



Tablelands Bushwalking Club Inc

The Tablelands Bushwalking Club

Newsletter – August 2014

The Tablelands Bushwalking Club
P O Box 1020
Tolga 4882

www.tablelandsbushwalking.org

info@tablelandsbushwalking.org

President – Sally McPhee - 4096 6026

Vice President – Patricia Veivers - 4095 4642

Vice President – Tony Sanders – 0438 505 394

Treasurer – Christine Chambers – 0407 344 456

Secretary – Travis Teske - 4056 1761

Activities Officers -

Wendy Phillips – 4095 4857

Marilyn Czarnecki – 0409 066 076

Health & Safety Officer – Morris Mitchell – 4092 2773

Newsletter Editor – Travis Teske - 4056 1761
secretary@tablelandsbushwalking.org

If a Walking Trip is Delayed – What Your Emergency Contact Needs to Know.

Occasionally trips are delayed due to unforeseen circumstances. Before leaving on a Tablelands Walking Club (TWC) outing you should tell your emergency contact (family member or friend) where you are going and give them a copy of the phone numbers of the Committee Members as members of the Management Committee will be the Contact Officers.

Contact should be with **any member of the Tablelands Walking Club Management Committee**. The phone numbers of the committee members are found at the beginning of the Walks Program or the Newsletter. Move down the list until you find someone at home.

If there were a situation that required a search or rescue, members of the Committee would liaise with experienced walkers within TWC and with the Police and SES. They will also hold membership details for all TWC members, including the name of a family member or friend to contact in case of delay or emergency.

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Take on blisters with new sock technology

From Great Walks enews 16 Jun 2014



These blister-preventing socks are one size fits all.

Blisters. We've all had these painful problems and we've all tried different ways of either treating them or preventing them appearing in the first place.

Well, there's now a new method out there – anti-blisters socks, which are designed to stop blisters under extreme conditions, or you'll get a refund. They handle blisters by dealing with the three conditions that cause them – the Si fusion polymer friction coating adheres to the wearer's skin and prevents friction between socks and skin, with any shoe-generated friction being absorbed by the outer fabric.

The polymer coating is also hydrophobic, so the skins stays drier, and bacteria static so you can wear the socks for long periods of time. And while one side of the fabric repels water, the other side is hydrophilic, so between the two they handle any moisture and dissipate heat.

RRP: \$39.00



The view from those Damm Hills were worth it if nothing else.

Drab-looking gaiters get a makeover

Great Walks enews 14 Jul 2014

Of course hiking gear can be fashionable – why not? Case in point – the very brightly coloured Dirty Girl Gaiters from Arizona, which are now available in Australia in several patterns. Designed for trail running, light hiking and, apparently, fashion parades, these ankle high gaiters weigh in at 31gm per pair and are made from a lightweight, stretchy fabric (83% polyester and 17% lycra).



And they're not just for girls.

When you put them on, the fabric hooks into the front lace and is secured to the back of your boots or shoes with an adhesive Velcro fastening strap. They come in US sizes, so make sure you check the measurements before ordering yourself a brightly patterned pair.
RRP: \$39.95

From Conservation Volunteers

I am writing to the Club to let you all know that Conservation Volunteers Australia [CVA] will be working in partnership with Queensland Parks and Wildlife Service, in National Parks on the Tablelands, as well as other regions of Queensland.

Through our partnership with Queensland Parks and Wildlife Service, Conservation Volunteers Australia is offering volunteering opportunities across the state of Queensland that allows you to make a meaningful contribution to the conservation of our amazing parks alongside Park Rangers.

The aim of our program is to deliver priority conservation projects whilst offering you an opportunity to foster a closer connection to our unique natural landscapes. Volunteering experiences will be available in some of our most iconic National Parks, from the rainforests of the Daintree, Eungella and Springbrook, to the sandstone gorges of Carnarvon and the islands of Moreton Bay and the Great Barrier Reef. Activities

may include wildlife surveys, walking track monitoring, information services, habitat restoration, marine debris removal, and caring for wildlife.

Projects vary in duration allowing you to volunteer during the working week or weekends, for one day or up to five days. If you would prefer to stay for extended periods of time in a Park, there are also opportunities to become a campground host.

On the Tablelands,, much of the on-ground work focus will be on track maintenance , and I thought you might be interested to hear about these recent developments. As we firm up these track projects, we would like to offer the opportunity for Club members to come out and join us on the track, and when possible, lend a hand maintaining the tracks. You'd also be welcome to join us on other projects as well. [Campground Hosting/survey work/weeds mgmt.]

We have a team out this week, and again on the week of 14 July working on the Misty Mountains track. The team will be focusing on clearing brush and repairing water drainages.

We are still in conversation with QPWS in regards to other tracks across the region that will ultimately receive some volunteer assistance.

I will include a few inks for your general information.

CVA www.cva.org.au

CVA Friends of Parks Program <http://www.conservationvolunteers.com.au/about-us/our-partnerships/friends-of-parks>

We are still finalising projects with QPWS, so, when you click on north QLD link, it is currently empty. This will change in the coming month, as we firm up projects.

If you were interested in finding out more about the Friends of Parks Program, my colleagues and I, could make arrangements to attend your meetings to give you updates on projects in your area.

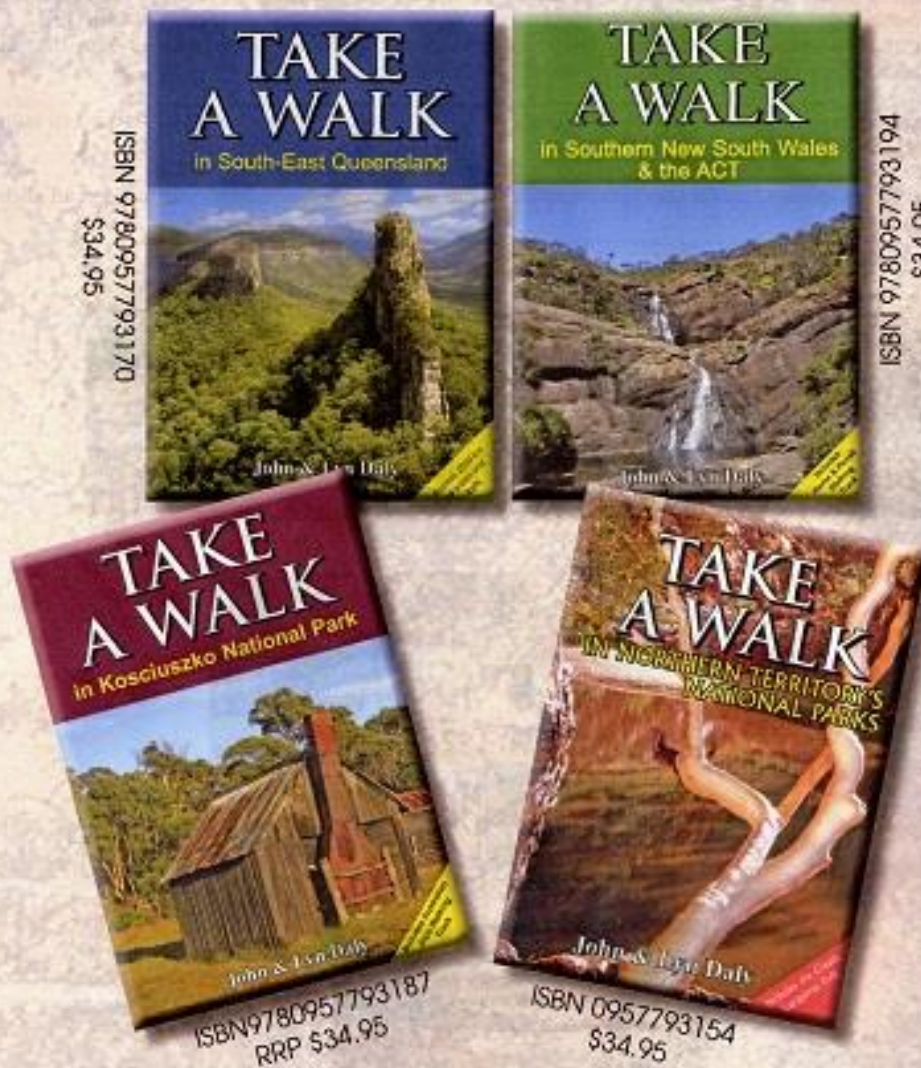
If you have any questions, feel free to drop me a line.

Our regional office is located in Cairns.

Thanks....

Mark

Boolarong now distributes Take a Walk



Boolarong Press
PO Box 113 Moorooka Qld 4105
1/655 Toohey Road Salisbury Qld 4107
Ph: 07 3373 7855 Fax: 07 3373 8611
e: publish@boolarongpress.com.au



- Take A Walk – in South-East Queensland
- Take A Walk in Southern New South Wales & the ACT
- Take A Walk in Kosciuszko National Park
- Take A Walk in Northern Territory's National Parks

Tablelands Bushwalking Club Annual General Meeting

On Sunday 3rd August the club held its AGM. We had 20 members and 7 visitors. Apologies were received from 18 members.

With few surprises the committee remains the same with the exception of a second Activity Officer. Marilyn Czarnecki offered to help Wendy with this important role.

We have over 80 members who could lead a walk or suggest walks they would like to do so please feel free to contact Wendy or Marilyn. They are currently looking to fill up the calendar for the rest of the year.

We have endeavoured to offer a bit of variety to the program by offering canoeing and bike rides, however, the attendance has been disappointing. We thank those who offered these alternatives but I guess we will stick to walks.

Thanks to all who cooked and provided food and as per usual MANY THANKS to Bluey and Faye for keeping the billy boiling and helping out in so many ways.

Minutes of the AGM and general meeting which flowed can be read in the Members section of our web site.



WA's Kep Trail has something for everyone

Great Walks enews 22 Jul 2014

Located right on Perth's doorstep, the multi-use Kep Trail gives you a way to explore the outdoors not far from the city, walk through the railway reserves and find out more about CY O'Connor's pipeline at the same time.

The 75km trail starts at Mundaring Weir and finishes at Northam, taking walkers (or horse-riders or cyclists for that matter) from the jarrah forests in the Perth Hills to the open spaces of farming country.

If you don't have time to walk the whole trail, the different sections can be accessed using the various trailheads and there are distinctive Kep Track markers along the route to help prevent you from getting lost.

For more info and a map of the track click [here](#)

