



THE LOGAN AND BEAUDESERT BUSHWALKERS

Inc.

NEWSLETTER NOVEMBER 2019

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Next Meeting

Tuesday 10th December

Logan Village Community Centre Old School

30 Wharf Street, Logan Village

At 7:00 pm

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Note from the President

The last few months have seen much devastation to some of the places that we love to walk and unfortunately fires continue to burn around Binna Burra, Natural Arch and Mt Barney. The State of Emergency in Queensland was lifted this week however the fire risk continues to remain high. I would like to thank all those who have supported the club's decision to postpone all bush walks and our Xmas Party at present. We will endeavour to arrange beach walks, kayaks and club social activities and continue to review the situation on a weekly basis. Rain is what we need and let's hope it arrives sooner rather than later not only so the we can return to the bush where we all find great peace and solitude but for our farmers who are doing it tough! We have started planning our calendar for 2020 and I'm excited to say that it's looking great.

We have already booked a few camps, Marija will provide a sneak peak in this month's newsletter with more to come next month.

Hoping to catch up with you all at either the Sausage sizzle at our next meeting or Lunch at Harrigan's, Jacobs Well before X-mas.

"Life is about accepting the challenges along the way, choosing to keep moving forward, and savouring the journey no matter where that may be."

Scherie

Minutes of General Meeting

Logan & Beaudesert Bushwalkers 12 November 2019



Meeting opened 7.10 pm

Attendance:

Members: Jill Belford, Scherie Thompson, Brian Watson, Peter Rice, Lynne Lucas, Malcolm Hill, Andrew McLeod, Karen Roache, Marija Basic, Jon Zablocki, Sean O'Donoghue, Chris Symons, Su Jewell, Sue Simpson, Bob Millen, Bruce Ludlow.

Apologies: Suzanne Kerrison, Mark Filius, Alena Bonaventura, Alice Bennet-Alder, Sue McLeod, Heather O'Keefe, Robyn Smith, Kathy Rouse.

Visitors: Lindsey Sheffent (?)

Minutes of previous meeting:

As per October newsletter. Peter accepted the minutes as being accurate. Seconded by Su.

Business arising from the minutes:

- Mention of presentation from Stroke Foundation
- Bunnings Sausage Sizzle – send proceeds to Binna Burra Lodge. Needs confirmation of insurance certificate.
- Peter mentioned Tamborine Bulletin for publicity – need good photos and an article
- Follow up on camp
- Camino information night to be at Suzanne's place for those who have responded

Treasurer's Report:

Presented by Lynne, accepted by Jill.

Correspondence:

In:

- Dee Mitchell from Gold Coast Bushwalkers will be taking a trip to Cape to Cape in WA from 14-23 October next year., also possibly 30 September – 9 October. Her email address is dee4diesel@gmail.com
- Brisbane Catholic Bushwalkers newsletter
- Reminder email from Qld Government to submit Active Clubs grant application.
- Gold Coast Bushwalkers newsletter
- BWQ – notice of AGM
- Response from Impact First Aid Training to enquiry about full courses and CPR updates. Full course possibly 18 January at Jimboomba, CPR can be any time.
- Scenic Rim Council – email about Active Clubs
- Toowoomba BWC newsletter
- Pilgrimage report
- BOSQ newsletter
- Brisbane BWC AGM details
- BBW magazine

Out:

- Our newsletter
- Enquiry about First Aid training
- Grant Application saved on Sport and Recreation portal.

Accepted by Scherie, seconded by Su.

General Business:

- Su has booked whole site at Harding's Paddock for 3 and 4 July 2020, \$192 to split amongst those who go.
- Easter – Moogerah – “Lady on the Lake” camping, vans, plenty to do, outdoor kitchen, pool table, table tennis. \$825 to book plus camping fees per person for 3 nights will mean \$30/person/night. 10 – 13 April 2020.
- Some members to do recce of Big Rigger and Moogerah.
- Xmas party – club will provide ham, chicken, bread rolls. Bill and Mindy will bring entertainment.
- Dinner and Barefoot bowls Friday at Beenleigh Bowls Club.
- Scherie noted concern about safety of walks and road access because of bushfires.
- Will need to monitor bushfire situation.
- Possible kayaking trips and beach walks as alternatives.
- Snake bite first aid to be revisited.

Meeting Closed: 7.45 pm



The Logan and Beaudesert Bushwalkers Inc

TREASURERS REPORT

For the period ending 12/11/19

Balance as at Last Report
4300.42

Income

Gold Coast Marathon	0.00
Shirts	0.00
Membership	<u>70.00</u>
	70.00

Less Expenses

Rent	75.00
Wix Web	126.90
Equipment	<u>0.00</u>
	201.90

Balance at Close
4168.52

Account Balance 4037.98

Cash on Hand 130.54

Balance
4168.52

Lynne



PLANED EVENTS

UPCOMING EVENTS				
Date	Activity/ Event	Location	Coordinator	Link
15-Dec	Sunday Lunch	Harrigan's Drift Inn	Su Jewell 0409 079 470	http://harrigansdriftinn.com.au/
24 Jan - 27 Jan 2020	Australia Day LW BC Day 1 Lincoln's Wreck Day 2 Steamers Valley	Emu Creek South Branch Remote Bush Camp	Marija 0413 270 430	https://parks.des.qld.gov.au/parks/main-range/camping.html#south-branch-remote-area-bush
10 Apr - 13 Apr 2020	Easter Weekend BC	Lady On The Lake Moogarah	Su Jewell 0409 079 473	https://www.ladyonthelake.com.au/
1 May - 4 May 2020	Kayaking Trip	Noosa River	Andrew McLeod 0404 480 214	https://findapark.npsr.qld.gov.au/parks/cooloola/upper-noosa-river-waterway-track
3 July - 5 July 2020	Christmas in July BC	Harding's Paddock	Su Jewell 0409 079 473	https://www.mustdobrisbane.com/visitor-info-accommodation-camping-weekends-weekends-away-ipswich/hardings-paddock-ipswich



Please Note

- Contact the Walk Coordinator (email, text or phone) your intention to walk, refer to deadlines.
The walk coordinator will always reply to confirm that you are listed for the walk and provide you with any necessary details.
- Please check the walks list to see if you have been nominated to coordinate walk
- The weekly walks will also be on the Facebook page which is updated by Thursday night www.facebook.com/loganbeaudesertbushwalkers
- THURSDAY is the deadline to notify the Coordinator for through walks, base camps and Saturday walks
- FRIDAY is the deadline to notify the Coordinator for Sunday walks
- Some walks may be changed at the last minute due to weather or other conditions

Phone numbers for Park Rangers

- Binna Burra - 5533 3996
- Boonah - 5463 5041
- Main Range - 4666 1133
- O'Reillys - 5544 0634

Park alerts:

- Department of National Parks, Recreation, Sport and Racing web site <http://www.nprsr.qld.gov.au/park-alerts/index.php>

Emergency Numbers

if you are unable to get through to 000 use 112 on your mobile phone

In Your Pack

Hat	First-aid Kit	Torch	Insect Repellent
Food	2ltr Water	Phone/Watch	Sunscreen
Warm Jacket	Paper & Pencil	Whistle	
Raincoat	Lighter / Matches		



WALK GRADINGS

Participants are required to read and understand the Grading System for activities as listed.

They should ensure that they are able to complete the listed walk.

New members will normally start with two shorter and easier walks with the Club, such as easy terrain, easy fitness, and or short to medium length and progress by one grading step per activity.

DISTANCE

S Short – under 10km

M Medium – 10 – 15km

L Long – 15 – 20km

XL Extra Long – over 20km

TERRAIN

1. Smooth, reasonably flat path
2. Graded path/ track with minor obstacles
3. Grade track with obstacles; rocks, roots, fallen debris or creek crossings
4. Rough, unformed track or opened terrain with obstacles; rocks, roots, fallen debris or creek crossings
5. Rough or rocky terrain with small climbs using hands or rock hopping
6. Steep, rough or rocky terrain with large climbs using hands or rock hopping
7. Climb/ descend step rock using hands or footholds, maybe some exposure, good upper body strength required
8. Climb/descend near vertical rock with exposure, climbing skills may be required
9. Sustained climbing or descending of vertical or near vertical rock with exposure, advanced climbing skills required, good upper body strength

FITNESS

1. Basic – suitable for beginners, up to 4h walking, flat terrain
2. Basic – suitable for beginners, up to 4h walking, minor hills
3. Easy – suitable for beginners, up to 5h walking, undulating terrain
4. Reasonable level of fitness – up to 5h walking
5. Moderate level of fitness – up to 6h walking, agility required
6. Medium level of fitness – up to 7h of walking, agility required
7. High – up to 8h or longer walking, high level of fitness, endurance and agility required
8. Challenging – up to 12h walking, very high fitness, endurance and agility required

Activity

DW	Day Walk	EDW	Easy Day Walk
O/N	Over Nighter	BC	Base Camp
TW	Through Walk	CW	City Walk
B	Boat Trip	BK	Bike Ride
K	Kayak	S&T	Safety & Training
AB	Abseiling	NW	Night Walk

SNAKE BITES



Emergency snakebite action plan Staff should be prepared in the event of a snake bite. An action plan should be in place to be implemented immediately when necessary. If a snake bite occurs, call 000 for an ambulance, use the pressure-immobilization technique (details below), and have the patient taken immediately to the emergency department of the nearest hospital.

Pressure immobilization technique The pressure-immobilization technique is a first aid method for venomous bites. Its purpose is to retard the movement of venom from the bite site into the circulation, thus 'buying time' for the patient to reach medical care. Research with snake venom has shown that very little venom reaches the blood stream if firm pressure is applied over the bitten area and the limb is immobilized. Pressure-immobilization is recommended for all species of Australian snakes, including sea snakes. The Australian Venom Research Unit has a video of the pressure immobilization technique available on their website.

First aid for bites to the lower limb

As soon as possible, apply a broad pressure bandage from below the bite site, upward on the affected limb (starting at the fingers or toes, bandaging upward as far as possible). Leave the tips of the fingers or toes unbandaged to allow the victim's circulation to be checked. Do not remove pants or trousers, simply bandage over the top of the clothing.

Bandage firmly as for a sprained ankle, but not so tight that circulation is prevented. Continue to bandage upward from the lower portion of the bitten limb.

Apply the bandage as far up the limb as possible to compress the lymphatic vessels.

It is vital to now apply a splint. Bind a stick or suitable rigid item over the initial bandage to splint the limb. Secure the splint to the bandaged limb by using another bandage, (if another bandage is not available, use clothing strips or similar to bind). It is very important to keep the bitten limb still.

Bind the splint firmly, to as much of the limb as possible, to prevent muscle, limb and joint movement. This will help restrict venom movement. Seek urgent medical assistance now that first aid has been applied.

<https://www.healthdirect.gov.au/snake-bites>

<https://education.qld.gov.au/initiativesstrategies/Documents/fact-sheet-preventing-managing-snake-bites.pdf>