed towards Kemp Beach. As the ten of us strolled along, we endured the surprised looks of other beach users. They could probably see the determination on our faces as we headed towards Rosslyn Bay. By this time it was starting to warm up and a drinking stop was called at the end of Kemp Beach.

Fay led a small group of us up to Fan Rock Look out and the blow hole while the remainder of the group had a breather and looked after the backpacks. It was a fantastic sight. I have lived in Rocky all my life but did not know this was here. It is a moment in history caught in stone. After reuniting with the remainder of the group we headed toward the Marina admiring the yachts as we passed by. Statue Bay is a nice place with plenty of rocks on the headland that we had to negotiate our way around. As we rounded the northern corner I thought "Oh no! We have to complete a walk along Lammermoor Beach before we reach the finish back at Cooee Bay." We all must have had the same thought, so when Fay called a lunch break, there was a collective plan to find a nice shady spot to rest our feet, air our shoes, lighten the backpacks by consuming our tasty treats and to again enjoy the scenery.

It was a steep walk up Wreck Point Hill and down again heading towards our cars. It was a relief to see the cars but also a great feeling to have completed the walk. It was now time to shed our backpacks and to say our goodbyes as the driver shuffle took place returning walkers to their cars at the Causeway where they were left at the commencement of the walk five hours earlier. As there were enough cars heading toward the Causeway, Margaret and I headed home after stopping for a well deserved ice cream.

This was our first walk of any great distance with the club and we both enjoyed it greatly. It was a good experience and glad to have done it. We would like to thank Fay and all those who took part on this walk. We both enjoyed it.

Graeme Dredge.

What are hiking poles?

Hiking poles are simply walking sticks, and though used to aid formal hiking rather than everyday walking the principle is just the same. They take many forms, ranging from single staves made from found wood to pairs of sophisticated height-adjustable poles made from lightweight (and expensive!) composite materials. This page is aimed at the user, or potential user, of purpose built trekking poles, which either are, or are similar to, ski touring poles which have been popular with walkers in the Alps for many years now. The information may be of use to other users who favour more traditional staves, but it's concentrated on the specifics of ski-type poles.

Why use hiking poles?

Hiking poles, like any hand-held walking support (sticks, crutches, zimmer frames etc.), are designed to provide extra stability and to spread the load on your legs onto your arms. Many people feel no need for this support when hiking, but there's a substantial minority who suffer for their pleasure in the backcountry, usually from knee pain, and they usually encounter it on hills and/or carrying heavy loads. If you end your days wishing your knees or whole legs were in better shape you may well benefit from using poles, as you can lower the amount of stress on them by taking the weight onto the poles through your arms.

The lists below summarises the main pros and cons of hiking poles...

Pros

- reduce knee pain
- increase hill climbing power
- can increase endurance
- aid crossing soft ground
- can aid balance for activities
- like river crossing, scree running, etc.

Cons

- financial outlay may be required
- increases total energy expenditure
- keeps hands full
- get in the way on technical sections
- often ineffective due to poor technique

Pro: reduce knee pain

The typical knee has spent most of its life supporting body weight around on reasonably flat surfaces. Add additional pack weight, keep going for longer than usual and add in the additional stress on the joints and muscles caused by ascents and descents and it's not too surprising that quite a few hikers suffer from some discomfort in their knees. If you don't, you're not so likely to want or need poles, but if you do they'll probably make things better, especially coming down hill

Pro: increase hill climbing power

The steeper the hill, the greater the relative benefit of poles vs. no poles. You can use them to switch into 4x4 mode, and do some of the work against gravity with your arms so you get up quicker and spread the load more evenly around your muscles

Pro: can increase endurance

By spreading the load away from your legs, which are the bits that typically get tired on a hike, you can increase your total endurance. This isn't necessarily a "given" though, as poles do increase total energy expenditure. See the Cons section for more on this.

Pro: aid crossing soft ground

By enabling you to spread your weight onto two baskets as well as two feet, there's much less tendency to sink in snow and marshy ground. When traversing bogs, they also make aided jumps

across particularly squishy bits possible, though if you don't have a basket at the bottom none of this will work. More on baskets lower down.

Pro: can aid balance

Three or four legs are better than two when trying to cross rivers towards the limits of fordability. As well as making the experience easier, they can make it a lot safer too. On scree they just lower the amount of time you spend sitting down, though they can increase the fun factor of a good running scree by letting you ski reasonably effectively, and certainly aid turning under control.

Con: Financial outlay may be required

Many walking staves are made from found materials, but a dedicated ski-type pole will cost money. It isn't necessary to buy the most expensive models for a tangible benefit (in fact I prefer cheaper ones, finding them just as effective as the top-of-the-line models), but you are looking at money you may be better off spending on something else. Poles aren't a must-have like, say, warm clothing in cold conditions, so if the budget's tight, consider the need for a purchase carefully.

Con: Increases total energy expenditure

A fact not often proclaimed by marketing departments or pole advocates is that using them will increase your total energy budget. Using your arms to prop you up isn't something they were designed for, so they don't do it very efficiently. The flipside is that despite using more energy, you're spreading the load more evenly around your body, so the legs aren't doing all of the work. Thus, if you have tired legs and knees then poles can be a win, but if you have a tired *body*, with your cardiovascular system at its limits, then poles may be more of a hindrance than a help.

Con: Keeps hands full

Or one of them, at least... with pole(s) in hand(s), it becomes more awkward to use handholds on rock faces in tricky sections or to consult with a map, take quick snapshots and the like. For fine navigation in difficult conditions, you'll generally have to stow poles to allow compass and map to be used most effectively.

Con: Get in the way on technical sections

As well as keeping hands full, there are places where poles just plain get in the way. Dense undergrowth, or climbing chimneys, poles can even get in the way when they're stowed. 3 part poles stow smallest, so suffer least here, but it's a hassle if you have to repeatedly collapse them to keep them out of the way.

Con: Often ineffective due to poor technique

Judging from the people I see in the UK using poles, the majority of folk get little or no benefit from them. There seems to be some strange perception that by carrying a pole and planting it softly on the ground every couple of paces then your knees will feel a lot better, but alas it isn't necessarily so. Getting a real benefit requires the user to do work and to adopt a useful technique. Without these two factors, poles do little good.

Notes on knee troubles

Most people take up pole usage to make their life more comfortable, specifically in the knees department. If you fall into this category it's important that you do more than just use poles, or you could just be putting off problems.

The best way to minimise knee trouble for many people is to have strong muscles supporting the knees, especially the quadriceps/thighs, as this allows muscles to take some of the load off the joints. To get these muscles well developed this usually means low impact exercises for them- cycling, roller skating for mine, and it's improved matters enormously. Exercising like this strengthens the muscles around the knee and lets the musculature support the knee better itself. Add poles to this and you're really helping. To let the thigh muscles help support your knees it's important to keep the knees bent, especially when coming down hill, and then rather than jarring the joint the load will be

taken by muscular effort. Your muscles may well ache at the end of the day but tired muscles are generally nicer than painful joints and will naturally recover completely in a relatively short space of time.

Direct knee supports (i.e., a an athletic support or bandage around the knee itself) can be useful, but it's important to only use them when you need them, or the knee gets used to external support and may actually be weakened by over-emphasis on the support.

The poles work by removing weight, but a shock absorber in the boot/shoe will often help too: usually it's the combination of impact and weight that gives rise to the trouble, so sorbothane (or similar) footbeds in the boots will help. It's possible that you may benefit from a custom or off-the-peg orthotic footbed, as in many cases these correct the gait cycle and prevent some rotation of the knee and/or hip joint that's the root cause of the trouble in the first place. This is quite likely to apply to people who over-pronate or supinate, and the easy way to see if you do is check the heels of your shoes, especially soft soled athletic shoes. If they are wearing down unevenly, causing the footbed to slope in or out, then this applies to you: it's quite common. If you're unsure then see a foot specialist to check things out, especially if you're getting recurring trouble.

It's a *very good idea* to seek out expert advice if you are getting bad pain from your knees. A specialist will be able to advise on what is right for *you*, which you won't get reading a Web page.

2007 COMBINED CLUB CAMPOUT

Maryborough Bushwalkers Club invites fellow bushwalkers to the 2007 combined club get together to be held at Mt Walsh National Park near Biggenden.

Date: Labour Day Weekend 5/6/7 May, 2007
Where: Biggenden Rifle Range (limit 100)
Fees: \$10 for the weekend

Biggenden Rifle Range has excellent amenities with a covered area in case of rain. This will be a 'back to basics' event with no frills. There will be a variety of walks in the area. All attending must be members of a bushwalking club.

Perhaps for entertainment each club could provide one or two items to make this a memorable one. All your creative people can sharpen your skills with a poem or song, skit or an act.

More information at a later date.



So if you've enjoyed reading about our past activities and planned events, have you renewed your membership so you'll be sure to receive your next newsletter in June/July??

CAPRICORNIA BUSHWALKERS INC
MEMBERSHIP APPLICATION/RENEWAL

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

- New member
- Renewal

(Please Print..... neatly)

NAME(S):

POSTAL ADDRESS:

Number of members included in this application form:

In which format would you prefer to receive your newsletter?

- Snail mail (post)
- Email

E-mail address:

Phone: (Home) (Work)

Mobile:

Sign..... Date:

FEES – (12 month membership until Dec 2007, 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 1 January each year.

Please forward to:



The Treasurer
Capricornia Bushwalkers Inc
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ROCKHAMPTON Q 4700

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