# "MAKING TRACKS WITH US"

# BUNDABERG BUSHWALKING CLUB

NEWSLETTER - AUGUST - 2025



<u>info@bundabergbushwalkers.com</u> <u>www.facebook.com/BundabergBushwalkingClub</u> www.bundabergbushwalkers.com

#### **Club Executives**

President	Lucinda	(0421 011 181)
Vice President	Allison	(0448 846 084
Secretary	Paula	(0490 330 542)
Treasurer	Mary	(0414 190 566)

# President's Ponderings

Is this year flying by for everyone else? I can't believe it's mid-August already. At least the weather has been great for walking - at least when it isn't raining!

Don't forget that our AGM is coming up. The meeting is usually quite short, so we'd love to see lots of members there for a catch-up after the meeting. Bring your own morning tea. There are still lots of great walks and other activities left this year, so make sure you get out to as many as you can.

Happy walking,

# **MEMBERSHIP RENEWALS**

Membership fees for **July to December** are now due. This is \$10 for adults and \$5 for children. The link to register is below, and is also available on our website and Facebook page. Link - <a href="https://forms.gle/fj2cSo55pgvUSsFc6">https://forms.gle/fj2cSo55pgvUSsFc6</a>

If you don't want to register online, we still need you to complete a registration form, otherwise your registration is not complete. You can fill in a physical registration form by:

- Printing one off our website
- Contacting Lucinda or Mary to have one emailed to you
- Contacting Lucinda to find a time to meet her at her office in the CBD to fill in a form. You can return a form by:
  - Posting it to PO Box 696, Bundaberg QLD 4670
  - Scanning/photographing it and emailing it to <a href="mailto:info@bundabergbushwalkers.com">info@bundabergbushwalkers.com</a>
  - Bringing it to a monthly meeting
  - Dropping it into Lucinda's office at 7/53 Woongarra Street, Bundaberg, at any time.

A reminder that we are changing the membership year to more align with the walking "season". The things you need to know are:

- This year, the renewals in July will be for July to December, and be \$10 for the 6 months \*
- Then in **January**, your membership will be due again and will be \$25 for January to December. This is a small increase the membership fees haven't risen in over a decade, so this is just to help offset our increased costs.
- Even if you have been a member for years, you will need to fill in a membership application form **EVERY YEAR.** This can either be done online (the link will be sent in June), or in paper form (available from Mary, Lucinda, or our website). Note this includes your date of birth this is required for insurance purposes, it isn't an optional field!

#### **WALK REPORTS:**

<u>Saturday 12<sup>th</sup> July – Social – The Hummock -</u> The views from the top of the Hummock were crystal clear right to the ocean. The dark brown of the ploughed earth, the green of the sugar cane and sweet potato plants and the dark blue of the ocean and clear blue sky above it were brilliant when 16 people met at Heathrow Park for a very happy and delightful morning. Everyone had their chairs and were sitting and talking in the early sunshine. We had more of Murray's bird photography books and Pauline read out some jokes and poems which got us all laughing and adding extra jokes as they came to mind. As the day warmed up 8 people did the walks and were back in time for Glynn to start cooking the sausages and onions. We celebrated Elinor's, Glynn's and Pauline's birthday with a chocolate cake made by Elinor. We all thank Barry and Glynn for the sausage sizzle lunch and a very happy morning. – JOY

<u>Monday 14<sup>th</sup> July - Meadowvale Reserve</u> - Three adventurous bushwalkers headed out spotlighting at the Council managed Meadowvale Nature Reserve. Sadly, no sugar gliders were sighted the walk was interesting and relaxing regardless. A peaceful, easy walk. - Paula

# 22 July to 5 August Kayak/Walk trip in central north Qld

Thanks, Mary, for a fantastic relaxing trip.

Sadly, no dugongs sighted at the Clairview Dugong Sanctuary.

Based at Finch Hatton, a lovely kayak at Lake Teemburra, 2 platypi spotted whilst kayak pre dusk on the Pioneer Rr. Finch Hatton Gorge short walk was picturesque and everyone enjoyed it. Another couple of platypi during the day observed at Broken River within Eungella

NP. Some of us did a 8km walk through the NP venturing upon the reknown stinging tree(gympie gympie) with beautiful tempting pale pink berry like fruit.

Eungella Dam campsite was beautiful- very clean and not expensive. Lots of room. Another kayak here.

Another kayak and short walk up a hill at Lake Elphinstone.

Homevale NP - nearly got lost on badly signed walk to the historic (mining town of Mt Britton). Highlights: seeing some new parts of oz; the excellent company; plethora of aquatic bird life (inc. but not limited to jacana, great crested grebes, ospreys, pelicans, & cotton pygmy geese); of course the platypi; and sitting around the camp fire every night eating chocolate, imbibing and socialising. Paula

A few extra anecdotes from our 4 person trip. Although the first day travelling from Bundy to Clareview passed uneventfully, Day 2 almost ended in tragedy when 2 reckless drivers on a straight stretch of the Bruce Highway south of Sarina- one a semi and the other a black utesimultaneously tried to overtake a caravan with Jill in between. Fortunately, the speeding ute managed to veer off the bitumen into the gravel whilst avoiding trees and guide posts as well as the several vehicles it was passing. Whew!! Our original plan had been to camp at Mirani but finding the park full we opted for the (much more pleasant) Finch Hatton showgrounds beside picturesque Cattle Creek. Day 5 took us over the Eungella Range through thick fog with little visibility. The Broken River Visitors centre was open and welcome refreshments obtained. Whilst camped at Eungella Dam a worker mentioned an unsignposted lookout where we were able to get an excellent view of the whole lake as well as mobile coverage. Day 8 took us via easy gravel roads into Homevale National Park and a short rather rough track to Moonlight Dam camp site. Paula and I enjoyed a pleasant 5-6km walk to the site of the old Mt Britton township but as mentioned by Paula, poor or rather non-existent signage caused us to take the wrong track that led to a functioning gold mine where we were chased by 2 savage (??) mongrels. I was grateful for my 2 hiking poles. After walking a couple of extra km we found the large open site of the old township and were joined by Dennis and Jill (who took the easier car route) and wandered around below the impressive mountains reading the tourist information boards. Day 11 saw us visit the old town of Nebo to stock up on any supplies and refuel before driving to Lake Elphinstone which is a natural reservoir. Being on a bitumen road this campground was much busier than Eungella and shared with fat and contented looking cattle. Unfortunately, the hot taps in the showers did not function and were just for show. Day 13 was a longer drive via the Fitzroy Development road to the little town of Baralaba where we camped at a pleasant free camp beside the Dawson River. For \$1 visitors can enjoy a hot shower. Next day we travelled first to Biloela enjoying morning tea at a busy café. Here we said good-bye to Jill who headed straight home so she could sort out the cause of her battery problems. Nothing wrong with the battery apparently, just a modern car that thinks too much. The 3 remaining travellers headed south via Monto in the direction of Waruma Dam. We stopped at a pleasant spot just off the "main" road called the Bunyip Hole but the resident bunyip was sleeping today. Arriving at the small village of Abercorn a sign informed us of the closure of the Waruma campground until December. Hopefully that means Sunwater are upgrading the facilities to the same standards as Eungella. Thanks to those who came and bad luck to those who couldn't make it. Maybe not as exciting as Masai Mara but not bad. Mary

<u>Saturday 2<sup>nd</sup> August – Chowey Bridge Walk. -</u> A group of twenty intrepid walkers gathered at Seymour Park, Biggenden to participate in a walking event commemorating the building of Chowey Bridge 120 years ago. Isis Sugar, who have leased the rail line from the Department of

Main Roads, provided no objections to the event which occurred on Saturday 2nd August. Participants came from Brisbane, Bundaberg, Biggenden, Maryborough and Coalstoun Lakes. The group navigated 12.2kms of broken bridges, splintered sleepers, twisted rail, very loose rocks, very tall grass, two snakes, two kangaroos and a mob of inquisitive cattle. Considering that our early railways were all constructed by hand, with horse or bullocks to cart big loads, everyone marvelled at the amazing work of those early pioneers. One of the engineers in the group smiled knowingly when he realized that Chowey Bridge was built in just six months, begun on 26 June 1905 and completed on December 21, 1905. Let's hope Chowey Bridge over Deep Creek remains an inspiration for many years to come. – **Moira** 

<u>Sunday 10<sup>th</sup> August. - Mt Walsh – Slow Walk -</u> The "slow" walks are turning out to be very popular! 12 of us set out to climb Mt Walsh on a crisp, sunny winters day - which was lucky, considering the rainy, cold day the day before. Luckily that rain didn't affect us. 10 of us made it to the top (some thanks to peer pressure!), where a cold wind was blowing a gale! The views were worth it though, and we all had some fun taking photos before heading back down. It was great to have some new faces on the walk, and I hope to see you all again. For a "slow" walk everyone was extremely capable, and our slow day was mainly just due to having such a large group. I'm also very proud of the walkers who nearly pulled out at the rock face but pushed through - I knew you could do it.
Thank you to everyone for joining me, I had a ball - Lucinda

# **FUTURE WALKS AND OUTINGS:**

<u>Saturday 16<sup>th</sup> August – Social – Smiths Crossing.</u> Meet at 9am at North S/S for Smiths Crossing and another popular social day. Bring chair and morning tea and any interesting photos or quizzes you wish to share. Please phone or text Barry (0403 736 420)

<u>Sunday 17<sup>th</sup> August – Coonarr Falls Circuit – Medium S3b.</u>4-5klm aprox 2-3hours. Walking along Coonar Creek from the boat ramp to the waterfall, which is now dry. Have morning tea and walk back on N/P track passing the old entrance to Kinkuna N/P. A pleasant walkthrough wallum and forest, there will be wildflowers in Spring. Meet at Thabeban S/S at 8am. Contact Angela Text only. **(0447 226 854)** 

<u>Sunday 24<sup>th</sup> August - Hunter's Hut - Meet:</u> Woocoo Community Hall for 30km convoy to Hunter's Hut. Time: 8.30 am. Distance: 9km. Rating: Medium. **M2b**This walk features a section of the disused Mungar to Monto rail line that closed in 2012. Rail and bush tracks are utilised to create a circuit track over 2 trestle bridges. M/tea is under the impressive Charley Hart Bridge. Please contact Marlene (0424 711 098)

<u>Saturday 30<sup>th</sup> August – Kayak - Meet 8am</u> @ Lions Park Biggenden, for an 8:30am start. - Drive 43 min (63.9 km) to BIG ORANGE Cafe, Gayndah, for morning smoko. (Coffee & Scones are a treat) Drive 15 min (15.0 km) to Ideraway and Burnett River entry. Easy access to river, then possible portage over rocks to gain flat water. There will also be a short portage again, further downstream at designated lunch spot.

Total downstream distance = 3.30klms. Total return distance inc side trip = 3.96klms

#### You will require:

- \* Kayak/Canoe/Paddle
- \* Floatation Vest
- \* Reefwalker Shoes/Old Sneakers/Sandshoes etc for portage
- \* Long-sleeved Shirt/Pants

- \* Hat/Sunscreen
- \* Min 2ltrs Water
- \* Waterproof Bag/Container for Lunch/First-Aid Kit/Camera etc
- \* Swimmers/Towel (plenty of opportunities for a dip)
- \* Spare set of dry clothes for drive home (especially if getting lift) After a relaxed day of paddling, there will be an opportunity to visit the Ideraway (Upside-Down Rail Bridge), before returning to Biggenden & home. Please book in to Howard by **Monday 25th August**, and for further details. Phone/message (0438722301)

<u>Saturday 30<sup>th</sup> August – Vera Scarth Johnson Walk. –</u> A walk in the afternoon amongst the wildflowers. Meet Thabeban School park at **3.30PM**. Contact Angela by text **(0447 226 854)** 

<u>Sunday 31st August – Peter's Corner Post Walk. – Medium S2b –</u> 110-12klm. A walk in Kinkuna N/P along fire breaks and old service tracks to the border N/P Agricultural area to investigate why Coonarr Creek waterfall is running dry. We may get wet feet for a section of the walk closely follows the creek bed and Coonarr creek does not always differentiate between creek bed and walking path. Bring morning tea. Meet at Thabeban S/S at 8am. Contact Angela Text only **(0447 226 854)** 

<u>Tuesday 2<sup>nd</sup> September – Monthly Meeting –</u> Bundaberg State High School. **5.30pm** 

<u>Saturday 6<sup>th</sup> September – Bundaberg Bushwalk Club A.G.M.</u> - All members are invited to the A.G.M at **Baldwin Swamp Shelter Shed at 10am.** Bring chair and morning tea.

<u>Sunday 7<sup>th</sup> September – Oaks Beach to Mon Repos – Meet at Riverside carpark Quay St at 4Pm for a nearly full moonlight walk from Oaks Beach to Mon Repos. Walk as far or as little as you like from Oaks Beach towards Mon Repos (distance one way 3.85km). Moon rise is 5.11pm. Bring head lamp, insect repellent, water, snacks. Contact Allison (0448 846 084)</u>

# Thursday 11th 12th 13th 14th 15th September - Kayak - Noosa River -

Upper Noosa River overnight kayak - MEDIUM/HARD.

Arrive Harry's Hut **Thur 11 Sep** - Make your own way there (Cooloola Recreation Area) - Stay at Harry's (Hut) camping area **Thur 11 evening**.

Fri 12 Sep am - kayak down river for a couple of hours - return to Harry's Hut for lunch.

Fri 12 Sep pm - Kayak upstream to kayak camp site 4 - stay overnight there.

**Sat 13 Sep** - short paddle back to camp site 3, spend day doing a 14km (6hr) walk to Cooloola Sand Patch (big dune on near coast) = short paddle back to camp site 4 - stay overnight there.

**Sun 14 Sep** - paddle upstream to camp 13 - stay overnight there.

Mon 15 Sep - paddle back downstream to Harry's Hut; drive home.

You will need to: - Book Campsites at Harry's hut (11th), camp site 4 (12,13th) and camp site 13 (14th)

- byo kayak, tent, food, water, weather protection clothing, life jacket.
- Be able to transport your gear on/in your kayak. Contact Paula to register and for more info (0490 330 542)

<u>Saturday 13<sup>th</sup> September – Mt Widgee – Medium – m2b -</u> This is a half day walk to Mt Widgee. About 40km west of Gympie, it is 710m. The walk is approximately 10km with 700m of climbing. The walk follows a 4WD road with a reasonable number of ups and downs,

before coming to the hanglider launch site. The road continues before ending on an open ridge, which we follow to the summit. The last section is steep and overgrown. It is a moderate walk. There are good views towards Widgee and the ranges to the east. Contact Richard Joll (0414 345 782)

<u>Sunday 14<sup>th</sup> September – Wreck Rock.</u> From Wreck Rock camp ground, veer off main road following fire trail to swamp area and return. Approx 6km total. Open, exposed walk. 2ltr water minimum, snacks. Lunch back at the camp area and afternoon swim if you like. Depart North State School 7.30am. Contact **Allison (0448 846 084)** 

<u>Saturday 20 September: "Conglomerate Rock circuit".</u> This medium off track walk follows a narrow obstacle-course creek, to a very interesting geological formation that could be part of an "ancient city"

After exploring the area, we then ascend to a viewing point, across to another small gorge, and return by another creek system ravaged by recent flood waters. Ring Moira to register: ( 0458 365 051)

# Saturday 21st September - LITTABELLA NATIONAL PARK - WINFIELD. Easy-

**medium.** This will be a walk in three stages so can be adapted according to preference. All sections are flat and nothing off track. First will be a walk approx 5 km in Littabella National park followed by morning tea. We then proceed to Winfield and park near the boat ramp. Then follows a return stroll along Baffle Creek foreshore in front of the caravan park to the Bottle creek entrance and return: approx 3km. Enjoy lunch in shade beside the creek and for those with the energy we follow up with a 3-4km return walk along Baffle Creek in the other direction looking out over the estuary on one side , and the well-kept residences of the local inhabitants on the other. This section is shaded by impressive gum trees with chance to see and hear plenty of birds. Meet at **North Bundy State School at 8am** Contact Mary to register on **(0414190566)** 

<u>Sunday 5<sup>th</sup> October - CORDALBA STATE FOREST Medium</u>. This walk of approx 10 km follows old forestry tracks to an abandoned mine shaft and is a circuit track with ups and downs but nothing too steep. A 4WD or high clearance vehicle is needed for the last couple of km to the walk start. Meet at **Coles Kensington at 8am**. Contact Mary to register on **(0414190566)**.

<u>Sunday 28<sup>th</sup> September - Pine Creek – Medium s1b:</u> An exploratory walk - medium level. Following old tracks to the Burnett River. Undulating, rough & loose surface and the great unknown! Approximately 7km. Full day pack requirements, minimum 2l water. Depart Coles Kensington 7.30am. Contact Allison ( 0448 846 084)

<u>Sunday 28<sup>th</sup> September - Woodgate – easy.</u> Walk the boardwalk to the Melaleuca track, and Banksia track circuit. Meet at Thabeban s/s 8am. Phone Verlie **(41 528885)** 

# Saturday 4th October - Mt Walsh N/P - Bells Creek - Medium/Hard.

Very steep climb up along a rocky creek, to scenic rock outcrop, and back down via another tributary. Be prepared to encounter: - rock hopping, large boulders, loose rocky scree, scratchy vines, and a few cuts and scratches, but if you can handle all that, then the views are worth the effort! Total distance = approx 2.7klms.

Meet Lions Park, Biggenden at **7:30am, for an 8:00am start** (registration & car pooling). Standard vehicle OK. Full day pack required, suitable protective clothing, hiking boots/shoes, (NO joggers/runners will be allowed to be worn, due to the nature of this hike) minimum 2L water, smoko/lunch, and a sense of adventure. LIMITED NUMBERS: (8 only)

Contact Howard on **0438 722 301** by no later than **28th September** to secure a place, for more information & to register. Members may text, <u>NON-MEMBERS</u> are required to speak to me in person, to gauge your ability.

<u>Saturday 5<sup>th</sup> October – Medium walk –</u> for more information Phone Mary (0414 190 566)

Tuesday 7th October. - Monthly Meeting. - Meet at Bundaberg State High School. 5.30PM

<u>Wednesday 8<sup>th</sup> – 12<sup>th</sup> October – Brian & Bev Kayaking trip from Mingo Crossing.</u> For more information Phone (0419 568 479)

<u>Sunday 12<sup>th</sup> October – Burnett Downs. Sharon.</u> Easy S2b. 3.8klm Early morning walk, parking at the Nature Reserve and walking down to the river bank. Wak along riverbank between river and houses with beautiful trees, river gums and birdlife to Sharon boat ramp. Have morning tea and return the same way. Meet at North S/S at 8am. Contact Angela by Text only. **(0447 226 854)** 

<u>Saturday 18th October - Social – Burnett Downs.</u> Leave North S/S 9am. Bring chair and morning tea. You may have an interesting poem, or quiz to share. Please phone or text Barry (0403 736 420)

<u>Saturday 25-26<sup>th</sup> October – Dam Crazy Camp. –</u>
Berries Road, Golden Fleece (between Childers & Dalarnill) - Beautiful spot. Kayaks available. Toilets, no power or showers. Take rubbish away. Day trippers can come out. A few bushwalks on the property. \$15 per person per night. For more information Phone Allison (0448 846 084)

<u>Sunday 2<sup>nd</sup> November – Bingera N/P-</u> Meet at Thabeban S/S to leave at 7am. Please phone Allison ( 0448 846 084)

Tuesday 4th November - Monthly Meeting - At Bundaberg State High School. 5.30PM

<u>Friday 7<sup>th</sup> – 9<sup>th</sup> November – Kayak - Monduran Dam</u> overnight kayaking. More information Phone Brian & Bev (0419 568 479)

<u>Saturday 8<sup>th</sup> November - Barolin N/P</u> Start with fish n chips (or whatever) in Bargara, then head to the Reserve for some night time exploration. Head lamp, spot light, insect repellent, water & snacks. More information will be available after the November Meeting. (Allison)

<u>Saturday 16<sup>th</sup> November – Easy Walk –</u> for more information –Text Only - Angela **(0447) 226** 854)

<u>Saturday 29<sup>th</sup> November – Xmas Break up Party. –</u> To be held at the Baldwin Swamp Shelter Shed. All Members and visitors welcome.

Monday 1<sup>st</sup> December – Including Monday 15<sup>th</sup> December Turtle Walks.- Depending on tide, the walks will include Kellys Beach, Bargara and Archies Beach (Includes 4 beaches). Monday 1<sup>st</sup> December - Start 10.15 Pm Limit 6 People. Monday 15<sup>th</sup> December - Start 10pm. Limit 6 people. Phone Paula . (0490 330 542)

<u>Saturday 13<sup>th</sup> December – Social – Burnett Heads. –</u> The final Social for the year will be held at Gorman Park Burnett Heads. Please meet at Riverside carpark Quay St to leave at 9am. Please phone or text Barry (0403 736 420)

# 2025 ANNUAL PHOTO COMPETITION

The annual photo competition will take place at the Christmas BBQ Breakfast. Photos must be taken during the current year and on club walks or outings. <a href="Categories:">Categories:</a> Landscape, Wildlife, Funny, Flora, Macro and People (one or more persons) along with a photo of any subject featuring the colour <a href="Circles">(circles' -</a> interpret that how you will! There is also an additional category of Free Choice. This may be a photo of any subject taken in any year. One 6 x 4 photo per person per category. Cash prizes for the winners in each category.

### **Walk Gradings**

Max Kilometres per day	Terrain	Fitness
S. up to 10 kilometres	1. Graded track	a. Unfit beginners
M. 10-15 kilometres	<b>2.</b> Tracks, steeper sections, open terrain	b. Fit beginners
L. 15-20 kilometres	<b>3.</b> Off track, minor scrub, creek/rock hopping, minimal navigation	<b>c.</b> Fitness and/or agility required
X. Over 20 kilometres	<b>4.</b> Scrambling, thick rainforest, hard navigation	d. Good fitness and agility a must
	<b>5.</b> Technical rock ability, abseil	e. Strenuous. Experienced, very fit walkers only

# 2025 Fees: 6 months July - December

(1) Membership fees – \$10 per adult. \$5 if under 18 (for one or more children from the same family)

Please do not send cash through the mail. You can pay your membership fees at the Monthly meeting, or by **EFT BSB 645 646**, Account Number **107969998** quoting your surname as the reference.

Please note that in 2026, the membership fees will be \$25 for January to December.

(2) Walk fees – \$5.00 per visitor. Free for Members.

(3) Postal Address - P.O. Box 696 Bundaberg. Qld. 4670

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# **General:**

Visitors attending a walk are temporary members for the walk, upon signing the acknowledgement of risk and obligations until the walk outing is completed. We recommend a minimum of one walk be completed before you apply for membership. Membership application is mandatory before participation in the third walk.

#### **Tips for Members/Guests:**

- Most importantly, if you are interested in joining in an activity PLEASE call the Leader. They are best person to answer any questions, explain what you need to do/bring.
- You cannot register for a walk by responding to Facebook or by emailing the Club. You need to communicate this with the leader directly.
- Please read the walk description and difficulty rating carefully.
- Our website has a copy of the Member's Handbook on it please have a read of this.
   Please take the pack requirements seriously, especially for medium and hard off track walks.
- All activities have some limitations on numbers either due to National Park numbers or the preference of the leader.
- For hard walks, don't be fooled by the distance. A 10 klm can take 2 hours or 8 hours
  depending on difficulty. The walk description and the Leader will give you information
  on what to expect. Most of our medium and hard walks are off track, this is very different
  walking to formed tracks or National Parks tracks. The Leader will give you details, if in
  doubt, start with an easier walk.
- All persons take part in outings on the understanding that they do so entirely at their own risk. They agree that the responsibility, which they take for their own safety, is the same that they would apply if they were on their own organised outing.

# **Car Pooling Arrangements:**

On day walks, car loads are generally arranged at the nominated departure point with passengers contributing to petrol costs etc. Suggested basic contributions for passengers are:-

10-20kms \$5/person, 20-50kms \$8/person, 50-100kms \$10/person 100-200kms \$15/person, 200-250kms \$20/person, 250-300kms \$25/person

It would be appreciated if any contributions to the newsletter (and they are always welcome) could be received by the editor several days before the meeting.

Email address for newsletter items is: joyham@westnet.com.au

The club email address is info@bundabergbushwalkers.com

# **Contact Code** A few reminders for all walkers

Please contact walk leaders a least one week before a walk. If you leave it till Thursday or Friday night you may be disappointed to find that the walk has been cancelled, due to apparent lack of interest. Also dates, details etc can & do change. Leaders give their time to organise walks and need to know if they are committed to lead a walk.

- Arrive at the meeting point 10 minutes before the set time. Our times are departure times and we try to be punctual. Late walkers can be left behind!
- Read the walk description and note the rating. If you are unsure of your abilities, please discuss this with the leader before nominating. Neither you nor other walkers will have a good day if your fitness is not of a suitable standard.
- Do you have a health problem that may affect your performance on a walk? It is important that you inform the leader of this and discuss the matter.
- If you have commitments after a walk please discuss this with the leader before commencing a walk. Leaders cannot guarantee the time of return, due to weather, terrain & the expertise of walkers.

#### Walk Recce Costs

Just a reminder to anyone carrying out recce's for walks. Funds are available to cover expenses (fuel etc.). Please submit a claim (mileage travelled) to the treasurer. First Aid In an attempt to encourage more members to become First Aid proficient, e Club will pay a 50% fee subsidy to those members who attend and complete a recognised First Aid or CPR course.

From now on, only members will be emailed a copy of the newsletter. If you aren't a member you will be able to access the newsletter via our website.

The newsletter is also available at the Bundaberg Library.