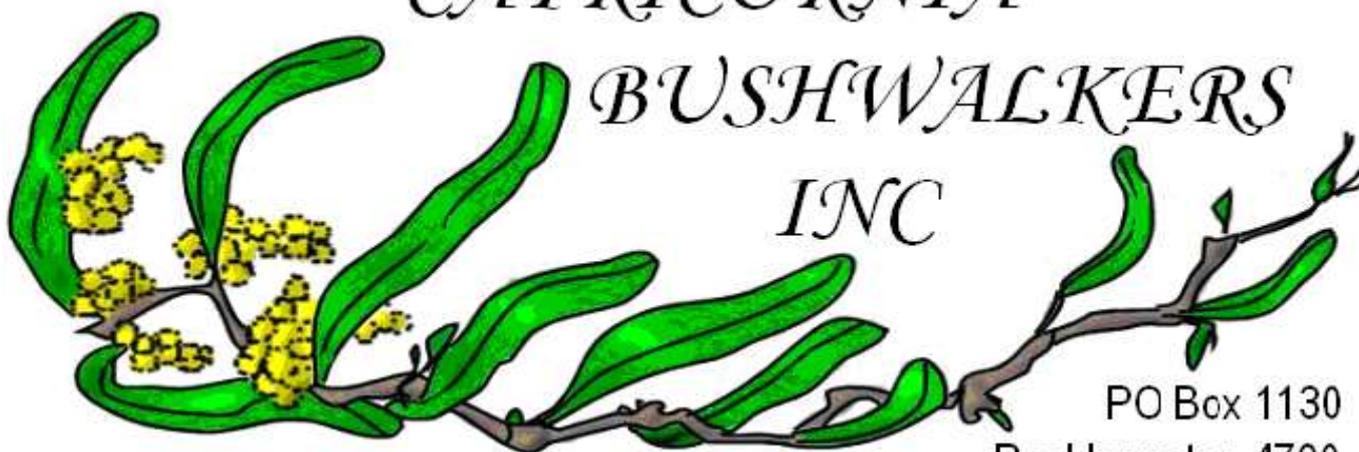


CAPRICORNIA

BUSHWALKERS

INC



PO Box 1130
Rockhampton 4700

Club's website: <http://capricornia.bwq.org.au/>

No: 133

NEWSLETTER

APRIL 2015



Great Keppel Island

President

Cheryl Gargan 4938 7375

Secretary

Pauline Toop 4926 1131

Treasurer

Athol Keanalley 04 18 677 220

Management Committee Members

Mary Howard, Tony Martin, John Rideout, Ros Nielsen, Dave Larkin

Safety & Training

John Rideout

Newsletter

Mary Howard, Margo Martin

Social Committee

Carol Campbell, Maxine Maunder, Fay McBryde

See last page for Schedule of Walks to Sept 2015 at a Glance

****The club now has TWO Personal Locator Beacons.
Look on Page 7 for the CONTACTS for these PLBs.**

Date	Sun 26 April	Location	Mystery Walk
Type	H/W, M, B, 2, 5, 7	Contact	Alan 4922 4935/0498 001 393
Alt	450 m	Approx drive dist	120 km ex Rockhampton

Following TC Marcia, the Mt Atherton walk has had to be cancelled. In its place, Alan will lead a Mystery Walk in the local area. Come along for a good half day work out.

Date	Fri 1 – Mon 4 May	Location	Combined Clubs Campout
Type	B/C	Contact	Bundaberg Bushwalkers

For bushwalking members only. This year's CCC will be held at Gin Gin Showgrounds.

The Bundaberg Club will be hosting the 2015 event. Please put this date into your diary and note that they have reverted back to holding the CCC in the first weekend in May. The venue will be the Gin Gin Showgrounds. (See back pages of newsletter for more details).

Date	Sun 10 May	Location	Cawarral
Type	H/W, E, B, 1, 2	Contact	Cindi 4934 4120
			cynthia.birch@bigpond.com

Easy half day walk around the less well known parts of the community. Less than 10K. Some horse track, some dirt road, small wild hill scramble, some grass track, and some bitumen. All usual, water, sunscreen, hat, shoes, smoko, lunch. No open sandals as there is always the possibility of snakes. Pleasant, easy, but good exercise. Preferably please email Cindi, or phone and leave a message

Date	Sun 17 May	Location	Girt Island
Type	H/W,E, A, 2	Contact	Cheryl/Linda 4938 7375/0477 156 656
			zilziebeach@bigpond.com

Join us on this popular walk across to Girt Island, which can only be done when the tide is very low. An afternoon walk, there is the opportunity to have a picnic or pub lunch at Keppel Sands beforehand.

Date	Sun 24 May	Location	Walk Leaders Forum
Type	Forum	Contact	Cheryl

Current walk leaders, together with anyone who is interested in becoming a walk leader, are invited to attend this half day forum. The aim of the forum is to discuss and review documentation and practices currently recommended for our Walk Leaders.

We will attempt to keep it as light hearted and entertaining as possible! A venue for the Forum will be finalised closer to the date.

Date	Sun 31 May	Location	Woodbury Tennis Club
Type	SOC	Contact	Dot 4939 7443; 0429 397 393

\$15 each covers tennis, morning tea, lunch, afternoon tea and most of all the wonderful ambience of our little tennis court under the big tree. We may even have the beginnings of our new "house" by then, who knows. Turn up around ten for morning tea and we will progress from there. We will have some very exciting raffles to be won as well.

Date	Sat 6- Mon 8 Jun	Location	Emerald-Fairbairn Dam/Lake Maraboon
Type	BC, O/N, M, B, 3	Contact	Helen - h.mackay@aapt.net.au Or ph 0429 698 195 (evenings only)

Start the weekend with some group challenges at Camp Fairbairn Outdoor Education Centre, 20 kms south of Emerald. From there, paddle, drive or walk to our camp site on private property beside the lake. Sunday- a paddle or walk to explore the shores. Monday -return to the outdoor ed centre for some rogaining before heading home. A fire each night will keep us warm.

Notes: Camp site has no facilities. Cost of the weekend will be advised when we determine our programme and how much help we need from their instructors but shouldn't be much. There is some flexibility with the programme so if you are a bit interested, email me and we can talk about options like dormitory accommodation and more camp challenges such as rock climbing or low rope challenges.

Register by 25 May so programme can be finalised with the outdoor ed Centre and cost calculated.

Date	Sun 14 June	Location	BNT:Kabra Rd to Struck Oil
Type	M, C, 1, 4	Contact	Cheryl 4938 7375/0477 156 656 zilziebeach@bigpond.com

This section of the Bicentennial National Trail departs from Kabra Road and crosses through grazing land to Bouldercombe, where we stop for smoko before continuing on up through the range to Struck Oil. It is an interesting and historical path that we will be following.

Date	Sun 21 June	Location	Kemp Beach – Training Day
Type	TRN, M/O, E, A, 1	Contact	John & Barbara 4939 8576

If you've wondered about walk leaders mumbling strange numbers like 385 296, or puzzled over their diagrams with lots of swirly lines (aka "maps"), here is a chance to discover some of the basics, or brush up on the finer points, with discussions on map reading, compass use, gps readings, etc. A compass, Rockhampton topographic map and gps device (many smartphones have gps built in) would be handy, but not essential.

Date	Sun 28 June	Location	Mt Morgan Trails & History
Type	D/W, M,L,1,4,7 ALT 200+	Contact	Greer 0448 408 775

This walk starts off at the historic Mt Morgan Cemetery, then meanders over fire trails to the Dam, with panoramic views of the township and mine site on the way. After a break for morning tea, we will follow the edge of the Dam, before returning to the ridges over fire trails back into town.

If possible, we will cross the Dee at the old mine railway bridge and tunnel, following the old rail line. From here we climb up to the Arthur Timms Lookout, before following fire trails along the ridges once more to return to the Cemetery.

Some sections of the fire trails are quite steep, so where possible we will ascend steep sections rather than descend. This is a fair distance – approximately 13kms.

Date	Sat 4 July	Location	Nth Rockhampton
Type	SOC	Contact	Maxine 4928 3212

BAREFOOT BOWLS. Diggers Bowls Club, Robinson Street, Nth Rockhampton. 3p.m. START !
\$16 (+ small fee to cover hire cost to be divided so the more who come along the cheaper it is) This covers game of bowls (with tutoring if needed) plus B.B.Q. *A mystery raffle will be held on the day !!*
DEFINITE CUT OFF DATE 26 JUNE.

Would love to see some of our newer members joining us.

Club's website: <http://capricornia.bwq.org.au/>

Date	Sun 5 July	Location	Rockhampton
Type	General Meeting	Contact	Cheryl 49387375/0477 156 656 zilzieBeach@bigpond.com

Come along to have your say – or come along to catch up with friends and fellow bushwalkers – but do come along! If you have a favourite walk, come along and suggest it. If you would like to lead a favourite walk, come along and tell us.

Date	Sun 12 July	Location	Moores Creek Suburban Walk
Type	E, 1, 2, 6	Contact	Carol 0400 195 405 ccampb12@gmail.com

An easy walk down the suburban section of Moore's Creek, Rockhampton. Some 5 kilometres in length, and a variety of walking surfaces, as we may have to cross the creek on occasions (depending on flow). On a positive note - NO hills.

Date	Sun 19-Sat 25 July	Location	Carnarvon Great Walk
Type	XT, NF, M/H,X,1,3,4,6,7 Alt 600+	Contact	Greer 0448 408 775

This walk has been scheduled so that those in the workforce only require 5 days annual leave to attend. The 19th July will be a travel day, with the walk commencing Monday 20th July, concluding on Saturday 26th July, leaving Sunday 27th July to travel home. This walk has several sections of Class 4 and 5 tracks, and includes an ascent of 600m over 4km on the second day. Sections of the walk are at an altitude of 1000m above sea level, so considerable exposure to wind and cold may be experienced. The total distance covered is approximately 87 km. This Great Walk traverses the “Roof of Queensland” on the Consuelo Tableland, as well as meandering through beautiful sandstone gorges and through open eucalypt forests. To successfully complete this walk, you will need to be physically fit and strong, and accustomed to minimalist camping. **The maximum number of people for this walk is 6.**

Date	Sun 26 July	Location	Mt Archer – Dry Stony Creek
Type	H/W, or D/W, E or M,A,2,6	Contact	Pauline 4926 1131 Leave message

A relaxed walk up a pleasant creek to a lunch spot and then back down again. Option for further exploration if all walkers wish to do so.

Date	Sun 2 Aug	Location	Bluff NP
Type	H/W, M/O, M/H, A, 4, 6, Alt=50	Contact	John & Barbara 4939 8576

A walk around the base of the Bluff (southern end of Kemp Beach) at low tide. Nearly all rock-hopping, with maybe a few slippery rocks, so not for beginners. A bit of a climb back to the walking track from Mulambin Beach.

Date	Fri 7 Aug – Mon 10 Aug	Location	Isla Gorge
Type	B/C, M, L, 1 to 7	Contact	Pauline 4926 1131 Leave message

Drive up Friday afternoon. Base camp at the cars in the campground. Walk Saturday and Sunday. Drive home Monday. At this time of the year, the wildflowers are usually in flower. The weather is cool. You walk through spectacular scenery – sandstone cliffs, alcoves, natural tunnels formed by erosion, dry creek beds, and some aboriginal artwork.

Date	Sun 16 Aug	Location	Annual General Meeting/Lunch
Type	AGM	Contact	Cheryl 4938 7375/0477 156 656 zilziebeach@bigpond.com

With the election of our office bearers for 2015-16, The Annual General Meeting determines the direction of our club for the next 12 months. If you would like to contribute, come along and nominate for a committee position or simply come along and support the process.

The venue for the AGM/Lunch will be finalised closer to the date.

Date	Sun 23 Aug	Location	Mt Morgan Dam
Type	D/W, E-M, B, 1	Contact	Greer 0448 408 775

The circuit around the Mt Morgan dam is a very picturesque walk which takes us through a variety of landscapes up hill and down dale. There are a few small hills to climb via local fire trails and a couple of creek crossings before arriving back at the dam wall and crossing below this structure.

Date	Fri 28-Sun 30 Aug	Location	Blackdown Tableland
Type	D/W, B/C, M/O, M, B, 2, 4, 6	Contact	John & Barbara 4939 8576

A chance to see some of the less-visited locations on Blackdown with 3 day walks for those who can get away on Friday (or just come along for the weekend). The proposed walk on Saturday will require a high-clearance vehicle. Hopefully the flowers are out.

Campsite bookings for Blackdown can be made online at <http://www.nprsr.qld.gov.au/parks/index.php>
The campsite has toilets, but bring your own drinking water, solar shower, etc.

Date	Sat 5-Sun 13 Sep	Location	Canberra and the Centennial Trail
Type	X/T, E/M	Contact	Cheryl 49387 375/0477 156 656 zilziebeach@bigpond.com

The 2015 September trip away will see us visit the nation's capital. The main attraction being to walk/cycle sections of the 145km Centennial Trail around the hills and surrounds of Canberra, while at the same time taking in other activities such as kayaking and visiting many of the cultural highlights of Canberra (or not). As these trips are very popular and numbers are limited, it is recommended that you nominate early.



Congratulations

pimpingyourspace.com

To Clare Tittel, who won the Early Bird incentive for early renewal of membership.

ITEMS OF NOTE

- ❖ The Club now has **TWO PLBs (Personal Locator Beacons)** for emergency use on any bushwalk. One will be located in Rockhampton and the other at the Capricorn Coast. Walk leaders may arrange for collection of the PLB from –

Pauline Toop (4926 1131) Rockhampton

Cheryl Gargan (4938 7375) Capricorn Coast

Collectors of PLBs - please **complete the form** when collecting the PLB from Pauline or Cheryl. "Don't leave home without it!"

FOR ALL WALK LEADERS

If there is no mobile phone reception or even if you are uncertain if there is mobile reception throughout your walk, take a PLB.

- ❖ Being a paid-up member of the club provides you with Public Liability and Personal Accident Insurance covers. The limit of Public Liability is \$20,000,000. Personal Accident Insurance only covers members aged 18 to 84 years old, inclusive.
- ❖ The address of the Club's website is <http://capricornia.bwq.org.au/>
- ❖ Please contact the Secretary at capricornia_bushwalkers@yahoo.com.au if you –
 - **have changed any of your contact details**
 - want to submit a Leader's Report
- ❖ For Walk Leaders, the Walk Description Form for each Newsletter is also available at <http://capricornia.bwq.org.au/>
- ❖ Please keep sending in Walk Reports for the next Newsletter to gracemoonster@gmail.com as an attachment, if possible using Microsoft Word, as early as possible after a walk.
- ❖ Our website - <http://capricornia.bwq.org.au/> has material for beginners and Walk Leaders, previous Newsletters and other useful bushwalking information.
- ❖ Please remember the Club is **subsidising half the cost** of an **Accredited First Aid Course** this financial year. The Management Committee will need to see the **Certificate of Achievement and Receipt** for the Course.



Program of Interest:

There has been a programme on TV regarding a link between tick bites and mammalian meat allergy in Australia. It was aired on catalyst on the ABC. The link to the video is:-

<http://www.abc.net.au/catalyst/stories/4177191.htm> .

In the programme, the recommendations are not to use tweezers to remove ticks but to use a product such as “Wart Off” or “Medifreeze” for large ticks, and a scabies cream for ticks in the nymph stage. These products are available at pharmacists.

Club's website: <http://capricornia.bwq.org.au/>

COME TO THE KIMBERLEY IN 2015



Looking for a new place to explore in 2015? Or maybe revisit an old favourite?

I'm looking for anyone interested in coming up to NW parts of Australia.

The *very vague* plan so far is:

- Fly to Kununurra (or drive if you lead the retired life and have more time)
- Hire a 4WD (or two)
- Take your camping gear
- Head off to such places as Lake Argyle, Mitchell River Falls, Gibb River Road- but no set route at this stage
- Stop at whatever other places along the way look interesting
- Time for walking, paddling and whatever other pursuits come our way
- Head off in either June or September school holidays
- Take about 2 weeks (but up to 2 extra weeks perhaps)
- Follow advice from my cousin who has done quite a lot of rogaining, walking and driving in these places (and any other travellers to such places)

I reckon it will only take 4 of us to get the adventure off the ground but I intend to put this in Gladstone, Capricornia and Bundaberg Bushwalking clubs' newsletters, so perhaps we can put together a mixed bunch of like minded walkers to explore the NW.

If you are interested in the idea, as vague as it is at this stage, email me h.mackay@aapt.net.au so we can make it happen. Or pass it on to anyone else who might be interested

Helen Mackay (Gladstone Bushwalkers)

WALK REPORTS

Please email contributions to: gracemoonster@gmail.com



GREAT KEPPEL ISLAND AUSTRALIA DAY LONG WEEKEND 2015

Oh, the heat was oppressive. There was sunburn and sandflies, but we were richly rewarded.

I bring you very little story and the plot is simple.

The Plot:-

Day 1: Walk across to Svendsens (and later swim at Svendsens)

Day 2: Walk to Wreck Beach via Big Peninsula (and swim there)

Day 3: Walk to Red Beach via the Lighthouse track (and swim there)

Day 4: Walk back to the Main Beach (and swim there too).

Four days, four walks, four swims, (some people had more than 4), lush vegetation, lovely views, a host of birds, and myriads of insects.

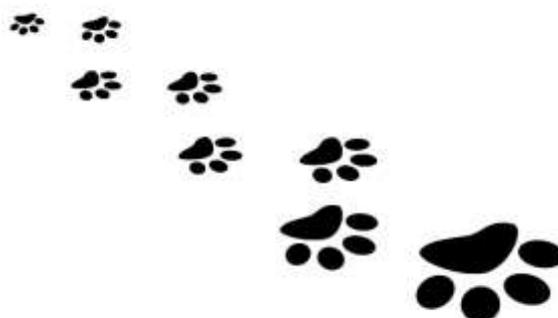
But now I bring you images and you will understand it more.

There were footprints in the sand – footprints of birds, beetles, lizards, dogs, possums and ours. We swam in water as clear and still as a block of glass, and could see clearly the pure white sand beneath our feet. We rested under shady trees with a dozen different butterflies fluttering around,

and listening to the deafening drum of cicadas during an explosion of emergences. From the ridgetops the views were of colours of clear blues, white, and greens. Back at Svendsens in the afternoon we found sanctuary and from the verandas we watched the sunbirds close by, and, further distant, larger birds. At night, on the lawn, the bush stone curlews, and echidnas were foraging.

Great Keppel Island is a little patch of paradise. Thanks to Cheryl for organising it again. I think this was my eighth trip there – and I still love it.

Pauline Toop



Sunshine Coast Hinterland Great Walk: and then there were 5..... **November 2014**

*We were high on Thilba Thalba when the sky turned grey then green
The thunder roared, the lightning flashed – the most frightening I had seen.*

And so it was that our group of hardy walkers experienced not one but two terrifying electrical storms during our Sunshine Coast Hinterland Great Walk. Lightweight hiking tents do not offer too much protection in such events and in the case of Thilba Thalba some sought refuge in the sturdy timber toilet which didn't keep the driving rain and hail out but at least gave the illusion of safety.

Given little more than 48 hour notice that our planned walk on Fraser island was closed for the fire season, some hasty replanning by our Walk leader, Tony Martin saw our group of eight head further south to complete the Sunshine Coast walk over 5 days starting near the picturesque Lake Barroon.



Hikers L-R: Merridy Godwin, Cheryl Gargan, Cindi Birch, Margo and Tony Martin, Deborah Mylrea, Glyn Gadsby and Ron Hyslop.

The 58km track meanders through both subtropical rainforest and open eucalypt forest areas while at other times passing close by to the little villages scattered along the top of the Blackall Range.

What we realised by the end of the first day which had seen several steepish ascents and descents through surrounding rainforests was that we had picked a very warm time of year to do this walk. Indeed as we set up camp at the Ubajee Walkers Camp at the end of day two we were rewarded with a very heavy downpour



which left several tents very wet. I use the term rewarded as part of the drenching was to witness a chemical reaction which appeared to make all the eucalypt trees 'weep' by producing a foam that poured down their trunks. It was an amazing sight but no one had a camera on them.

We found beautiful creeks and waterfalls along the way in which many a cooling dip was taken. We even came across a small cafe, The Barn, at the end of a very trying first day (on the outskirts of Flaxton) which served the most magical Mango Smoothies. A luxury that we are not usually exposed to on these longer walks!



We lost a few of the group along the way due to injury, wet gear and a level of exhaustion as the close proximity to several walk-junctions made this easily manageable. A further highlight at the end of our walk was the opportunity to catch up with Carol and George Reeman - well known club members from the 1990's.

It was indeed a "great" walk, wonderfully organised by Tony Martin. Thanks, Tony.

Cheryl Gargan

Capricornia Bushwalkers Inc. – Membership Application	
I wish to apply for / renew my membership (new memberships will be provisional, until approved by the next general meeting)	<input type="checkbox"/> Renewal <input type="checkbox"/> New (Tick one box)
Type of membership	<input type="checkbox"/> Single <input type="checkbox"/> Family (2 Adults + children)
Membership fee (for calendar year or part thereof)	<input type="checkbox"/> \$25 single <input type="checkbox"/> \$40 family
Personal Information By law, the club is required to maintain a register of members and their residential addresses. The information collected here is retained by the club secretary for the purposes of club business; it is otherwise confidential. The postal or email address you provide here will be used to send your newsletter, and any other club correspondence. The phone numbers will be used in emergencies.	Given Name(s)
	Family Name
	Residential Address (not PO Box) Postcode
	Mailing Address (if different) Postcode
Family membership: Please list below the names of all other people to be covered by this membership:	Phone: Home Work
	Email Address

I agree to observe the Club's Rules and By-laws laid down for members.

The Club has Public Liability and Personal Accident Insurance covers. The limit of Public Liability is \$20,000,000. Personal Accident Insurance only covers members aged 18 to 84 years old, inclusive. The cost of insurance is included in the membership fee.

Acknowledgement of Risk

I acknowledge that when I am participating in any activity of the Capricornia Bushwalkers Inc. I am doing so as a volunteer in all aspects and as such I accept all responsibility for loss of property or bodily injury to me, however it may occur.

I acknowledge that my participation in this activity may expose me to hazards and risks that could lead to injury, illness or death or to loss of or damage to my property. In particular when participating in abseiling or above the snowline activities I am aware that I may be exposed to additional hazards and risks.

I will make all reasonable effort to avoid or minimise these risks by;

- only participating in activities within my capabilities,
- carrying food, water and equipment appropriate for the activity, and
- advising the leader if I am taking any medication or have any physical or other limitation that might affect my participation in the activity.

I acknowledge that the payment of my membership fee will be deemed as full acceptance and understanding of the above.

Signature(s): Single OR 1 st Adult Family member	Date:/...../..... 2 nd Adult Family member
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Please post your completed membership form, with membership fee, to:

Treasurer, Capricornia Bushwalkers Inc., PO Box 1130, Rockhampton, Qld 4700.

(To pay direct: BSB 064-710 [C'wealth], Account No 00917137, your family name as reference)

SCHEDULE TO AUGUST 2015 AT A GLANCE

Days	Dates	Activity	MO	Contact	Phone	Type
April						
Fri-Mon	03-06 Apl	Easter –Blackdown ranges	√	Glyn	4927 5972	B/C, M/O, M, B, 2, 4, 6
Sun	12 Apl	Mt Etna Bat Cleft Walk		Pauline	4926 1131 leave message paulinetoop@internode.on.net	H/W,E,A,2
Sun	19 Apl	Yeppoon Highlands walk		Debbie	4935 4029/0421 850 568	
Sun	26 Apl	Mystery Walk	√	Alan	0498 001 393	H/W, M, A,2,5,7
May						
Fri-Mon	01-04 May	Combined Clubs Campout 2015 – Gin Gin Showgrounds	√	Bundaberg BW		B/C
Sun	10 May	Cawarral Walk		Cindi	4934 4120	H/W, E, B, 1, 2
Sun	17 May	Girt Island		Cheryl	4938 7375; 0477 156 656 zilziebeach@bigpond.com	H/W,E,A,2
Sun	24 May	Walk Leaders Forum	√	Cheryl	4938 7375; 0477 156 656 zilziebeach@bigpond.com	
Sun	31 May	Tennis day/Woodbury Tennis Club		Dot		SOC
June						
Sat-Mon	06-08 June	Fairbairn Dam/Lake Maraboon, Emerald		Helen	h.mackay@aapt.net.au Or ph 0429 698 195 (evenings only)	BC, O/N, M,B,3
Sun	14 June	BNT: Kabra to Struck Oil		Cheryl	4938 7375; 0477 156 656 zilziebeach@bigpond.com	M,C,1,4
Sun	21 June	Training Day – Kemp Beach		John	4939 8576	TRN
Sun	28 June	Mt Morgan History & Trails		Greer	0448 408 775	D/W,M,L,1,4,7 ALT 200+
July						
Sat	04 July	Barefoot Bowls		Maxine	4928 3212	SOC
Sun	05 July	General Meeting		Cheryl	4938 7375; 0477 156 656	Meeting

Club's website: <http://capricornia.bwq.org.au/>

					zilziebeach@bigpond.com	
Sun	12 July	Moores Creek Suburban Walk		Carol	Ccampb12@gmail.com ;	E,1,2,6
Sun-Sat	19-25 July	Carnarvon Great Walk	√	Greer	rayngreer@bigpond.com 0448 408 775; 4938 1580	XT, NF, M/H,X,1,3,4,6.7
Sun	26 July	Dry, stony creek walk		Pauline	4926 1131 leave message paulinetoop@internode.on.net	H/W, or D/W, E or M,A,2,6
August						
Sun	02 Aug	Around the Bluff base walk		Barbara & John	4939 8576	H/W, M/O, M/H, A, 4,
Fri-Mon	07-10 Aug	Isla Gorge	√	Pauline	4926 1131 leave message paulinetoop@internode.on.net	B/C, M, L, 1 to 7
Sun	16 Aug	Annual General Meeting		Cheryl	4938 7375; 0477 156 656 zilziebeach@bigpond.com	AGM
Sun	23 Aug	Mt Morgan Dam walk		Greer		D/W, E-M, B, 1
Fri-Sun	28-30 Aug	Blackdown Ranges		Barbara & John	4939 8576	D/W, B/C, M/O, M, B, 2, 4, 6
Sept						
Sat-Sun	05-13	Centennial Trail – Canberra	√	Cheryl	4938 7375; 0477 156 656 zilziebeach@bigpond.com	X/T, E/M

MO - Members Only