

**BRISBANE CATHOLIC BUSHWALKING CLUB INC.
PO BOX 31, RED HILL Q 4059**

CONTACTS

PRESIDENT	Greg Endicott	3351 4092
VICE PRESIDENT	Phil Murray	3841 0254
TREASURER	Terry Silk	3355 9765
SECRETARY	Patricia Funnell	3366 6767
OUTINGS CONTACT	Iain Renton	3371 4672
MEMBERSHIP OFFICER	Carolyn Ivanac	3379 9486
SOCIAL CO-ORDINATOR	Barbara Eastoe	3355 3639
"JILALAN" EDITOR	Desley Pedrazzini	3369 5530
ARTIST-IN-RESIDENCE	Iain Renton	3371 4672

For specific enquiries, contact the committee member (from above) concerned. For outings or socials, contact the leader shown in the calendar or article. Visitors – for general enquiries contact Susan Tobin 3366 3193.

Please have all Jilalan articles to Desley Pedrazzini by the 1st of the month, otherwise they cannot be included. Articles (if not using Microsoft Word), if on disk need to be submitted in RTF (Rich Text Format) with a hard copy included, otherwise a handwritten or typed copy will do. Alternatively, you can e-mail your articles to: DPedrazzin@aol.com

GENERAL MEETINGS

Meetings are held on the 3rd Monday of every month, at 7:30pm. The location is **St Brigid's Parish Hall, Musgrave Rd, RED HILL**. The huge red brick Church on the hill.

VISITORS are always welcome.

OUTINGS

- (a) Always read the Jilalan article to check the departure point, date and time.
- (b) Walk departures are usually from Red Hill Parish Hall, Musgrave Rd. Check "Jilalan" or phone the leader to determine the location.
- (c) The club will usually organise transport for each outing, but you must nominate in advance to the leader. Contacting someone else may lead to your nomination becoming "lost". Nominations should preferably be made by the Wednesday night prior to the activity so that transport etc. can be arranged. Note that nominations for some walks may close well in advance of this. Late nominations may not be accepted.
- (d) Walkers are responsible for their own transport to and from the departure point.
- (e) Walks are rarely cancelled – if they are, all nominees will be notified. Should you change your mind and decide not to come to a club event, please notify the leader as soon as possible.
- (f) If you are running late for the departure point, ring the Emergency Officer, or if the leader shows a mobile phone number, phone the leader.
- (g) **All Visitors must sign an Assumption of Risk form for insurance.**

EMERGENCY OFFICER

If you have not returned from an outing by 9:00pm your family may ring the Emergency Officer for that outing – but please don't panic. If the EO is not mentioned ring either the President or Vice President

EQUIPMENT HIRE

The Club has some tents and through-walk packs to hire to visitors and newer members. Borrowers are responsible for collecting and returning equipment, as well as making good any loss or damage over and above normal wear and tear. Hire rates – Packs \$10/ weekend, Tents \$5:00 – Deposit of \$20:00 required.

PERSONAL EQUIPMENT

The Association requires that all walkers on all trips should carry certain minimal basic equipment. This should comprise the following – a first aid kit, a torch, a parka/raincoat, hat, shirt 30+ sunscreen and at least 2 litres of water. Leaders may require that walkers carry other equipment. Advice of this will be given in Jilalan and/or by the leader.

MANAGEMENT COMMITTEE

All members are most welcome to attend a meeting of the Management Committee, but please contact the President beforehand. This means you can be advised of any change of date/venue. If you feel strongly about an issue, bring it along to the Committee Meeting and we'll put it on the agenda.

WARNING All persons, adult or child, member or visitor, undertakes all activities of the Club at their own risk. The club is not in a position to even state that all care will be taken.

Club Web Address:	www.geocities.com/briscathbushclub/
email:	briscathbushclub@yahoo.com.au

CALENDAR OF CLUB EVENTS 2004

DATE 2004	EVENT	LEADER	CONTACT NUMBER	WALK TYPE
September				
24-26	Swan Creek-Sentinel Point (western ridge)-Bluff Rock	Iain Renton (& Ed Thistlewaite)	3371 4672	B/C
29 th Wed	Coffee Night - Coffee Club Toowong	Carolyn Ivanac	3379 9486	
October				
2-3 Sat Sun	Moreton Island Basecamp	Justin Tobin	3366 3193	BC
10 th Sun	Westray's Grave	Carolyn Ivanac	3379 9486	DW
10 th Sun	Point Lookout and Stinson Wreck	Phillip Kearns	3870 1129	DW
16-17	FMR - Rescue Leaders Training	Contact FMR		FMR
18 th Mon.	October Meeting			
23 rd Sat *	Noosa Heads Circuit	Desley Pedrazzini	3369 5530	DW
24 th Sun	Annual Hike to Help Nepal	Barbara Eastoe	3355 3639	DW
27 th Wed	Coffee Night - Merthyr Bowls	Barbara Eastoe	3355 3639	Social
30 th Sat	Mt Coot-tha Nightwalk	Maxine Brophy	3203 4699	NW
November				
6 th Sat	Outings Planning Meeting	Iain Renton	3371 4672	
7 th Sun	Bike Ride -	Gabriel Romaguera	3856 3842	Social
13 th Sat	Dave's Creek	To be advised		DW
14 th Sun	Northbrook mountain	Bill Butler		DW
15 th Mon.	November Meeting			
19 th -21 st	Byron Bay	Kerry Mulligan	3876 8125	BC
24 th Wed	Coffee Night - on Goodwill Bridge	Maxine Brophy	3203 4699	Social
28 th Sun	Lightning Falls Circuit	Paul Evans	3357 5254	DW
December				
4 th Sat	Xmas Party			Social
12 th Sun	Club Hut - Barney Gorge	Iain Renton		BC
19 th Sun	Coomera Creek Circuit	Phil Murray	3841 0254	DW
20 th Mon.	December Meeting			
22 nd Wed	Xmas Lights at Sherwood	Barbara Eastoe	3355 3639	Social
26 th Sun	Boxing Day Mt Tamborine	To be advised		DW

KEY - Walk Types

D/W	Day Walk	½ DW	Half-day Walk
T/W	Through Walk	TRN	Training
O/N	Overnighter	FMR	Federation Mountain Rescue
B/C	Base Camp	SOC	Social

KEY - Walk Gradings

The Brisbane Catholic Bushwalking Club uses the following Walk Grading system, which is referred to under each coming walk. If uncertain, please consult with the walk's leader.

1. Distance

Short Under 10km per day

Medium 10-15 km per day

Long 15-20 km per day

EXtra Long Over 20 km per day

2. Terrain

1-3 Graded or open terrain. No scrub

4-7 Bush. Minor scrub rainforest, rock creek
Rock hopping, scrambling

8-10 Bush. As Above+ thick scrub, major rock scrambling using hands, technical

3. Fitness

1-3 Easy. Suitable for beginners

4-7 Medium. Reasonable fitness required.

8-10 Hard Strenuous, fit walkers required.

PRESIDENT'S PRATTLE

It is now $\frac{3}{4}$ of the way through the Club year. The weather is warming, the flowers are shooting, and the rain is keeping away. It is also the time that several committee members have said they will not stand for re-election next year.

This means that there will be a few vacancies. It is embarrassing at the February Annual General Meeting when I call for nominations to fill those vacancies – we have a big silence. Sometimes it may take 2 further meetings before positions are filled. Not good.

So, what do we do? We do nothing. YOU do something. YOU think about putting something back into the Club, applying some of your skills for the benefit of members, and applying your time freely to help your mates.

Now is the time to seriously think about your nomination for committee. Ask a current committee member what that position does. Get all the nitty gritty details. All positions work – none is just there to make up numbers. Some positions require a lot of phone calls. Others require a lot of knowledge. All require going to extra meetings. All require you to talk to visitors at meetings, outings, socials & any other place.

I won't be saying who is not standing – that is up to the person, so you will not know what positions will be vacant.

We need real people committed to the efficient running of the Club by making decisions. We need people who will do the work. With luck, we may even have an election. WE NEED YOU. Greg E.

TREASURER'S REPORT

Balance 16.8.04	\$	1632.72
Income	\$	617.00
<i>New Balance</i>	\$	2249.72
<u>Less Payments</u>	\$	846.50
Balance 20.9.04		<u>1403.22</u>
Term Deposit	\$	1718.01

About Members

My club records show that Maxine Brophy, Julie Hoey, Trevor Kelly, Patricia Mackie, Russell Nelson and Desley Pedrazzini are having a birthday in October.

Robin Thorne, Barbara Eastoe, Desley Pedrazzini and the Tobins have all had or are having an overseas holiday. Robyn Jones and her husband, Ross, have just returned from checking out the wild flowers in W.A. In early October, Eric Steeden is off to Darwin to join The Ghan for the trip to Adelaide

Well, the torch raffle proved to be very successful. Thank you very much to all those who supported the club by purchasing tickets. We were able to draw the raffle at the end of our September meeting. Congratulations to the lucky winners: - Mary Naughton, Patricia Funnell and Katherine Patterson. As Katherine has kindly donated her prize back to the club, we will have another draw at the October meeting. So, all those who bought tickets still have another chance of winning a torch. Good luck to you all.

In the meantime, whilst I am on a roll, I have already started selling tickets in our next raffle which has one prize of a Family Pass for two adults plus two children to the Alma Park Zoo. Thank you to Louise for donating this prize. The tickets are still only one dollar each. There is no time limit on the use of this pass, and with Christmas rapidly approaching it could be a timely win for some lucky person.

More good news, Barbara has placed our second T-shirt order and we hope to have them before the October meeting. To those waiting for their shirts, thank you for your patience. Terry.

About Visitors

We had four welcome visitors at our September meeting. (Jenny Dancer and Marie Ricketts along with Jeffrey Foreman and James Parra.) Jeffrey and James were two of the six visitors on Barbara's popular

Binna Burra to O'Reilly's walk. The others were Sue and Greg Hrudicka, Vicki Giarraputo and Maggie Russell. Harry Ha, an exchange student from Korea joined Lincoln and Sam Cory on the Sentinel Point day walk. Karen Field and Delfa Sarabia accompanied Mary Naughton on the Burbank Wildflowers walk. Ed and Cathy Thistlethwaite also joined us on the Fr. Ed memorial walk.

Once again a warm welcome to all our visitors and we hope that we will see you again real soon. Don't be shy. Once you get to know us, you will discover that we are rather friendly.

Congratulations to our two latest new members: - Ben Larkin and Ronnie Keene. Like a number of our new members this year, Ben has already enjoyed several walks with us. Ronnie's connections with the club go way back. To all our new members, keep up the good work. Remember the more walks you do, the easier it gets. (Just ask Terry if you doubt the truth of this statement.)

SHIRTS

At last...the T-shirts have been ordered. They will be available at the October meeting so come along and collect your order.

Wished you had ordered a T-shirt but didn't? Don't worry, we ordered a few more so just come along with your \$28 and you can pick up your very own stylish aqua T-shirt. But don't delay, numbers are limited. Contact Terry or Barbara.

COMING EVENTS

General Meeting **Monday 18th October**

Leader: Greg Endicott Ph: 3351 4092
Meet at: St. Brigid's Parish Hall Musgrave Rd, Red Hill
Time: 7.30pm
Cost: Free
Grading: S11

Emerg Offic : Michele E Ph: 3351 4092

This is truly an interesting outing. You will get to meet a lot of exciting people, people with a lot to say. Discussion will be well worth listening to – you will learn a lot. You will even be given a chance to say your bit.

Here is the usual Club practice of passing food around amongst the group. I am sure someone will boil the billy and make you tea or coffee. There is sure to be a biscuit or two over to share. Could even be cake.

The views from the top of the ridge are spectacular – you are on the edge of a cliff, air at your feet, the world at your front. You can see our beloved mountains in the bluish distance, and closer are the artificial hills and tracks interwoven like streets on a road map. Being night, the pattern of lights and their interplay with each other are truly beautiful.

No need to nominate for this one, and we have no size limit. In fact, the more, the merrier.

Come along. See what happens. Conquer your fears. Greg E.

Noosa Heads National Park **Saturday 23.10.04**

Leader: Desley Pedrazzini Ph: 33695530
Meet at: St. Brigid's Car Park, Red Hill
Time: 7AM
Cost: \$18
Grading: Easy
Emerg Off: Majella Deegan Ph:3300 0229

I have a street map of the area and will be open to all suggestions on the day as to where we go and how easy/difficult this walk will be. Just remember, you have to walk a reasonable distance before we go to a coffee shop.

If some people want to meet at Burpengary, please let me know so I can organise car-pooling.

Desley

6TH ANNUAL MT COOT-THA
'HIKE TO HELP NEPAL'
Sunday 24 October

Time: 8am to MIDDAY
Meet at: Simpsons Falls, Mt Coot-tha
Cost: 'Early Bird' Register by 15 Oct, \$12
"Register on the day" \$15

This is an annual event to raise money to help with projects in Nepal. It is a 90 minute walk around Mt Cootha. At the end there will be Nepalese food to purchase, entertainment and stalls. They sent us out a flyer and it seemed an interesting event. We hadn't planned an official group but if people want to make up a group, call me after October 11 and we might be able to get something together. If you want to find out more you can check out their website **www.NepalAust.org**

Barbara Eastoe

Coffee Night
Wednesday 27 October
Merthyr Bowls Club

Meet at: Merthyr Bowls Club
Oxlade Drive, New Farm
almost opposite Turner Ave
Time: 6.30 PM onwards
Contact: Barbara Eastoe 3355 3639

Something different for this month...the Merthyr Bowls Club has position and charm (it's really just a wooden hut but it's right on the Brisbane River) and good food (I'm particularly partial to the octopus and calamari salad with roasted Mediterranean vegetables). Coffee is their one weakness as they don't have an espresso machine (you can get coffee from an urn or plunger coffee) but there is beer on tap and wine by the bottle or glass (is there another bowls club in Brisbane which has Grant Burge chardonnay as their house wine?). For those of you who don't want the whole meal thing, there are plenty of snacks and several desserts to keep you happy.

After you sign in, go to the plastic chairs outside on the bank between the Bowls Club and the river. It should be beautiful this time of the year and there should be

room for all of us. The energetic ones can even take a walk along the river and contemplate the lights and boats going along the river. I plan to be there about 7 PM and I'm even thinking of driving to St. Lucia and catching the City Cat there and back just to add to the evening. If you're interested in doing this, give me a ring and we may be able to go together. So come along and enjoy a great experience with some top people.

Barbara Eastoe

Mt Coot-tha Night Walk
Saturday October 30th

Leader : Maxine Brophy Ph: 3203 4699
Meet at: St. Bridgid's Car Park, Musgrave Rd, Red Hill

Time : 3pm
Cost : \$5.00
Grading: M 33
Emerg Off: Mike Brophy Ph: 3203 4699

As the weather warms up it's a good time to come along and explore some local bushland by night. While the noises of a busy day abate we will be listening out for night sounds, and hoping to spot some of the local habitat as they settle in for the night. Mt Coot-tha is the home and shelter of much Wildlife.

We will begin walking from Bardon at the foot of the mountain, and walk up through bush tracks to bring us out near the Summit lookout. Tea will be on the grass at the Summit looking out over the city, As the lights transform it into a magical fairyland.

After tea we will follow the road down to walk through Toowong cemetery for more views out over the city.

Bring along your tea and snacks or purchase at the tearooms Normal gear required including a torch, water and a warm jumper for evening.

We should be back at the cars around 9pm and will stop for coffee at Ashgrove before heading home.
I hope you will join us.

Cheers Maxine

F.M.R. Training Night
Indoor Rock Climbing
Fri 5th November

Leader: Greg Endicott Ph: 3351 4092
Meet at: Location not published yet
Time: 7pm
Cost: not known at this point in time

This will be a good evening. The indoor rock climbing centres are good at teaching beginners what it is all about.

For those who have not experienced it, there is a normal wall, and attached to it are things jutting out that are your hand & foot holds. There are various coloured ones: some yellow, some blue, some red & etc. The colours indicate the difficulty. There are more of the hand holds of the easier colour & fewer of the harder colour. The more hand holds, the closer they are.

You choose your colour & use only those hand holds. Then it is straight up the wall. Of course, you are attached to the top by a rope – you cannot fall – if you miss, all you do is swing till you are lowered to the floor.

It is fun. You can accomplish what you did not know you could do. It is exhilarating.

At the time of publishing, I do not know the venue or cost.
Stay posted.

Greg E.

Sandgate Bike Bash
Bike Ride
Sunday 7 November

Leader: Gabriel Romaguera 3856 3842
Meet at: Toombul Railway Station
(opposite Toombul Shopping Centre)
Time: 8 am
Cost: \$2
Grading: As easy or as hard as you like
Emerg Ctact: Gabe's Mob 0419 79 610
Or 3856 3842 (M)

Meeting at:
Come along on this great bike riding morning and meet "Ethel" my new partner. She has succeeded Edna who passed away after 28 years devoted service. **EOp**

celebrate the arrival of my new 2 wheeler, we will be having a lovely ride almost entirely on bike tracks. We will be doing a few km on quiet backstreets with marked bike lanes. So it is very safe if you're a little wobbly.

The best thing is it is very scenic!! We head off from Toombul at 8am meandering along Kedron Brook passing through wetlands and old pastures out eastwards towards Nudgee Beach. After a short stop we cross through the Boondall wetlands reserve and head north to Shorncliffe. We follow Cabbage Tree Creek until it winds through to the coast which we follow around to Sandgate. Then we can go for a spin along the foreshore as far as people like. The energetic could peddle all the way up along the Redcliffe peninsula but I'm sure many would be happy to call it a day here.

The good point to this trip is that you can go one way and catch a train from Sandgate back to Toombul, or if things are really tough, we do pass the Boondall and Deagon railway stations on the way out to Sandgate if you are flaking out earlier on in the piece.

Total distance from Toombul RWS to Sandgate is 29km to give you an idea of distance. Most slightly fit people would have no problems with this. We will be stopping for morning tea along the way. People may choose to have lunch at Sandgate also. There are shops along the foreshore, or plenty of picnic facilities if you bring your own goodies.

Hope to see you there.

Cheers, Gabriel Romaguera

Dave's Creek Circuit,
Binna Burra
Saturday, 13 November 2004

Leader: Jean Gowans
Meet at: St. Brigid's Car Park, Red Hill
Time: 7 am
Cost: \$18.00
Grade: M33
Emerg Off: Majella Deegan Ph:3300 0229

This circuit is a popular one on the Club Calendar. It is the most botanically diverse in Binna Burra, passes through rainforest, eucalypt forest and open heathlands. It also has some good lookouts.

It is not is not a hard walk (as shown by the grade). I understand there are a few slopes to climb, but nothing too steep. (I haven't yet done the pre-outing, but will do so before the day.)

So come along for an enjoyable day.
Cheers, Jean

Advanced Notice

Byron Basecamp

**Friday 19.11.04 to Sunday
21.11.04**

Leader: Kerry Mulligan Ph: 3876 8125
Meeting at: St. Brigid's Car Park, Red Hill
Time: Friday 7 p.m.
Grade: Easy
Cost: TBA

If falling asleep listening to waves and your tent flapping in a sea breeze sounds appealing then this is the base camp for you.

We will camp at Broken Head camping ground which has the bonus of hot showers as well as open grassy sites which makes it a very pleasant camping spot. On Saturday we will do the beach walk between Broken Head and Byron Bay, followed on Sunday morning by a scenic, short stroll along Broken Head Reserve. We will return to Brisbane on Sunday afternoon. On Saturday night we can also head into Byron for mass and a bite to eat.

I hope you are free this weekend and can come and join us.

Cheers Kerry

September 2005

Federation Pilgrimage, arranged by
Redland Bushwalkers.

MEETINGS

Just a reminder about Meeting Procedures:

- If you know you will have something to say – past/coming outing/social plan ahead. Spend a few minutes before you arrive at the meeting to think what you will say.
- Talk about the event core activity – if a past outing, describe how the trip went, the flowers/vegetation/wildlife, views from lookouts/the top, a description of the track/route, and of course, tell about the walkers.
- You move into the hall at 7.30 and start to set up the table & chairs, even if the ballet class is still going. We aim to commence business by 7.45pm. This means we need enough of you there to commence on time – no point in talking to an empty hall with empty chairs. So, please arrive soon after 7.30 so we finish early.
- When speaking at a meeting – outings, socials, general business – anything at all- come to the front and face the audience – it's polite that way. The audience stopped biting years ago so do not fear those pairs of eyes staring at you.
- Your local committee member for whom you are talking has agreed not to call for speaking volunteers from the floor, but to ask you in advance. By being forewarned, you will give a quality recollection of the event. (If you are a leader or organiser, you already know you will be talking. If you cannot make it to the meeting, phone in advance to deputise someone else to speak in your place, so they will be prepared).
- The aim is to have a member speak on an item of interest each meeting – like packs, sleeping bags, clothing & etc. – we need volunteers to come forward and keep this tradition rolling.
- Bring along photos of outings, holidays, socials & etc. – we are interested in what you do.

Thanks.
Greg E.

PAST WALKS

Historic Shepherd's Walk

17th July, 2004

I've created a monster thanks to the successful reputation of The Beaudesert Historical Society. This year saw the Society host another very successful walk with about one hundred and sixty people enjoying the walk. Thirty of them were from our club after eight people pulled out for various reasons. The people who pulled out have already been placed on top of the list, which I have started for next year's walk. Yes, it will be on at about the same time next year and, yes, we will have it on our calendar as there are still some members who have not had the opportunity to enjoy this most memorable event, i.e. the walk followed by the food consisting of the famous Sausage Sizzle and equally famous multiple varieties of Damper along with home made biscuits and cakes washed down with tea, coffee and cordial.)

As usual we were blessed with perfect walking weather although the route was covered in long dead grass, possibly due to the summer rain being followed by our prolonged dry spell. Although most of the countryside is looking very dry the views, particularly of the surrounding mountain ranges, were quite breath-taking, literally, especially on the shortish sharp climb to the ridge-top where our prolonged morning tea was had before the charge downhill to lunch. This year the walk, as indeed, the whole day seemed to pass so quickly and before we knew it we were back in Beaudesert. Timewise, everything actually took about the same time as previous years.

As you would expect after eighteen years of organising the event the Historical Society had everything well organised, so that everything ran smoothly. After lunch there was a guest speaker who gave a brief, informative talk on the Chinese migration in the mid-nineteenth century.

As the time approached for the busses to depart for the return trip into Beaudesert, I found myself full but I felt guilty as there was still food left. It was not until the busses were under way that I realised that I still had my belt done up tight, thus causing me to feel full before I actually was.

Before I close I must name some award winners from the day: -

Best trip: - Carolyn.

Best scratched legs: - Kathleen with Michele the runner-up.

Most cobblers' pegs collected - Desley.

Wet feet: - Jean. (Ask her how you can be ferried across the creek on a tractor and still manage to get wet feet.)

Successful creek rock-hop: - Mary.

Most Stressed: - Yours Truly.

Most food consumed: - Yours Truly again, but I must admit that I was too stressed and too busy eating to keep an accurate count on how much everyone else was eating. (But some independent judges have said that there was no contest.)

All in all yet another successful walk in our Great SouthEast. Once again thank you to those who joined me on the day and I look forward seeing a lot more of you on next year's walk so that you can see for yourselves just why I am hooked on this walk.

Terry.

Binna Burra to O'Reilly's **(or vice versa)**

September 12

We had a good turn out of 16 people for this walk so there were two groups of eight. We started out with 12 at Red Hill, picked up 3 at Beenleigh and the last at Canungra. After this, we split into two groups. Barbara led the Binna Burra group consisting of Ben, Peta, Eric, Mary Norton and visitors Jeffrey, Vicki and Maggie. Terry (in the unaccustomed, for him, forward position) led the O'Reilly's group of Louise, Rosemary, Michelle, Catherine and visitors James, Sue and Greg.

It was a coolish day but very pleasant walking. It's a long walk but there are not any steep gradients to contend with. Both groups joined up for a quick lunch before heading off. Thanks to Louise for the home baked goodies (I believe the O'Reilly's group also enjoyed them for morning tea). The visitors were delighted with the views and the rainforest (which were really lovely) but, unfortunately, the orchids weren't out as they were this time two years ago. We had planned to meet for coffee at Canungra, but the Binna Burra group was offered free scones and tea at O'Reilly's at the end of the walk (thanks to Mary). It was an offer too good to resist so this group was half an hour late getting to Canungra and it was decided to head home straight away as it was getting dark.

An interesting thing about the walk was that there were six visitors but only one of them, James, found out about us from the web-site. Barbara brought along Vicki who works with her, Peta brought her friend Maggie, Rosemary invited her daughter, Sue, and son-in-law, Greg and Jeffrey heard about it from his "Gone Walking" mate Eric. All of these visitors expressed interest in doing other walks and are definitely potential members (it was good to see James and Jeffrey at the September meeting). Talking about walks to friends and colleagues is obviously a good way to get interest in our club. Why don't you try this on the next walk you go on?

Barbara Eastoe

PREVIOUS SOCIALS

Coffee Night

Coffee Club Toowong.

This is always a popular venue. We had 16 people there, which includes one visitor. Some came for dinner early, some for coffee & cake. The earlybirds put a few tables together so we all could see & talk to one another. It was good to see everyone again – some not seen for a while, some old hands.

Discussions were many and varied – jobs, holidays, pastries, trips past & coming,

and you need to be there to find out more. I don't think politics got a toe in – the topics were too interesting.

Thanks to Liz Little, Rosemary Stafford, Katherine Paterson, Susan, Mary & Justin Tobin, Terry Silk, Iain Renton, Carolyn Ivanac, Michele, Stephen & Lucy Endicott and a big welcome to Kathleen Watson – apologies to anyone I've forgotten.

Come along to the Merthyr Bowls Club next month.

ITEMS OF INTEREST

Queensland Federation of Bushwalking Clubs

Federation meetings are held at 7:30pm on the fourth Thursday of each month at the Little Kings Movement. 33 O'Keefe St., Buranda.

Federation web site address is:
<http://www.geocities.com/qfbwc/index.htm>

The email address is qfbwc@yahoo.com.au

TASMANIAN OLD GROWTH LOGGING

Luke, from the Wilderness Society, visited our September General Meeting and gave a presentation on this problem. He showed a video on the topic. It was food for thought.

Then he asked us to write letters to our local Federal member and to the opposition candidate for the seat. Everyone did so. The unofficial rule for Parliament is that if a Member receives a letter, they have to reply. With a petition, with all those names on it, they just count the number of names – no reply.

In order to reply, they have to read the letter, unlike a petition. Luke said one letter is worth 4 signatures on a petition.

How about you write that letter - the election is over, but you still have influence. Topics you have to include are:
Your name & address – how else do you get a reply;
The date you write the letter;

That you wish the logging in the old growth forests in Tasmania cease immediately – not some time in the future at a “suitable” date;

That the Federal Government should put the money forward for alternatives to logging;

That you are not against the workers doing the logging;

The Federal Government should give grants to anyone interested in setting up tourist ventures in the forest areas;

You understand that small business creates more jobs than big efficient companies;

You understand that Gunns, the logging company, are a highly mechanised company that uses a lot of machines but in fact employs a small number of people;

You understand that money given to small business stays in the local area and circulates around the community, thus having a multiplier effect;

Local businesses buy from local suppliers & use local transport companies and use local sub-contractors, tradesmen, & etc.;

And that money earned by a big company is centralised in the Capital City and fails to benefit the area where the work is actually being done;

Sign your letter.

Remember, every letter counts.

SAFETY IN THE BUSH LIGHTNING STRIKES

As we are coming into summer the chances of being in the bush when a thunderstorm hits is very real.

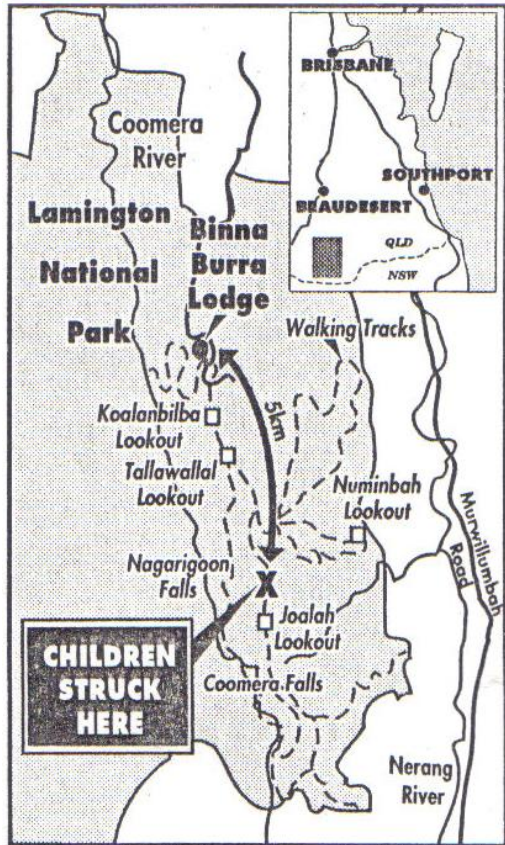
In the past I would have thought that the risk of injury from a lightning strike during a storm was extremely remote.

After my trip to Castle Crag in October last year I have changed my mind about the dangers of lightning strikes.

On that trip a thunderstorm zoomed through and caused lots of lightning. The storm also washed out the Indy Grand Prix that day as well. Our trip that day was called off after an early lunch. However, we were caught in the middle of the storm half way back to the car park at O’Reilly’s. It was spooky and nerve racking as we walked back with cracks of lightning going off all around us.

Ever since I have been on the lookout for info on what are the safety measures you should take when a thunderstorm hits when you are in the bush.

The first bit of sobering information I found was an old newspaper cutting that clearly showed that people have been killed by lightning in the areas that we go bushwalking. There is the tragic story about 2 young schoolgirls from Mt Gravatt State School in 1992. The girls were on a school excursion and were struck by lightning and died. They were bushwalking in Lamington National Park on 01/11/1992. They were near Joalah Lookout on the Border Track, which is a spot that we pass every year several times. See the Map below.



Firstly some background information.

SOME FACTS ON LIGHTNING

- When struck, people do not glow or 'fry to a crisp' but the heart and breathing are often affected.
- Only about 30% of people struck actually die, and the incidence of long-term disability is low, particularly when appropriate first aid is applied promptly.
- If your clothes are wet, you are less likely to be seriously injured if struck, as most of the charge will conduct through the wet clothes rather than your body.
- Average lightning bolts carry a current of 10,000 to 30,000 amps. An average radiator draws 10 amps.
- Lightning can, and often does, strike more than once in the same place.
- Worldwide, thunderstorms produce approximately 6,000 lightning strikes every minute!

Now for some interesting stats.

How dangerous is lightning compared to other events. See the Table below

TABLE A

HUMAN DEATHS IN AUSTRALIA BETWEEN 1980-1990, INCLUSIVE

Activity	Total Deaths	Average /Year
Crocodile Attacks	8 ***	0.7
Shark Attacks	11 **	1
Lightning Strikes	19 *	1.7
Bee Stings	20 *	1.8
Scuba Diving Accidents	88 ****	8
Drownings	3367 *	306
Motor Vehicle Accidents	32772 *	2979

Stevens, J. D. and J. R. Paxton, 1992. *Shark attack: but who's the victim?* Australian Natural History, 24(3): 46-53.

Just to put the above stats in perspective are the deaths caused by other natural events. Heatwaves appear to be the most significant climatic event in Australia in terms of death, with 4,287-heat stress related deaths from the start of records until 1993.

TABLE B.

NUMBER OF DEATHS DUE TO EXTREME EVENTS IN AUSTRALIA

Climatic event	Period covered	Deaths
Heatwaves	1803-1992	4,287
Tropical cyclones	1827-1989	1,863-2,312 ¹
Floods	1803-1994	2,125
Bushfires	1827-1991	678
Lightning strikes	1803-1992	650
Landslides	1803-1994	32

Source: Coates 1996

(For a piece of trivial information - you are more likely to be killed by a champagne cork than a poisonous spider.)

How is lightning created?

How lightning is created inside a cloud is still the subject of active research. For a storm to become a thunderstorm (to produce lightning and therefore thunder), it needs to produce lots of ice in the atmosphere. storms take raindrops and raise them up to where they can freeze. These ice particles collide with one another, and they become charged.



Positively and negatively charged ice particles separate in a cloud.

A negative charge is acquired by the larger particles, while the smaller ones become positively charged. Heavier ice particles tend to move down to the bottom of the cloud and so most of the negative charge is transferred down there. The top of the cloud tends to remain positive.

Eventually the charge difference becomes so great that the insulation breaks down, the electrons flow towards the positively charged area, and you get a lightning stroke produced as the accumulated electricity is discharged.

Only about 10 per cent of lightning goes from cloud to ground. This is the most familiar kind of lightning. Much more common is cloud to cloud lightning, or cloud to air lightning.

Occasionally, lightning will go up from the ground to the cloud. This can happen when positively charged areas of the storm are near the ground.

When the current is discharged, it is accompanied by a flash containing millions of volts of electricity. This is a huge amount of energy, and the surrounding air is heated up to 54,000° Fahrenheit, five times hotter than the surface temperature of the Sun. The rapidly expanding heated air also produces tremendous shock waves, which become audible as the sound of thunder.

Although the flash and resulting thunder occur at essentially the same time, light travels at 186,000 miles per second, almost a million times faster than the speed of sound. The flash, if not obscured by clouds, is seen long before the thunder is heard.

The average lightning stroke has a peak electrical current of 30,000 amps. Extreme lightning discharges can reach 10 times that, while some discharges, especially those within a cloud, are only a few thousand amps. In terms more people are familiar with, the electricity flowing within a lightning bolt can reach 200 million volts. Combined with the high amperage, lightning has enough energy to kill instantly.

SOME TYPES OF LIGHTNING

Lightning discharges from a thunderstorm clouds in many forms:

Forked lightning

Crooked or branched channels in a lightning stroke. Observers might see these ominous looking bolts shoot from the cloud to the ground, from one cloud to another, or out of the top or sides of a storm. Cloud to cloud lightning is the most common, while only about 20 percent of all discharges are cloud to ground. Less common are bolts that shoot from cloud to air.

This lightning can strike up to 16kms away from a thunderstorm.

If the sky overhead is clear when the renegade lightning strikes, these bolts from the blue will seem to appear out of nowhere.

Ball lightning

It is extremely rare. It is a luminous sphere, normally less than three feet wide. These glowing balls have been seen coming from some of the more violent thunderstorms, which contain lots of lightning. In nearly all reported cases, the observers saw another form of lightning flash before seeing ball lightning. Lasting from several seconds to several minutes, the spheres can simply vanish after traveling slowly toward the ground. Usually no damage is left behind by ball lightning, but at times they have traveled through windows and screens, leaving behind burn marks. Reports of ball lightning have come from passengers on planes as well as from people in their homes or on ships. Still, some scientists don't believe ball lightning exists.

St. Elmo's Fire

Luminous greenish or bluish glow above pointed objects on the ground. Named for the patron saint of sailors, St. Elmo's Fire is created by the soft glow of an electric field generated by a continuous flow of tiny sparks. The tiny sparks are positive charge reaching skyward in response to a growing area of negative charge in the clouds or air above. Instead of generating a lightning strike, the corona discharge, as it's called, flees objects such as the masts of ships, power poles, antennas, and the wings of aircraft, causing the glow. If a thunderstorm is nearby, St. Elmo's Fire might precede a lightning strike close.

HOW FAR AWAY IS THE LIGHTNING?

The time between seeing a lightning flash and hearing the thunder it produces is a rough guide to how far away the lightning was.

Normally, thunder can be heard up to 16kms from the lightning that makes it. Lightning heats the air around it to as much as 60,000 degrees, producing sound waves by the quick expansion of the heated air. Since light travels at 186,000 miles per second, you see the lightning the instant it flashes. But sound, including

thunder, travels about a mile in five seconds near the ground.

If 15 seconds elapses between seeing a lightning bolt and hearing its thunder, the lightning was about 5 kilometres away.

TABLE C

The time-to-thunder provides an estimate of the distance to the lightning activity, e.g.:

3 secs	= 1 kilometre
(5 secs	= 1 mile)
15 secs	= 5 kilometres
30 secs	= 10 kilometres

When should you take drastic action to get away from Lightning strikes?

Experts believe that the distance between successive lightning strikes from a single thunderstorm cell rarely exceeds about 4km (time-to-thunder 12 sees). This suggests that you should get away from exposed situations whenever the time-to-thunder is less than 15 seconds.

Some experts have suggested that lightning is most likely to have a strike in a line perpendicular to the storm's direction and right on the rain front.

The first big drops to land on the ground generally accompany the greatest risk of being struck.

DON'T STAND UNDER A TREE

It is well known that standing under a tree during a thunderstorm is a foolish activity. But why?

Electricity likes to travel the easiest path between the earth and the other place- This is why lightning commonly strikes the tallest object.

Electricity finds it hard to travel though air (it has low conductivity). Trees, buildings, towers and other objects conduct electricity much better than air.

Electricity likes to travel the easiest path between the sky and the ground so Lightning strikes the tallest object (the tree) and will go down the side of the tree. Actually the strike travels between the dead inner part of the tree and the bark.) If on the way down there is a person standing by the tree then it will jump across to the person. A person is made up of slightly salty water (which is a better conductor).

So a combination of the two is a much better conductor. So a subsidiary strike connects to the top of the person and travels to the ground that way, possibly killing both the tree and the person.

PROTECTIVE ACTION

If you are caught out in the bush during a thunderstorm then all you can do is minimize the risk of being struck by lightning take the following action

1. - **get away from the high ground** - if possible, leave the top of a mountain range or ridge
2. if you are on a range or ridge, **get away from the top edges of a cliff or an escarpment;** lookouts are usually at such locations, so **get away from lookouts**
- 3.- **keep away from large trees**, particularly those located near a cliff edge or an escarpment.
4. If you are in a forest, and so cannot avoid being near to trees
 - (a) choose to be near small trees rather than tall trees
 - (b) try and stay a distance of more than your height from the nearest tree trunk,
5. if with a group of walkers, **keep at least five metres apart;** do not walk in pairs or in closely packed groups when lightning strikes are all around you
6. if you have found a somewhat safer location it is **better to stop walking,**

7. If you have found a safer spot

a) stop and wait there. –

b) don't stand up but adopt a crouched position keeping your feet together or sit with your feet tucked in close to your body, and touch as little surface area as possible.

c) Remove metal objects/jewellery from head/body.

d) Don't lie down flat but avoid being the highest object in the vicinity.

e) wait till the thunderstorm cell has passed from your location (it should be safe to move again when the time-to-thunder exceeds 10 seconds).

f) the advantage of the crouched position is that in the unfortunate case that a person is struck, the lightning strike passes through the body of the person to the ground and misses the major organs of the body (mainly the brain and the heart). This increases their chance of survival significantly.

g) if your hair stands on end or you hear 'buzzing' from nearby rocks, fences, etc., move immediately. At night, a blue glow may show if an object is about to be struck (St. Elmo's fire).

What to do if Someone is Struck By Lightning...

The normal principles of safety in the bush apply when someone is injured be prepared to lend assistance but don't put yourself at unnecessary risk.

The injured person has received an electrical shock so be prepared to give first aid.

1. It is most unlikely that a second lightning strike will occur immediately to the same spot.

2. People struck by lightning carry no electrical charge and can be handled safely. The total lightning discharge for a single strike only lasts a maximum of 1 to 2 seconds. So, it is safe to touch an injured person immediately after the strike.

3. YOU SHOULD BEGIN FIRST AID IMMEDIATELY:

a) if there is no heart beat and no breathing, give mouth-to-mouth resuscitation to the victim and apply cardiac massage.

b) - if there is a heart beat but no breathing, mouth-to-mouth resuscitation only. Be prepared to continue the cardio-pulmonary resuscitation for a long time. Even if it is apparently unsuccessful, keep the CPR going until medical help arrives,

c) The injured person has received an electrical shock and may be burned both where they were struck and where the electricity left their body. Check for burns in both places.

4. SEEK HELP as soon as possible, but only when it is safe to do so; it is obviously not wise to send someone for help if that person has to move into or through a very exposed location.

My only concern after this story is that I need to do a CPR course.

Happy and safe bushwalking.

Phil Murray

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Hugs Can Heal Anybody

Stretch out those arms and give someone a hug. Run by the Family and Kids-Care Foundation, Hugs Week raises funds for counseling and crisis intervention. A pleasant hug causes the body to release endorphins that can heal the body, promote love and positive attitude.

"Hugs Week" was the first week in September. Donations to the Family and Kids-Care Foundation can be made by calling Ph: 3808 5288.

Louise Leonardi

I would now like to share with you all a few words that I wrote back in November 1990.

Hugs

A smile is a sign of happiness,
A smile shows that one is content
A smile gives essence to the whole of the face,
The eyes an inquisitive scent.
A smile can show warmth and gratitude,
Speciality through a sweet cheeky grin,
But to understand all, you need feeling
And this is where the hug comes in

For a hug is something special
Worth more than just a smile,
A hug is reaching and joining together
To complete that "Golden Mile".
A hug shoots out rays of affection,
It opens the heart to new light,
Hugs make you feel very warm and relaxed
On the eve of a cold winters night

Hugs are a way to stay healthy
They ease tension, which at times we acquire,
A hug keeps the mind thinking positive
With ideas on which one can inspire.
Hugs bring on smiles, which exercises the face,
Slowing down looks of one coming older
And inside keeps the heart pumping vigorously

As one's head is placed down on one's shoulder.

There are times when you feel maybe hurt or depressed

Or times when there's no one around.
Just relax and imagine you're sharing a hug

And your thoughts will become quite profound.

We also use hugs to congratulate friends,
Give support and help overcome fears.

Hugs remove worries from one's troubled mind

And bring forth those drawn back tears.

Not always though do we need reasons to hug.

Just do it for the sheer sake and pleasure,
And you'll find you'll discover a wondrous feeling and

Thought, which you always will treasure.

So although a hug gesture is simple,

You must realise the value's not free.

For a hug's many meanings all come from the heart

Worth as much as a Flowing Gold Sea.

The BRISBANE CATHOLIC BUSHWALKING CLUB

INAUGURAL ANNUAL PHOTOGRAPHIC COMPETITION

Monday 15th November

The idea of the having a photographic competition is to encourage members to bring their photos out and share them with other members.

A great way to share them is by entering them in the competition and also including them in the Club's magazine, annual report and on our website.

Our goal as a club is to encourage the love of the bush and bushwalking. I trust the photos will display the spirit of the Club and the beauty of nature and why we go bushwalking.

The categories of the competition are as follows -

1 **Landscape** - this includes all the landscapes, waterscapes, mountains

2. **Moods of nature** - sunrises, sunsets, storm and rain or mist from a waterfall, or a shady spot in the eucalypt forest.

3 **Nature Close up** - i.e. approx. one metre or less - plants, animals, birds, rocks, leaf litter etc.

4. **People and faces** - Portraiture & Club Character - capture some interesting faces as you walk or socialise

5. **Miscellaneous**- any photos that do not fit into any other category.

6. **Best overall** - awarded to the print deemed to be best overall by the invited judge.

7. **Peoples choice.** the best overall photo selected by the members on the night.

The Competition Rules

- The photographs have to be prints and displayed at the November meeting.
- The size of the photographs shall be approximately A3 size - 210 mm x 149 mm or smaller.
- Photographs do not need to be mounted.
- All photographs must be the competitors owners work
- Each person may enter 2 photographs per category
- Each photograph must be titled and have the owner's name, and date (approx.) the photo was taken.
- The photos must be from a BCBC trip or in the area in which we usually walk
- Photographs can be entered on the night but no later than 8.00 PM
- There is no entry fee

- There will be an independent judge.
 - There will be an overall-winning photo, which will receive a modest prize.
 - The winning photo will go on the front cover of the next annual report
 - The ownership of the photo will remain that of the photographer.
 - The owner agrees to allow the club to scan their photos to use the photos in the club magazine, annual report and website.
 - photographs will be returned to the owners at the December meeting
- Further information can be obtained from
Phil Murray

MAGAZINE DEADLINE

Please forward your magazine articles by the 1st of the month. You may forward your articles to either:

P.O. Box 18
Royal Brisbane Hospital, 4029 or

E-mail address: DPedrazzin@aol.com