

CAPRICORNIA

BUSHWALKERS

INC

PO Box 1130
Rockhampton 4700

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

No: 128

NEWSLETTER

July 2013



Enjoying a CCC Walk
(Photo courtesy Howard Parker, Gladstone Club)

President
Secretary
Treasurer
Management Committee Members

John Rideout 4939 8576
Cheryl Gargan 4938 7375
Athol Keanalley 4934 8472
Mary Howard, Steve Kerr, Pauline Toop,
Ian Herbert, Ros Nielsen

Safety & Training
Newsletter
Social Committee

Steve Kerr
Barbara Howard
Ros Nielsen (Co-ordinator), Maxine
Maunder, Carol Campbell

See last page for Schedule of Walks at a Glance
See Page 6 for other important bushwalking/social items of note

Date	Sun 4 August	Location	CCC Hut
Type	AGM	Contact	John 4939 8576

Come along and have your say on the running and the future direction of our Club for the following year.

Date	Sat/Sun 10/11 August or Fri/Sat/Sun/Mon 9/10/11/12 Aug	Location	Isla Gorge
Type	B/C, M, C, 2, 4, 6, 7 Alt 200m	Contact	Pauline 4926 1131/04 48 822 241

Visit a land of stunning sandstone gorges, aboriginal artwork and hopefully springtime flowers. Drive up Friday afternoon or evening and set up camp right beside your car. Explore the gorges Saturday and Sunday and Monday morning if you like. Workers can drive back Sunday evening. Approx return driving distance is 450 km.

Date	Sun 18 August	Location	Mt Larcom
Type	H/W, M, X, 1 Alt 632	Contact	Ros 04 38 287 406 nielsen.ros@gmail.com

We will travel to Mt Larcom, have smoko on the way up, with great views at the top.

Date	Sun 25 August	Location	Cawarral
Type	Soc, H/W, E/M, B, 1, 2, 4 Alt few m	Contact	Cindi 4934 4120 cynthia.birch@bigpond.com

Half-day walk; extended wander through little-seen areas of Cawarral, ending with a sausage sizzle at Cindi's home (weather permitting).

Date	Tues 27 Aug – Wed 4 Sept	Location	Flinders Ranges, SA
Type	X/T, M/O, M, X	Contact	Cheryl 4938 7375/04 77 156 656

This year, a visit to the Flinders Ranges in SA is planned. We will commence the trip in Adelaide and visit the Mt Remarkable National Park and Dutchman's Stern National Park on our way to Wilpena Pound. Side trips along the way will include a visit to the wine region of Clare and to the historical village of Burra. The Heysen Trail passes through all of the above-mentioned National Parks. It is intended to walk on it where we can. **Please nominate early for this trip as interest will be high and numbers will be limited.**

Date	Sun 1 Sept	Location	10-Pin Bowling Afternoon
Type	Social	Contact	Maxine 4928 3212

10-Pin Bowling starts at 2 pm; one game costs \$13, two games \$20, three games \$25. **Contact Maxine by 25 August.**

Date	Sun 8 Sept	Location	Mt Archer/Black Creek
Type	D/W, M, A, 7 Alt 500 m	Contact	Glyn 4927 5972

Walking from Mt Archer to Black Creek; some steep climbing down into Black Creek required. Cars will be left at start and end of walk.

Date	Sat 14 Sept	Location	Mini Golf and Barbecue
Type	Social	Contact	Maxine 4928 3212

A social occasion at the Rockhampton Golf Driving Range and Mini Golf, 17 McMillan Street, Parkhurst. Please be at the mini golf course at **1.45 pm to start at 2 pm. Cost of mini golf is \$8.00. Following that there will be a barbecue – cost \$3.00 - provided by Maxine. NO BYO DRINKS.** We must be finished by 7 pm. Please tell **Maxine** if you wish to attend by **7 Sept.**

Date	Sun 22 Sept	Location	Belgamba, Struck Oil
Type	D/W, M, B, 2, 4, 6 Alt approx. 100 m	Contact	Ian H 4938 1818

This walk will be cross-country on Belgamba and the Bouldercombe Resources Reserve, from Mt Gavial to the top of Mt Plumtree via the top of Plumtree Falls. A bit of creek walking involved to get to the falls. Possibly our last walk on Belgamba, as Ian and Cathy are moving.

Date	Sun 29 Sept	Location	Mystery Walk
Type	H/W, M, B, 2	Contact	Dot 4939 7443

This half-day walk with some hills will have pleasant views. Bring smoko and lunch, mossie protection. Enjoy exploring a bit of the hinterland of our magnificent Capricorn Coast.

Date	Sat/Sun/Mon 5/6/7 Oct (Labour Day)	Location	Cania Gorge
Type	O/N, E, X	Contact	Cheryl 4938 7375/04 77 156 656 zilziebeach@bigpond.com

Join us for a series of walks at beautiful Cania Gorge. A new day walk has been opened since the club's last visit. The dam also provides the opportunity for a canoe or kayak.

Date	Sun 13 Oct	Location	Berserkers
Type	H/W, M, C, 2, 5, 6, 7 Alt 350 m	Contact	Carol 04 00 195 405

A walk up Thozet Creek to a waterfall; then a scramble up the side of the waterfall to the ridge. Return via a ridgeline to our cars.

Date	Sat 19 Oct	Location	Emu Park/Zilzie beaches
Type	T/W, E, B, 1	Contact	Cheryl 4938 7375/04 77 156 656 zilziebeach@bigpond.com

This Saturday moonlight walk will take us along the beaches and headlands of Emu Park and Zilzie, hopefully ending with wonderful moonlit rural and ocean views.

Date	Sun 27 Oct	Location	Mt Hedlow
Type	H/W, M, A, 2, 4, 7 Alt 200 m	Contact	Pauline 4926 1131

Climb to the top of a beautiful volcanic plug. As this is a very short walk, we might explore several sections of the mountain. Opportunity for a paddle in Hedlow Creek as well. Approx return driving distance is 50 km.

Date	Sun 3 Nov	Location	Long Island
Type	H/W, N/F, E, B, 1, 2	Contact	Cheryl 4938 7375/04 77 156 656 zilziebeach@bigpond.com

The 2010-11 floods changed much of the topography of Long Island especially close to the Fitzroy River. On this half-day walk, we will set out to explore some of these changes, witness the flora and fauna in the park, see the unbelievably high "flood water" marks on the trees and visit the banks of the mighty Fitzroy.

Date	Sun 10 Nov	Location	CCC Hut
Type	General Meeting	Contact	President

Help organise the Walks' Program for the first four months of 2014.

Date	Sun 17 Nov	Location	Frenchman's Creek
Type	H/W, E/M, B, 2, 6 Alt nil	Contact	Carol 04 00 195 405

Frenchman's Creek winds its way through Rockhampton's northern suburbs. Always a pleasant walk, with a variety of vegetation and birdlife.

Date	Sun 24 Nov	Location	Coee Bay to Rosslyn Bay
Type	H/W, T/W, E, B, 1, 2, 4	Contact	Cheryl 4938 7375 /04 77 156 656 zilziebeach@bigpond.com

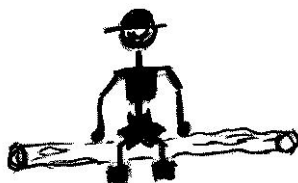
A morning walk which will take in the new nature trail along the Lammemoor Beach foreshores, as well as headlands and beaches on the way to Double Head at Rosslyn Bay.

Date	Sat/Sun, 30 Nov/1 Dec	Location	Belgamba
Type	D/W and/or B/C, Social	Contact	Ros 04 38 287 406 nielsen.ros@gmail.com

Christmas break-up at Belgamba, if it hasn't been sold. Day walks by request, or just relax and enjoy the bush. Stay the weekend and camp overnight, or just join us for Saturday or Sunday activities. Further details at a later date.

ITEMS OF NOTE

- ❖ Please remember that the Club has purchased a **PLB (personal locator beacon)** for emergency use on any bushwalk. Walk leaders may arrange for collection of the PLB with Pauline Toop (49261131). "Don't leave home without it!"
- ❖ 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
 - wish to obtain a thank you card, if you are a Walk Leader
- ❖ 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 capricorn.bushwalkers@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.



WALK REPORTS

Thozet Creek Walks (1 and 2) 14 and 21 April 2013



Alan, Anna, Chris, Glyn, Greer, Jamie, Jim, Liz, Mary, Michelle, Pauline and Salvadore gathered for an exploration down the course of Thozet Creek. This was the first of a two-part walk. We initially walked up the Sisal Track to the ridge. Straight down the other side of the ridge we found a gorged creek bed which we followed down into Thozet Creek.

After a long break in the rainforest canopy, made even more enjoyable by the recent rains, we made our way down the creek bed. The rainforest eventually gave way to dry eucalypt forest and then suburbia, where the day's walk ended.

The following Sunday we met at my house to finish what we started the previous week. After a 'heart starter' up the hill of Poinciana Street (and magnificent views) we made our way to the creek. The rocky creek bed soon gave way to grasslands and gigantic melaleucas, and then muddy tidal flats. Shortly after we were at a bend of the Fitzroy River adjacent a large sand bank. We then followed Little Thozet Creek back to the starting point. Back to my house, the fire was started and preparation for the damper began. The highlight of the evening was treacle pouring down our 'twister dampers' and fingers.

Another successful exploration of the Berserkers was completed.

Carol

Bloxsom Street to Mt Birkbeck Walk to Saddle 5 May 2013



RECIPE for SUNDAY MORNING PAVLOVA (A Winner Every Time)

Ingredients

- 3 cups of Alan's leadership
- 1 cup of anticipation
- 2 cups of keen walkers' engagement
- 1 cup of fine weather

Method

- a) Blend all ingredients well, until texture is creamy and flavoursome.
- b) Add a sprinkling of sunshine for good measure.
- c) For improved results, add stimulating conversation, occasional rests and sustenance; **optional** - for the savoury tooth, mix in some spear grass, sisal plants and lantana sparingly.
- d) Heat for 4 hours, on moderate.
- e) Turn out and cool for ½ hour.

Yes – a winner every time, indeed.

Barbara

Pauline's Creek – Mt Archer – Sunday 19th May 2013



This walk, led by Pauline, was supposed to be "half-day, moderate, down a dry creek bed". I should have twigged when Pauline told me that only experienced bushwalkers were allowed on it, even excluding some club members (definitely no guests). It turned out to be "full-day, hard, down a very wet creek bed" - well she wasn't to know that it would pelt down rain all day Thursday and Thursday night.

Six intrepid souls slowly descended the steep terrain of Mt Archer from Elida St, eventually reaching a rocky creek bed which fed into a larger creek further down the mountain. We cautiously negotiated the rocks and boulders, using twisted vines like Tarzan to help us down the harder bits. With every step we were hampered by lawyer vine and wait-a-while either trying to strangle us, or entangling our feet and tripping us up. We crawled under and through lantana, rock-hopped across the running creek, or sidled around using logs and vines trying to avoid the cold water. Alas, it got some of us anyway. I noticed that Carol gave up and just waded in, boots and all.

Had I done the same thing, I probably wouldn't have stepped on a boulder which rolled under my foot, taking me with it and tossing me into the water. It then proceeded to land heavily on my ankle, pinning me there as I sat in the water plaintively crying "Help me!" By the time help came, I had managed to use my other foot to push the rock off, thereby freeing myself.

The rocks were in fact quite aggressive that day. Pauline had a cut and egg-sized lump on her shin from an argument with a wet rock, and I think most people kissed the ground (or the rocks, I should say) at some point during the day.

Glynn was the "Rock Whisperer", taming them and piling them up into cairns all along the way. Some of his cairns were quite high and precariously balanced.

In spite of our altercations with the topography, the creek itself was very pretty. Lots of little waterfalls gushed over rocks and gurgled along the creek bed on their way downstream, amid lush green rainforest which was fresh after the rain of the previous Thursday. We partook of lunch in a quiet spot where the rushing water provided a meditative background melody for relaxing tired bodies.

We arrived back at the cars very tired, with sore muscles, cuts, bruises and the feeling that we had completed a hard but satisfying walk. Thanks Pauline, I enjoyed it very much, (even though it took a few days for the soreness to wear off before I realised it!)

Mary

**COMBINED CLUB CAMPOUT - "DIG THE SCENE, IN 20THIRTEEN"
Queen's Birthday Weekend 8, 9 10 June**

From comments received from club members from Gladstone, Bundaberg, Redland Bay and our own club, Capricornia, the Mt Morgan Showgrounds with its quiet and gum-tree-shady charm, was a splendid venue for this event. The walks - both historical and other, the tours, the paddling and the social activities provided enjoyment and challenges for all participants.

And what a truly apt slogan for the Combined Club Campout. You must agree too from the evidence presented by the size and quantity of tailings on show, there has been a long history of turning of the soil at Mt Morgan, one way or another, over the past years.

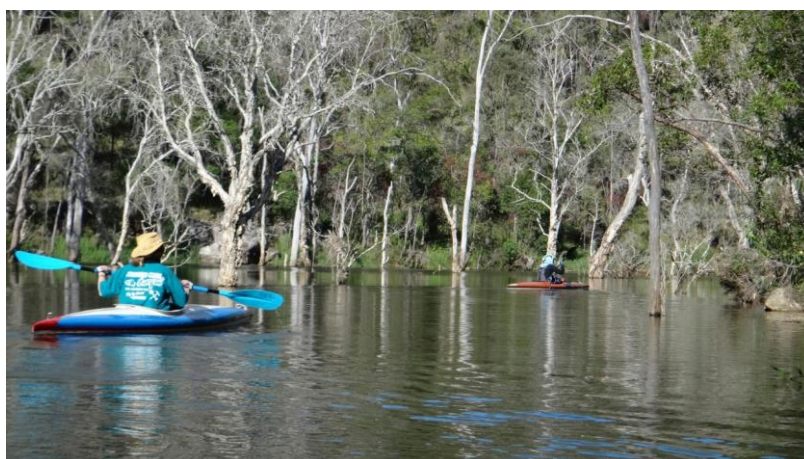
Congratulations to all members of our club who willingly assisted before and during the weekend, and of course, to all walkers from all clubs, without whose presence, the weekend would not have been such a success.



**Enjoying the ride
(Photo courtesy Carol)**



**Shady camp spot
(Photo courtesy Margo)**



**Paddling on the Big Dam
(Photo courtesy Ian E)**

Thanks to the RRC, the Mt Morgan Show Society, the Dee Bowls Club and TMC Tours for their contribution to the weekend.

Barbara

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 END 2013 AT A GLANCE

Days	Dates	Activity	MO	Contact	Phone	Type
Sun	14 July	The Pointers, Canoona		Pauline	4926 1131	D/W, M, A, 2, 4
Sat	20 July	Christmas in July – contact Maxine by 17 July	√	Maxine	4928 3212	Social
Sun	28 July	Mt Slepner zilziebeach@bigpond.com	√	Cheryl	4938 7375 04 77 156 656	D/W, M/H, B, 2, 4, 5
Sat - Wed	3 - 8 August	Jatbula Trail, NT	√	Robyn	4939 2669 04 27 277 400	X/T, M/O, M/H, X, 2, 6
Sun	4 August	AGM	√	John	4939 8576	AGM
Sat/Sun or Fri/Sat/Sun/M	10/11 August 9/10/11/12 Aug	Isla Gorge Campout	√	Pauline	4926 1131 04 48 822 241	B/C, M, C, 2, 4, 6, 7
Sun	18 August	Mt Larcom nielsen.ros@gmail.com		Ros	04 38 287 406	H/W, M, X, 1
Sun	25 August	Cawarral and Barbecue cynthia.birch@bigpond.com		Cindi	4934 4120	H/W, E/M, B, 1, 2, 4 Soc
Tues - Wed	27 Aug – 4 Sept	Week long trip- Flinders Ranges, SA – nominate early zilziebeach@bigpond.com	√	Cheryl	4938 7375 04 77 156 656	X/T, M, X
Sun	1 Sept	10-Pin Bowling – contact Maxine by 25 Aug		Maxine	4928 3212	Social
Sun	8 Sept	Mt Archer to Black's Creek	√	Glyn	4927 5972	D/W, M, A, 7
Sat	14 Sept	Mini Golf and Barbecue – contact Maxine by 7 Sept		Maxine	4928 3212	Social
Sun	22 Sept	Belgamba – Mt Gavial to top Mt Plumtree	√	Ian H	4938 1818	D/W, M, B, 2, 4, 6
Sun	29 Sept	Mystery Walk		Dot	4939 7443	H/W, M, B, 2
Sat/Sun/Mon	5/6/7 Oct (Labour Day)	Cania Gorge zilziebeach@bigpond.com	√	Cheryl	4938 7375 04 77 156 656	O/N, M/O, E, X
Sun	13 Oct	Thozet Creek		Carol	04 00 195 405	H/W, M, C, 2, 5, 6, 7
Sat	19 Oct	Moonlight Emu Park/Zilzie Beaches zilziebeach@bigpond.com		Cheryl	4938 7375 04 77 156 656	T/W, E, B, 1
Sun	27 Oct	Mt Hedlow and optional Paddle after	√	Pauline	4926 1131	H/W, M, A, 2, 4, 7
Sun	3 Nov	Long Island zilziebeach@bigpond.com		Cheryl	4938 7375 04 77 156 656	H/W, N/F, E, B, 1, 2
Sun	10 Nov	General Meeting	√	President		Meeting
Sun	17 Nov	Frenchman's Creek		Carol	04 00 195 405	H/W, E/M, B, 2, 6
Sun	24 Nov	Beach Walk, Cooe Bay to Rosslyn Bay zilziebeach@bigpond.com		Cheryl	4938 7375 04 77 156 656	H/W, T/W, E, B, 1, 2, 4
Sat/Sun	30 Nov/1 Dec	Christmas Breakup – Belgamba nielsen.ros@gmail.com	√	Ros	04 38 287 406	B/C and/or D/W, E/M, B, 2, 4

MO - Members Only

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